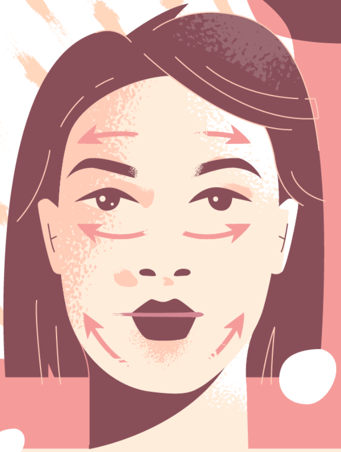
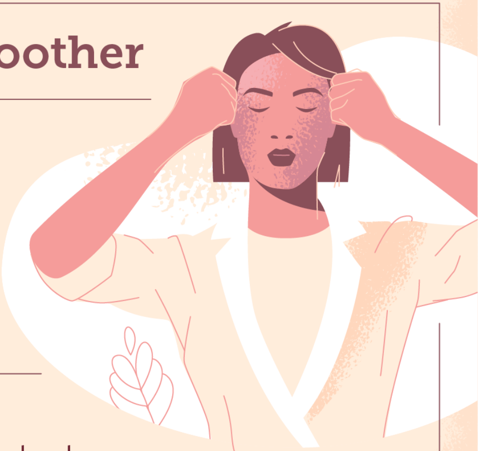


8 Face Yoga Exercises for Anti-Aging

Experts say that face yoga can help you look up to three years younger.

Achieve that healthy, glowing skin with 8 simple exercises designed to tone, lift, and smooth your face.

Forehead Smoother



Good for:

Smoothing forehead lines and preventing wrinkles

Alternative to:

Botox

Steps:

1. Place both fists on your forehead.
2. Apply pressure with middle and index finger knuckles.
3. Slowly slide your fists to either side.
4. End at your temples, gently applying more pressure.

5. Repeat four times.

Jaw Stretch

Good for:

Firming up double chins and trimming excess fat in the jaw

Alternative to:

Neck tightening, jaw fillers

Steps:

1. Pucker your lips and move them to one side.
2. Turn your head to that side and lift your head up at a 45 angle.
3. Hold for 3 seconds to feel the stretch in your neck.
4. Repeat, and then switch to the other side.

Manual Face Lift

Good for:

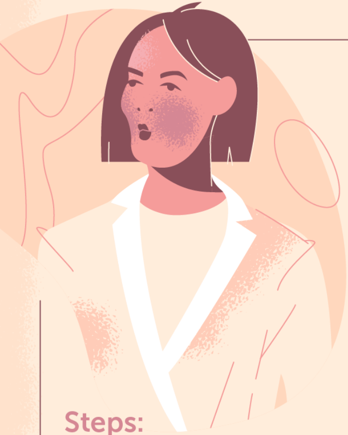
Smoothing nasolabial folds (smile lines) and promoting circulation

Alternative to:

Face fillers, mid-face lifts

Steps:

1. Place both palms on your temples.
2. Push your palms up and back to lift the sides of your face.
3. Make an “O” shape with your mouth and drop your jaw.
4. Hold for five seconds and then repeat two more times.



Cheek Plumper

Good for:

Lifting and plumping up cheeks

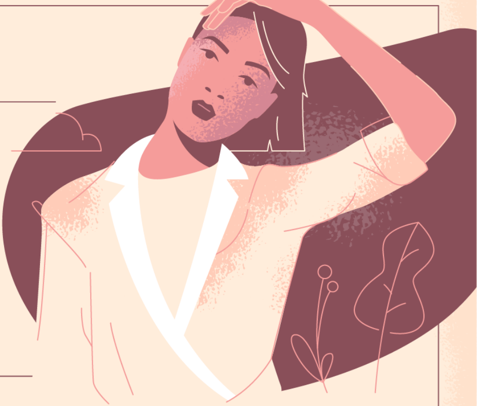
Alternative to:

Cheek fillers

Steps:

1. Close your lips tightly.
2. Suck your cheeks in and form a “fish” face.
3. Hold for up to 10 seconds.
4. Repeat 5 times.

Temple Lift



Good for:

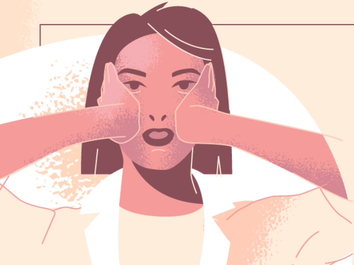
Smoothing saggy skin and folds near the eyes

Alternative to:

Eyebrow lift

Steps:

1. Lift one arm over your head, placing fingertips on your temples.
2. Position your ring finger on the corner of the eyebrow.
3. Press down to lift and then drop your head towards your shoulder.
4. Hold this pose for a few seconds.
5. Repeat on the other side.



All-Over Face Firmer

Good for:

Activating lower regions of the

face and providing definition

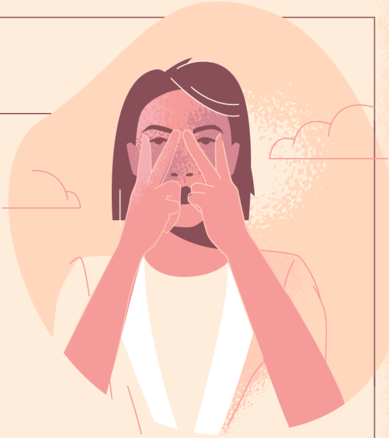
Alternative to:

Face fillers, lower face-lift

Steps:

1. Form a “O” with your mouth and fold your lips over your teeth.
2. Smile with the corners of your mouth.
3. Place your fingers on your cheeks and apply firm pressure.
4. Close your eyes and pull your chin away from your face.
5. Hold for 20 seconds, and then repeat three times.

Eye Firmer



Good for:

Filling out crow’s feet wrinkles and smoothing eye bags

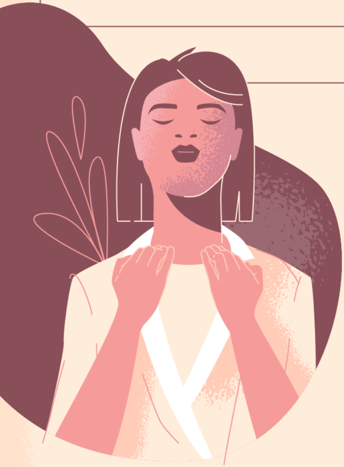
Alternative to:

Eye surgery, Botox

Steps:

1. Form a “V” with your fingers and place them on your eyebrows.
2. Apply pressure and then, without tilting your head, look up to the ceiling.
3. Raise your lower eyelids to form a squint.

4. Relax, then repeat six more times.
5. Finish by squeezing your eyes shut for 10 seconds.



Giraffe Neck

Good for:

Firming up décolletage area and smoothing out jawlines

Alternative to:

Eye surgery, Botox

Steps:

1. Place your fingertips on your collar bones.
2. Stroke the skin downward as you tilt your head backward and pucker your lips.
3. As your head is tilted back, jut out your lower lip and place your fingers on your collarbone.
4. Bring your head back to the chest and repeat two more times.
5. Hold for four deep breaths.

Tips for Face Yoga

Ensure **hands are clean** before touching your face.

Avoiding tugging on the skin aggressively.

Exercise face for **30 minutes**, **4-6 times a week** for best results.

Combine face yoga with **cardio** to further boost complexion.

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