



Face Yoga

RAHN

WHAT IS IT?

You might have already heard about face yoga. It is a form of facial exercises that when practiced properly and consistently, gives you a natural face lift. It also immensely helps to release tension through the head, neck and jaw.

This beauty trend is being used by many as part of their daily routine to restore skin and to de-stress.

Join us and try some Face Yoga exercises for yourself ...



Exercise 1: The V

Good for:

Drooping eyelids, crow's feet, eye bags and puffiness.

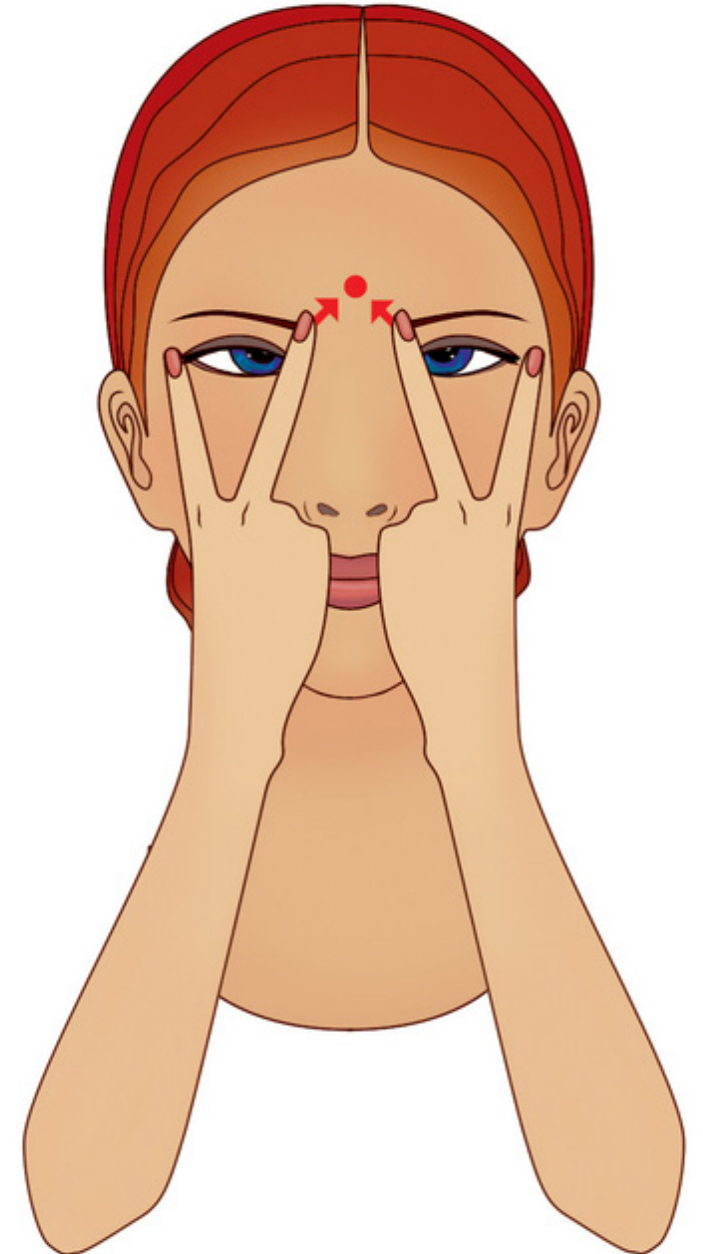
Step 1

Press both middle fingers together at the inner corner of the eyebrows, then with the index fingers, apply pressure to the outer corners of the eyebrows.

Step 2

Look to the ceiling, and lift the skin below the eyes upwards into a strong squint, and then relax.

Repeat six more times and finish by squeezing eyes shut tightly for 10 seconds.



Exercise 2: Smooth The Brow

Good For:

Horizontal forehead lines.

Step 1

Place both hands on the forehead facing inwards and spread all of the fingers out between the eyebrows and hairline.

Step 2

Gently sweep the fingers outwards across the forehead, applying light pressure to tighten the skin.

Relax and repeat 10 times.



Exercise 3: Forehead Lift

Good for:

This exercise will help you increase your forehead's muscle tone.

Step 1:

Place fingers on your forehead as shown in the image.

Step 2:

Raise and lower your eyebrows as if you're surprised. Make sure that there are no creases on the forehead.

Repeat this exercise 10 times.



Exercise 4: Lip Press

Good for:

This exercise relaxes the muscles around the lips.

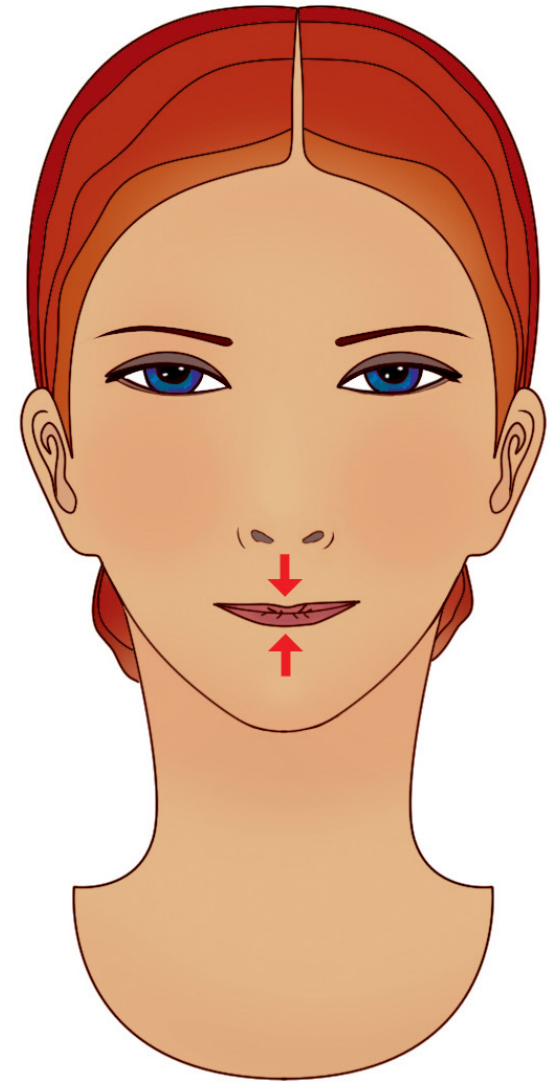
Step 1:

Press your lips firmly together to almost form a straight line. Imagine there is something trying to open your mouth and work against that imaginary resistance.

Step 2:

Place your middle fingers at the corner of your mouth and gently pull out to add extra resistance and prevent wrinkles from forming in your lips while in this position. Hold for about five seconds.

Relax and repeat 10 times.



Exercise 5: Smile And Kiss

Good for:

This exercise relaxes the muscles around the lips and cheek.

Step 1:

Smile as broadly as you can while keeping your mouth closed and your lips gently pressed together. Hold the smile for five seconds.

Step 2:

Pucker up your lips as if you are about to kiss someone. Hold for another five seconds.

Relax and repeat the whole exercise 10 times.

