

Week One

1. Cat Eyes



HOLD - 30 Seconds

REPETITIONS - 3

Tips

Keep the elbows wide and the neck and shoulders relaxed.

Relax the other facial muscles. Try not to scrunch up your face or create wrinkles.

Don't lift the hands too high or too wide when pressing back and up.

Press firmly into the muscle to ensure you are lifting muscle and not just skin.

This exercise helps to:

- Tone and lift the temples
- Smooth wrinkles around the eyes
- Lift the upper eyelids
- Reduce nasolabial folds
- Reduce dark circles and puffiness under the eyes
- Improve vision and reduce headaches
- Balance the hormonal system

Step-by-Step Instructions:

1. Place the heels of the hands on the temples, covering the ends of the eyebrows.
2. Embrace the head with your palms and fingers.
3. Press into the muscle first, then press back and up. This will create the appearance of 'cat eyes'. Feel the face lifting up.
4. Close the eyes, firmly press the eyelids together and feel the resistance.
5. Relax the neck, shoulders and other facial muscles & breathe deeply.
6. HOLD for 30 Seconds then slowly release. Repeat 3 times

Week One

2. Total Facelift



HOLD - 30 Seconds

REPETITIONS - 3

This exercise helps to:

- Smooth and revitalise the skin of the face, neck and décolletage
- Restore the skin's radiance
- Plump the lips
- Balance the hormonal system
- Boost your energy and clear the mind

Step-by-Step Instructions:

1. Breathe deeply, lift the corners of your mouth and smile.
2. Make a long and narrow "O" shape with the mouth. Hold for a few seconds. Breathe and feel the muscles stretching. You can use your finger to help encourage the jaw downwards.
3. Pull the upper and lower lips inwards over the teeth strongly and hold.
4. Lift your cheeks up as if you are trying to smile; drawing the corners of the mouth up towards the ears. Be careful not to create wrinkles around the eyes.
5. Close the eyes and rotate them back.
6. Make your "O" even longer, raise your cheeks higher, then tilt the head up.
7. Place your fingers on the temples and press into the muscles, back and up.
8. Relax neck & shoulders. Breathe deeply.
9. HOLD for 30 seconds then slowly release. Repeat 3 times.

Tips

Keep the neck and shoulders relaxed throughout.

Keep drawing the lips in over the teeth to create an O shape rather than an “Aah” shape with the mouth.

Keep your O long and narrow throughout

Keep the cheeks lifting up, but ensure you are not creating wrinkles around the eye area. Try not to squint your eyes.

When rotating the eyes back, ensure you are not lifting the forehead - the eyebrows should not lift.

Make sure you don't tilt your head too far back - think of tilting the chin forward and up.

Week One

3. Bye Bye Double Chin



HOLD - 30 Seconds. Once you are used to this exercise, you can hold it for 60 seconds.

REPETITIONS - 3

This exercise helps to:

- Firm and tone the muscles in, around and under the chin
- Strengthen and sculpt the jawline and
- Reduce jowls and double chins
- Reduce tension in the masticatory muscles
- Lift the cheeks
- Smooth the skin on the neck
- Activate the thyroid gland

Step-by-Step Instructions:

1. Lift the corners of your mouth and smile.
2. Open your mouth, make an “aaa” sound.
3. Press your lower lip over the lower teeth and inward. Keep the upper lip relaxed.
4. Hold the pose; slowly lift your cheeks up.
5. Push your jaw outwards as far as it goes.
6. Feel the resistance of your cheeks pulling up and tension of your jaw pushing out.
7. Start to lift your jaw. Hold it where you feel the muscles are working the hardest.
8. Cover the area around the mouth with two fingers on both sides to prevent wrinkles.
9. Keep cheeks up, lower lip in, jaw out & up.
10. Close the eyes and rotate them back.
11. Relax the neck and shoulders & breathe deeply.
12. HOLD for 30 Seconds then slowly release the pose. Repeat 3 times.

Tips

Keep the neck and shoulders relaxed throughout.

Keep the jaw central.

If you have any issues with the jaw, do the exercise slowly. You can support the jaw with your hands.

Keep the upper lip relaxed whilst pulling the lower lip in over the teeth.

Keep the cheeks up and corners of the mouth lifted, ensuring you are not making wrinkles around the eyes.

Keep pressing the jaw out and up.

When pressing the jaw out, ensure you are not pushing the head forward. Keep the back of the head in line with the rest of the back of the body throughout.

When rotating the eyes back, ensure you are not lifting the forehead - the eyebrows should not lift.