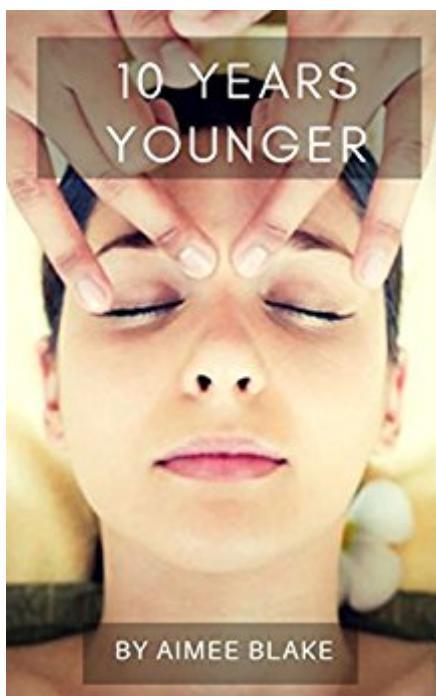


The book was found

10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid Of Wrinkles & Take 10 Years Off Your Face In 8 Mins A Day (Health & Beauty Series Book 3)



Synopsis

Look Younger With Facial Exercises- Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A DayReduce Facial Wrinkles, Get Plumper Looking Skin, Take 10 Years off Your Face & Get a Non Surgical Face Lift in Just 8 Mins a Day!Plastic and cosmetic surgeons will tell you that in order to get rid of wrinkles and look younger, you will need to go under the knife. However there are natural solutions to help your skin looking younger and the information I'm about to reveal to you is what the beauty industry doesn't want you to know. Of course the aging process, smoking or sun exposure will result in a loss of collagen and sagging facial skin which results in wrinkles. However there are more than 50 little muscles that make up the anatomy of the face and each one of these muscles can be exercised to give you firmer younger looking skin. There is no special equipment required with this new program, all you need is some diligence and discipline to make a dramatic improvement in your appearance to look fresh and younger looking. Each facial exercise has clear instructions, with photographs that demonstrate the movements, so performing each exercise is easy and straightforward. Here's What You Learn With Look Younger With Facial Exercise...Understanding the anatomy of the skin and what causes wrinkles to formWhat are facial exercises and facial massage and acupunctureHow to get rid of forehead wrinkles and frown linesHow to get rid of eyewrinkles, crow's feet and eye liftHow to enhance cheeks for sagging and hollow cheeksHow to get rid of nasolabial fold How to get rid of laugh lines, lipstick and marionette linesHow to get rid of jowls and a double chin and how to get a defined jawHow to tighten neck skin or turkey neckStep by step 8 minute routine to get rid of facial wrinklesMuch, much more!Download your solution to Facial Wrinkles today! Take action today and download this "Look Younger With Facial Exercises- Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day" and look younger today. Tags: Facial wrinkles, face wrinkles, facial exercises kindle, facial exercises for jowls, facial yoga exercises, facial exercises to reduce wrinkles, how to get rid of wrinkles, how to get rid of forehead wrinkles, eye wrinkles, neck wrinkles, Anti-Aging, How to Look Younger, How to Get Rid of Wrinkles, How to Feel Younger, How to Get Rid of Jowls, How to Reduce Wrinkles, How to Get Rid of Wrinkles Naturally

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Customer Reviews

Great exercises! I have already seen improvement.

Too complicated and time consuming to do every day.

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Simple exercises I have tried. Just got book so results to be posted later. Easy read for someone looking for facial exercising.

Don't buy it. There are no diagrams or pictures. It just has descriptions of exercises. A waste of money.

I really appreciate the information in the book. The author gives the reader a nice history and explanation of the concepts to help the reader understand the "why". However, being a step-by-step book, there were no illustrations - no pictures, drawings or anything - to help the reader ensure that one is using the correct techniques, which is why I gave it a lower rating. Hopefully if the author writes another step-by-step book, she considers using illustrations to supplement her clear writing style.

It is difficult to follow along with this regime without benefit of visual aids, seeing how the exercises are done makes it easier to perform.

This was a quick read but I'd love to see some photos just to make sure I was doing every technique properly.

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