

Fumiko Takatsu

THE ULTIMATE GUIDE TO THE

# FACE YOGA method



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## The Ultimate Guide to the Face Yoga Method



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def. As well as your face in fact feels good like the body does after a workout. I like this reserve, for me it's better than a video or a site I must go to, to start to see the videos(I payed for a trial edition of this already). The video clips were kinda crappy quality, I felt like, for the money that you pay, nevertheless the videos are useful in understanding the poses she desires you to do whether in the reserve or the videos. But I believe you might be able to go on you tube to view some of the movies to sort of see what she means a lot of the time. There are some major complications and I came back it, specifically for \$25. I will state though, if you want results you should do THE EXERCISES. Okay The best part of this book is the cover. There could have been far more period taken for the inside pictures and articles. She does have a great energy to her though. I recommend just watching the video clips she offers instead. A must read!

Experienced a spa time and tried different facial exercises on the facial skin. My encounter was sore and feels and looks tighter after one program. I can't believe that it is making a difference so quickly!. IT really works! Essential read for facial improvement. Much like all exercise, you should actually DO it to benefit, but I discover I can do some of the exercises in the car while driving. Shame on the publisher No-one proofread this book ahead of printing. The pictures usually do not match the verbal descriptions. Its OK I recently became her friend and learned about face yoga so I ordered the publication. Easy and incredibly informative Five Stars love this book Five Stars Great Knowledge is king. Little disappointed.. The proof is in your dedication and dedication to making it happen! 1) poor editing, simplistic language, no explanation which muscle groups are being used 2) pictures are small, zero highlighting the muscle groups being targeted, some pages are mostly blank 3) it seems as if this book was translated by somebody who in not really fluent in English 4) she mentions accupressure and acupuncture, but there are no encounter maps of pressure points 5) the nutritional information she can offer is a one page chapter of commonly known choices ,with big pictures 6) many webpages of the book are webpages that announce the chapter Forget the facelift! I have tried many of her massages and am definitely viewing improvement! Would recommend this publication to anyone who's seriously interested in improving their face. Five Stars Good book! The best face exercise book available may be the 1995 edition of "facercise" by CAROLE MAGGIO. Try it! But for me, the reserve is a much better idea than the movies or the website- and it's really broken down into areas of the facial skin, with multiple poses for each area, so you can select a pose from each region or whatever. Face Yoga Wonderful book! I know that is effective, but I doubt I will actually do it, exactly like all exercises that aren't task oriented. I can't wait to observe my long-term results... This book was the most helpful in changing my overbite, my brown line and my smile lines. And I've been using the reserve for about per month and before that a few video poses from the trial and I really believe I can inform a difference, therefore i think it's worth the money, and it's worth the time....stop complaining and just carry out it.. Thank you so much for writing this reserve. Three Stars The author it seems she does not tell everything she knows about skin care and facial yoga. As well as your face actually seems good like your body does after a workout Really rejuvenates that person. Yeah it's a pain to do every day (actually she recommends twice a time) but it's worth it. worth it! I purchased this book because I respect her work . Recommended by a dear friend Recommended by a dear friend. So informative and wow u may tell the exercises function. Cover is good but content seems poor quality and photos are hard to discover with my previous eyes. This really does it. But it is important details to know if you're in the disposition and have nothing easier to do with yourself!



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