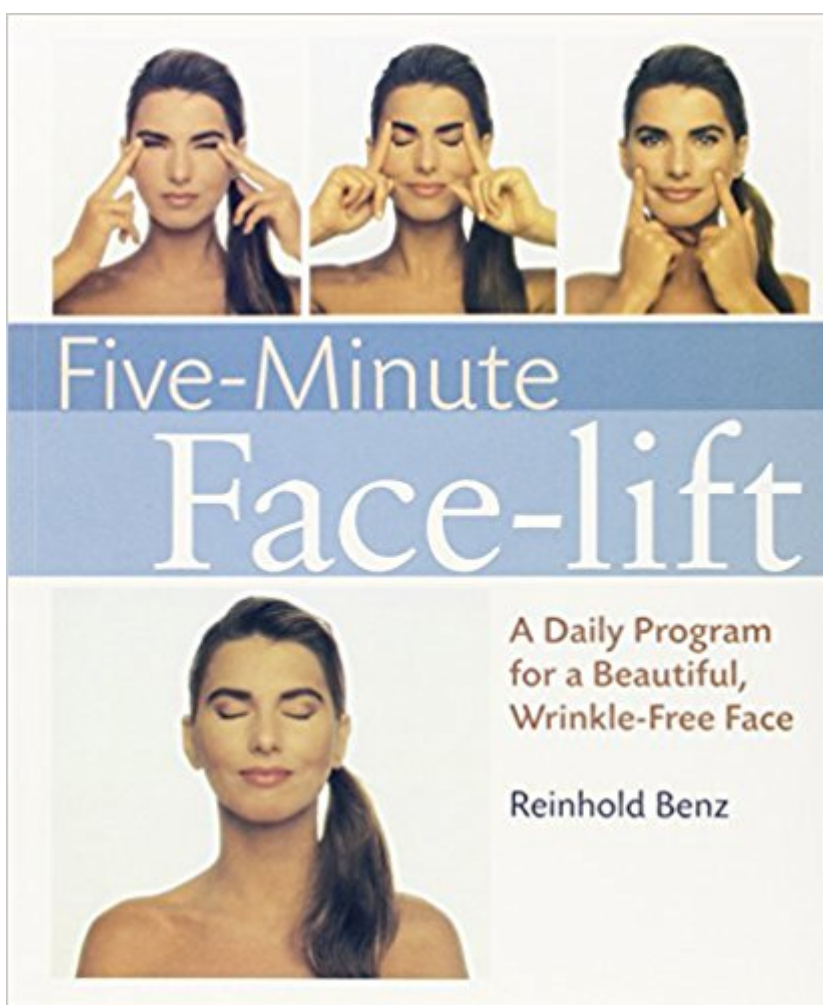


The book was found

Five-Minute Face-lift: A Daily Program For A Beautiful, Wrinkle-Free Face



Synopsis

All your facial features will shine, when you workout with these 21 exercises that isolate and strengthen the muscles around your throat, mouth, eyes, eyebrows, and forehead. (Youâ™ll also avoid spending a fortune on costly programs that cosmetic companies promote!) Full-color, step-by-step photos show how to maintain a youthful look with taut skin and toned facial muscles, which will naturally resist wrinkles. There are exercises to work on everything from your temples to the tip of your nose, including four specifically designed to firm up your chin and neck and six to fortify the muscles around your eyes. It is a program that is quick, easy, and almost free for your most revealing feature: your face.

Book Information

Paperback: 64 pages

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Average Customer Review: 3.8 out of 5 stars 67 customer reviews

Best Sellers Rank: #77,068 in Books (See Top 100 in Books) #32 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #122 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style #232 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

Ok I tried this once and I actually believe this is doable. I think once I get the exercises down I can run through them on auto pilot. I love the way the book is layed out very simple, flip a page and do the next exercise. I enjoyed the design of the book with the inside and back cover folds to hold my pages down (silly feature but nice) as I sat outside with a gentle breeze. I will report back on how this works for me in about 8 weeks or so. Anyway I am impressed with just the first hour of looking it over and running through the exercises a couple times. I am satisfied with this purchase.

This book has good illustrations about useful facial exercise ideas. I don't care for the title. The only way it can be done in five minutes is to only do a couple of the exercises. The author tried to explain

that by saying that it's pointless to exercise non problem areas. I don't agree with this point of view, as all the areas of the face and body need exercise all through life. One day when one is wrinkled and sagging it may be harder to turn things around.

2-Week Review:My background is that I'm in my mid-30s and had always appeared younger in the face than my real age--UNTIL the last 6 months to a year. All of a sudden my facial skin has started sagging and I've started getting lines around my mouth/cheeks that make me look suddenly older than my age and very tired all the time. Plus my mouth lines were starting to get down-turned. Yuck! So, after being talked out of a \$2,000 cosmetic procedure I can't afford, and after trying all sorts of expensive "age-defying" creams and lotions over the past couple years, I decided to give this book a try.First, I'll say that the book is really nicely laid out and perfect. To the reviewers who complain about inadequate content--nonsense! Bah! Everything you need is in here: Diagrams of targeted muscles, specific instructions, photos of the exercise in action, etc. This isn't meant to be a novel or essay on facial care. Instructions are clear and help you scale up your routine as you get more experienced.Now, about the results! I'm only a couple weeks in, so I definitely have not been expecting miracles. But, I HAVE noticed a difference already! I even took a "before" picture as a point of comparison, and I have to say that the change is marked. Even my husband has commented (with insulting surprise) that he can see the difference. My cheeks are a bit less saggy and some of the lines around my mouth have already begun to vanish. My mouth doesn't seem as down-turned when resting. And my skin actually does look younger! I'm impressed! Why didn't I start this months ago??Considering this was the only change to my skin-care/facial routine, I credit this book already with making a big difference! I'm really excited to see if the improvements continue through the coming months, and I'm already recommending this book to others.

it is a nice book with good illustrations. Effective if done correctly and with patience.

So far so good. I have only been doing the excersizes for a week faithfully!! I find myself wanting to do them throughout the day also. My face feels firmer and my eyes are brighter and clearer.

I've had this book for many yrs. Or the first printing of it, I guess.I tore pages out of my first book and stapled them together to give mea quick regimen of ten facial exercises. It's my staple go-to fast, face-liftwhen I'm in one of those.....I better do something about my looks mode.

Great book! After doing the exercises for 3 days 3 times a day my face feels like your body feels after workout - tight and even a little sore, I am 28 and it's always great to start following the routine as early as you can. I am very happy with the purchase, the pictures in the book are large and the description is clear. I really noticed an improvement, especially in the lips area, they do get fuller after the exercise! Wow!

I had high hopes for this book, but it does not explain the techniques well enough to know whether I am doing them correctly.

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