



*Second Edition*

# *The* Yoga Facelift

*The All-Natural, Do-It-Yourself Program  
for Looking Younger and Feeling Better*

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Marie Veronique Nadeau

## The Yoga Facelift



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Based upon the muscle framework of the facial skin, these exercises focus on areas which are prone to sagging as we age. An illustrated guideline to gentle exercises for the face and neck. Firm the jawline, simple the brow, and take off years with this series of poses that anyone can perform almost anywhere.



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Excellent for Firming Jawline and Neck Skin I actually noticed a sagging neck and jawline.! Within 3 weeks my jawline and throat look much firmer! Since I've begun doing these exercises I have been very happy with the results and changes I see.! Great publication to get you considering about how, if you don't like the method you look, it is possible to become proactive about it. I would recommend exercise and adequate sleep To be honest, haven't read it . We took pictures over a 9 week period to observe how my face changed. And my facial muscle groups tightened and I appear younger! I acquired my first compliment within in fourteen days to do these exercises. If anyone understood about this obscure reserve, the skincare industry will be revolutionized. It is also organized so that you can prioritize whatever areas are most significant to you. I did so these exercises religiously for 9 weeks and had my daughter take photos once a week therefore i could see if indeed they really work. Don't work with face creams I've attempted serums and creams and always looked in the mirror optimistically over the following weeks. But I've never noticed any changes. This reserve teaches how to perform many facial and body exercises. I was shocked! Don't work with botox or face serums.I highly recommend making this part of your weekly regimen! Strengthen and tone the muscle tissues in your face just the way you do your body and you'll start to see the same lift you perform in your tush after yoga exercise and kettleballs. It really is practical intuitively. It's a brief book that is clearly a quick go through.! I enjoyed it! Now I'd like a sequel by means of a video tutorial! IT WORKS - JUST DO IT!! Very much to my shock my whole face was uplifted normally! Keep your money in your pocket. JUST BUY IT AND DO IT! Started a number of these exercises in the shower when washing my face.! It really is keeping my turkey wattle from overtaking my neck! I am a yoga exercises teacher and would recommend it to my learners. I am turning 60 this month and I keep getting compliments. Great book for personal or as a gift I've been doing yoga facelift most of my adult life and didn't understand it. The book is normally well done with good illustrations and guidelines. I was happy to see several beautiful older ladies in the book instead of perfect 20 somethings. As with all self-help books, it consider motivation to accomplish the exercises and see results. Great book Great book, that is my second time getting this publication and is really a keeper , the best book for face exercise men can benefit too I am extremely impressed with Marie's strategy, which addresses the problems I've with most facial workout programs. Not a reverse switch, but perhaps a pause for some of the most common signals of aging. a good book I purchased this after seeing the signs of 50 in the mirror. However the early morning after my first workout routine from the Yoga exercise Facelift I noticed a difference. Great publication for personal or as something special. Most of the exercise feel good and I felt even more relaxed after carrying out them. Exercise works, but it has to be the correct kind of exercise, and not the sort that causes your skin to wrinkle even more. I desire this reserve were still in print. I have also noticed a marked improvement in my own wife's face. THIS REALLY WORKS! Waste of money This was an absolute waste of my money. i would not advocate it to anyone.! Five Stars Easy exercises to facilitate muscle strength where age presents challenges.! I did so read a bit of it, and I missed it especially effective. I recommend exercise and adequate rest. Five Stars Was very responsive but so considerably I really like it! Haven't read a lot yet, but so far I really like it!



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