

RESTORE, REFRESH & REJUVENATE YOUR FACE NATURALLY, WITHOUT CHEMICALS OR SURGERY

FACIAL FITNESS

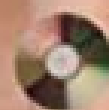
Revised
and
Updated



Daily Exercises &
Massage Techniques
for a Healthier,
Younger Looking You

PATRICIA GOROWAY

Foreword by Dr. Richard H. Keller, DDS, MPS



DVD INSIDE



Patricia Goroway

Facial Fitness: Daily Exercises & Massage Techniques for a Healthier, Younger Looking You



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Why go under the knife? Face Fitness presents a unique exercise and massage regimen that strengthens facial muscle groups, reduces the looks of wrinkles, and also alleviates symptoms of Bell's palsy and TMJ disorder. This book and DVD set also provides information on choosing cosmetics and tips on good nutrition. The effect: a toned encounter with improved complexion and more relaxed expression.



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Posters who have criticize the "small model" in the reserve/video and yet they don't do the exercises? 2013. I've been carrying out these exercises daily for the past two weeks and can see a standard improvement in my face and throat! I must admit it is difficult to accomplish the practises. I cannot trust these posters' reviews, and neither in the event you. Not only does the "model" identify herself in the publication and video as Patricia Goroway (founder of Face Fitness), but a 5-minute explore Google and Youtube will give you a good idea how long Patricia Goroway has been developing the product, and for that reason you can inform that she looks younger than her age group: she incorporated Face Fitness Inc in 1999, her original book was dated 2006, she has updated movies on YouTube in 2012 from a local TV show that highlighted her where one can see how toned and wrinkle-free her encounter is, and she created the program after a car accident when she was 32. If the reviewers think Patricia looks so young, beautiful, toned and wrinkle-free, and if Patricia is doing Facial Fitness for 18 years, shouldn't that be considered a resounding testament to how effective the program is? I just can't trust reviewers who don't do research on a fitness program: if they don't take five minutes to research the founder or spokesperson for a program to see how match and toned they look, can I actually trust that they required the time to accomplish the exercises consistently to be able to determine they don't work? It requires me a quarter-hour. people forget that our face also offers muscles that need to become exercised. I like that the exercises are subtle, I feel the burn off, they are easy to accomplish, and there is no skin-stretching/pulling or sticking fingertips into your mouth like some other programs. Goddess Kali Because the beginning Feb. I can't believe posters who criticize the "young model" in the book/video aren't doing the exercises, as the fact that the girl in the video looks young to them is actual a testimonial to how effective the exercises can be. I did the facial skin exercises and therapeutic massage for 14 days (beginner ones), after that every second day time as she recommended for a month then had two weeks off then back to it once again and I do the practises every 2nd day and sometimes on the 3rd day (but mainly every 2nd time) Results for me: Face looks fuller and firmer like when I was in my own 20's, more color in my face, the lines around my mouth area have faded a bit (not much) the lines on my forehead have got lessened (however, not by much). My lips look a bit fuller and the lines between my eyebrows had cleared a lot. I am also likely to buy an acupressure book to give my face acupressure release a the underlying tension in my face. she can not be someone who uses or demands face exercising and was simply selected on her behalf young face. I purchased this product specifically BECAUSE I noticed the merchandise creator's toned cheek, lip and eye muscles and figured out her approximate age by doing online analysis. So after a yr of doing this regularly - these exercises been employed by for me (with exception of the forehead and I focus on relaxing these muscles regularly). I recommend this book, Personally i think much more confident and my self esteem provides improved. I totally have confidence in maturing gracefully and searching the best you can at any age group and these practises make me feel like I am doing what I can to achieve this. My jaw line and neck was great to begin with is firmer. I would recommend this book I believe it is very helpful. Those reviewers that said there was better info online were correct. 03/04/14 Right now a year later, performing these exercises on / off, the basic exercises (in addition three of the advanced exercises). This does work, but also for me it hasn't cleared forehead lines and wrinkles over eyebrows (she recommends simply comforting the forehead as she says this muscle tissue gets overused). I have found a forehead workout in Yoga Face so I am going to begin using that exercise. All the lines in my encounter have softened, possess color in my face and We look fresh. We am nearly 50 and We look quite young for my age group already as I really do yoga and exercise and have a natural diet plan since my early 20's. I don't appear to be I'm a teenager, but I look best for my age. great exercises and easy to accomplish. that is good, but need to give it additional time. exercise your face I highly recommend this reserve. The diagram of the facial muscle tissues is most helpful. Great reserve, easy exercises you can do anywhere with fast results Started seeing effects in weekly! UPDATE: Okay, it is now January 30 My nasal area is noticeably thinner and appears much longer, though I'm sure it is not longer. My lips are fuller and my jaw line looks better and the lines around my eyes are softer looking. Mostly fluff no substance. Up to now seems doing the exercises every other day instead of every day, works best for me. Initially I was doing the exercises way too hard which appeared to just make the wrinkles and sagging skin worse. I have since softened the exercises and am a lot more gentle right now. The exercises and explanations of how to perform them are easy and clear to comprehend. So clear, in fact, the video isn't really necessary. I began to discover lines around my mouth begin to disappear after only 1

week. I did so the exercises about three times per day. By the next week I could actually feel my facial muscle groups tightening up. It is an excellent book and has important face exercises! The webpages are durable paper and that means you won't ruin it when handling with greasy fingers. This is the second book I have purchased with regard to this subject and that first one is going in the trash. That one is a keeper! I believe this may make a difference and expect to see great results. This book was recommended to me by my orofacial myologist. Yea, that is clearly a point. Look it up. Good Not bad Recommend Exceptional book and CD - 1 photo error, but the instructions are enough to learn how exactly to do the facial exercises. After just one single week I see outcomes! Strengthening and then massaging/relaxing the facial muscles does indeed lift and decrease some lines! Facial tightening No face Really feels tight when I take advantage of it Five Stars If have the patience to practice every day, buy it!!'ve expectations that the lines on my forehead will ultimately diminish and the vertical lines between myeyebrows and upper lip will also diminish in time. But I am also going to explore various other books and take the best out of every reserve and apply it to my particular needs. I'll order this for my mom since she's Bell's Palsy, it'll be a great help. The publication itself is little and square, type of such as a big CD, rendering it easy to manage and to store in the toilet vanity. I have already been performing the exercises daily for just a few days, therefore far I can tell that the circulation-enhancing massage is effective, but We had to create an early review since it was too funny seeing people giving negative testimonials because they didn't see lines and wrinkles on Patricia's face. Not really now! One Star Absolute waste of money. Will get better tips on facial yoga and fitness on YouTube. Wow, it works! I have seen some reviewers who price cut this product as the "model" in the video/book is too "young" to be believable; I was starting to feel aged and "droopy". This reserve explains well how exactly to exercise all facial muscle groups! Great book to help you to look younger without palstic surgery.



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