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Yoga Face: Eliminate Wrinkles with the Ultimate Natural Facelift (Paperback)

By Annelise Hagan

Avery Publishing Group Inc., U.S., United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. View our feature on Annelise Hagen s The Yoga Face. To keep their faces looking younger, women today try everything from invasive procedures such as plastic surgery and Botox to expensive cosmeceuticals. The Yoga Face is a new and completely natural alternative anti-aging regimen that women can do anytime and anywhere-and in just minutes. The exercises, developed by yoga expert and instructor Annelise Hagen, are based on a simple principle: The muscles of the face are no different from the muscles of the rest of the body. If you don t exercise the muscles below the neck, they become weak and flabby, and the same thing will happen to your face with age. Just as yoga routines work the muscles in the body, the stretches and movements in The Yoga Face tighten and tone the face muscles-and combat wrinkles. Working out with fun facial exercises such as the Louis Armstrong Satchmo, the Marilyn Monroe kiss, and the Lion Face, readers will notice changes quickly; and over time, the results are dramatic. Illustrated with more than seventy-five instructive photos throughout, The Yoga Face offers an...



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Reviews

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A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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