

# YOUR BEST FACE NOW

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LOOK YOUNGER  
IN **20 DAYS**  
WITH THE  
**DO-IT-YOURSELF**  
**ACUPRESSURE**  
FACELIFT

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Shellie Goldstein

creator of the AcuFacial® facelift

Foreword by Rosanne Cosh

*Shellie Goldstein*

**Your Best Face Now: Look Younger in 20 Days with the Do-It-Yourself  
Acupressure Facelift**



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Illustrated with amazing before- and-after photos and offering simple step-bystep, easy-to-adhere to instructions, diet recommendations, dishes, and skincare tips, **YOUR VERY BEST Face Now** teaches everyone how to erase the lines of time-on any spending budget- in only twenty minutes a day. Her signature AcuFacial(r) has made this certified acupuncturist among the top skincare experts in Manhattan and the Hamptons, with a devoted clientele- including Rosanne Cash and Martha Stewart-many of whom pay out \$500 per treatment to experience its dramatic benefits. Aesthetic acupuncture is today's most popular antiaging treatment, and no one understands it much better than Shellie Goldstein. Right now, everyone may reap the advantages of Goldstein's AcuFacial(r) on their own aware of acupressure, a distinctive therapy that uses massage instead of needles to lift sagging facial muscles, reduce wrinkles, and return youthful vitality to skin tone. Expert acupuncturist and top skincare specialist Shellie Goldstein presents a 20-minute-a-day acupressure program that claims to rejuvenate facial muscles and reduce wrinkles.



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Best reserve ever for a lovely face This is the most awesome book ever. I need to state also that before purchasing this book I had began regular acupuncture. I also observed other benefits, like my ears seeming to very clear, and my sinuses checking. I wasn't even sure easily had the precise correct spot, but doing the exercises also experienced relaxing to me. I then applied this to the information in the publication about diet. The very best beauty book ever for a lovely face. Great book This is a brilliant book, very detailed information, an easy task to follow direction, and a ton of good stuff for in the home do-it-yourself. The list of foods, suggested quality recipes and lotions which can be produced at house are actually helpful. My advice is always to see an acupuncturist for some sessions first to discover with certainty which body type one falls into. It is easy to misdiagnose the body type if one does it, but if it's diagnosed correctly by using a professional, the information in the book functions 100%. Awesome because if you are ready to perform the exercises THEY REALLY WORK, and even a lot quicker than she says they'll. Great intro about the relationship acupuncture, physique and diet I must write something concerning this book since it has helped me enormously. Thanks Shellie Goldstein for a very helpful book! Who would've guessed - it works My entire family is noticing the changes in my skin. I shared with my acupuncturist about the reserve etc but she corrected me upon this diagnosis and explained I was a spleen type. The first day time, I felt like it was taking a long time to do them, but after you get make use of to performing them it goes considerably quicker. Also, the writer gives you good step-by-step instructions for finding the correct spot. I was a radiology tecknologist, so most of the spots were pretty possible for me, however I could see how initially it can be a little confusing, however, not to fret, because the more you perform them you actually somehow are more intuitive to find or understanding you are in the right place. I noticed the writer also provided her online place you could head to for further instruction to find correct places. I did not use that yet , although I plan on checking it out. :) Goddess Kali I came across this book not easy to use. After acquiring the test on the original chinese medicine body type in the book, I thought I would be considered a liver type. Actually that is an amazing reserve, if you are searching for a genuine way that may improve your complete face, de-age or if not need yet still give that person a relaxed and incredibly pretty color and glow. Sure it take the time, but its either period or big money for products that can help but never give you what this may do for you, and trust me I've used a lot of products some seeming to do some small miracles, but nothing what these little encounter pressure points can perform for you. I am thankful to the writer for her truly fantastic publication. Sorry, I called these exercises , they are pressure factors of exercises to accomplish. They are not like some face exercises you may have tried, which are in my opinion a lot harder to accomplish. Based on principles of TCM so might seem unusual to somebody unfamiliar with this strategy to health insurance and beauty. Believe me should you choose, you will be amazed. Remarkably, after adopting the diet for my body type my belly fat started disappearing quickly without any exercise. As I was already doing weekly acupuncture on many of the points in the chapter for my own body type, I can attest that the factors are spot on. Even if you aren't an acupuncturist, or a massage therapist, the directions are very easy with very great pictures, not only drawings, but actual photographs of the facial skin where your points are located. Now,,,20 days miracle,,, that is a bit too much to promise, but you'll see a difference, however, not the massive wow you are years more youthful. You will need to stay with it and me as an acupuncture doctor and doing facial acupuncture myself can get a bit quicker result. At different points it seems like clockwise would be in various directions Lots of information in the book, & most of it well written even for a beginner. She pointed out that I looked even more relaxed and vibrant. The soft pressure circles are wonderful support, promoting health and beauty. Worth a try for certain. I learned plenty from it and would provide this reserve as a gift to friends or tell my clients to just buy it and utilize it while they are becoming treated by me. But, I mean what the heck, I've seen so very much improvement, feel therefore relaxed and great when carrying out them, and also feel like I could feel my face muscle tissue working. The practises are not just pressure factors on the facial skin it is on different parts of the body. Therefore in all honesty that

put me off too time consuming. I prefer things to be short, easy and simple. The publication is ok, but it is not right to the point, you really need to read it. I prefer to keep things simple and clear which book wasn't simple enough for me. Huh, it proved helpful. I'm 60 and have spent entirely too much time outside in my own gardens. I'm astonished. It took some time to memorize all the pressure points however now I perform these each day in 17 a few minutes or less without having to use the reserve. There is a section on "What's your organ type" and diet ideas for each type which are suppose to help your face too. Its not really a quick fix book. However I wanted to find for myself without the needles therefore i did the massage points faithfully for the 20 days without needles and my child who hadn't seen me for some time and found visit noticed it. Personally i think a lot more energetic, bloating eliminated, and I lost almost 4 kg in per month without exercise. The pressure factors are all illustrated but some are still a small difficult to find. I might be directionally-challenged, but just telling me to go in a clockwise path isn't adequate.. At different points it looks like clockwise would be in different directions, therefore an illustration will be helpful. Organic facelift! The book will not only offer you massage points, but also offers you diet plans for your unique organ type and ideas to help to make your own facial creams which is great. I noticed an improvement in only 3 days. Nothing like a surgical facelift, but after 3 weeks a definite improvement specifically with the saggy neck. I've been carrying out this most nights for 90 days now and there is noticeable tightening in every areas of my face. Useful Lifestyle Change, not magic pill Great explanation of concepts involved and good illustrations. ok okay Five Stars Really good Fabulous results I've been doing Shellie Goldstein's acupressure facelift for about 3 1/2 years. It's fabulous! I do believe these points helped and I am continuing to use them and have given the sequence to my clients to help them. I perform see a difference that encourages me to maintain doing this. Have used the exercises in this book and I think they will have really helped my epidermis seem firmer and decreased some lines. I would recommend it Great book. Its not a quick fix book Great book. I couldn't find out my type and as a vegetarian this section didn't really apply anyhow (lots of meat recommendations). Its a great reserve for understanding why you appear and feel as you do. I did not need my explanation to possibly keep someone who could benefit a whole lot from them never to also give them a try. Five Stars Great book!! It's a lot more than beauty is also health , highly recommended



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