

FACE YOGA

Beauty
Holistic AVENUE

Daily Practice

Below are the four steps to breathing consciously:

- Breathe through your nose
- Breathe deeply and slowly
- Breathe from the diaphragm, not the upper chest (you will know you're doing this correctly if you can feel your stomach expanding and contracting).
- Follow the breath as it moves in and through your body and out again.

WARM UP

1. Neck & Shoulders
2. Forehead
3. Eyes
4. Mouth & Lips
5. Jaw & Neck

NOSE & CHEEKS

1. The Nose Shaper
2. Laughter Line Reducer
3. Cheekbone Stroke

FOREHEAD

1. Eyebrow Pincher
2. Forehead Wrinkle Reducer
3. The Smoothing The Brow

MOUTH & LIPS

1. Plumper Pout
2. Lip Lift
3. The Tongue Twister

EYES

1. Eye Socket Tapping
2. The Brow Lift
3. The Big 'O'
4. Crow's Feet Minimiser

JAW & NECK

1. The Giraffe
2. Double Chin Eliminator
3. Jaw Sculpt Exercise

REFLEXOLOGY COOLDOWN

1. Front of ears - up and down x15
2. Centre of chin - side to side x15
3. Centrally under nose - tapping x15
4. Centrally under eyes - circles x15
5. Between the brows - circles x15
6. Above inner brows - side to side x15
7. Lower centre of forehead - up and down x15
8. Centre of forehead - up & down x15
9. Centre, top of forehead - up & down x15
10. Front of ears - up and down x15