

LET'S FACE IT

Visits to the gym and body-toning exercises are all very well; but how often do you exercise your face? By Nawaz Modi Singhania

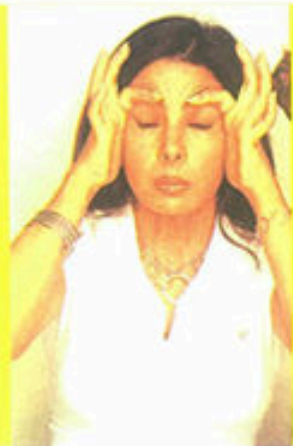
MOST of our facial muscles are not used, and as one grows older, they slacken and begin sagging due to lack of exercise and insufficient usage. As a result, the skin droops, forming pouches, bags under the eyes, wrinkles and a double chin — all signs of ageing.

Facial workouts can get your face really fit and prevent muscles from sagging. Using this completely natural and safe technique, and without surgery, you can now slow down the ravages of time and maintain your youthful looks for much longer.

For all these exercises: Do them gradually to a count of three, hold/freeze in the eventual position for five counts, and then release slowly on a count of three.

Breathe normally throughout.

Do these exercises twice each, three to four times a week and enjoy the difference!



Eyebrow Presses

The aim is to strengthen the muscles of the eyelids and reverse the drooping process. Placing your forefingers just under the eyebrows, press upwards and then backwards into the skull. Hold this position while trying to shut the eyes.



The Eyebrow Lift

This helps in getting rid of furrows and lines on the forehead. Lift the eyebrows upward and open the eyes wider with each count.



Double Chin Lift And Jaw Line Tightener

Tilt the head back and have the lower lip cover the upper lip. Stay in this position while curling the tongue up inside the mouth, and pressing it against the upper palette. Then smile out.



The Muscles Around The Mouth

Advanced facial exercises work from inside the mouth. Wearing gloves, place the entire length of the thumbs inside your mouth, between the teeth of the upper jaw and the upper lip. Press/suck the upper lip back into the teeth so that the thumbs are squeezed.