

Exercise I

Eye Toner

Benefits

The Eye Toner exercises the *orbicularis oculi*, the muscle that surrounds the entire eye. One of the most important muscles in the body, this muscle opens and closes the eye. The Eye Toner pumps blood into the whole eye area and strengthens the upper and lower eyelids. It works to reduce under-eye puffiness, lift under-eye hollows and, in effect, enlarge the eye socket, giving you a more wide-awake, bright-eyed look. How is that possible? Here are the facts: As we age, the upper eyelid muscles lose their tone and sag down in the eye socket, invading that area and making it appear

Method

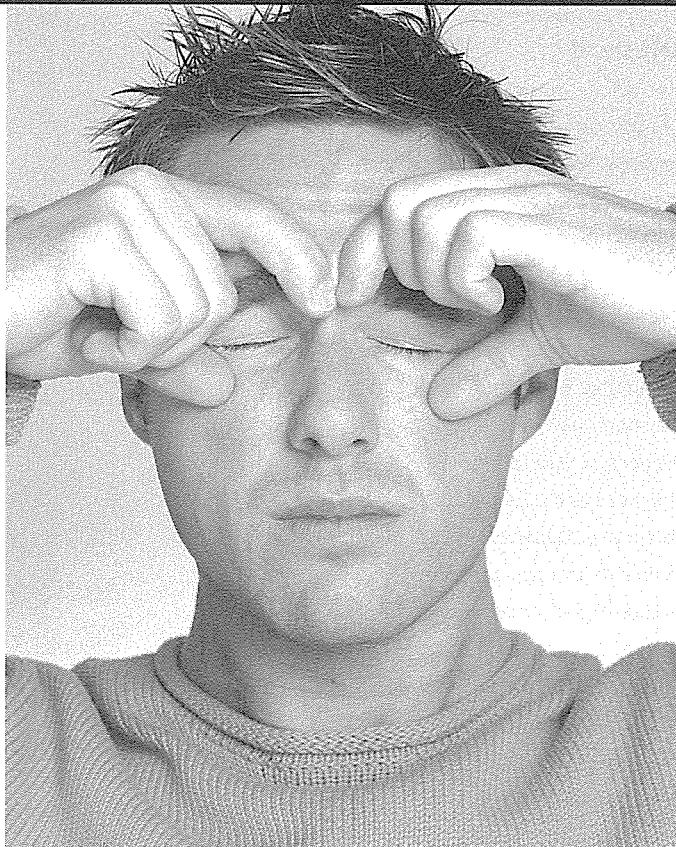
1. Perform this exercise lying down or in a sitting position. Assume the basic position (see p. 50). Place your index fingers between your brows, then wrap your thumbs lightly around the outer eye corners, on top of your crow's feet (if you have them). Look up toward the top of your head. Make a strong squint upward with the lower eyelid.



smaller. By toning and lifting the upper and lower eyelids, the eye socket becomes more defined and appears larger.

Tip: Perform the Eye Toner twice a day. If you have deep hollows or severe under-eye puffiness, repeat the exercise three times daily. You should apply slight pressure with your index fingers, pulling up between the brows. This action will prevent your eyebrows furrowing or wrinkling. Keep your thumbs at your outer-eye corners, applying light pressure only, so as not to create creases in your skin.

2. Hold the squint and squeeze your eyes tightly shut, keeping your buttocks clenched tightly, and count to forty. It's very *important* to keep your eyes closed tightly and your bottom tightened as you count.



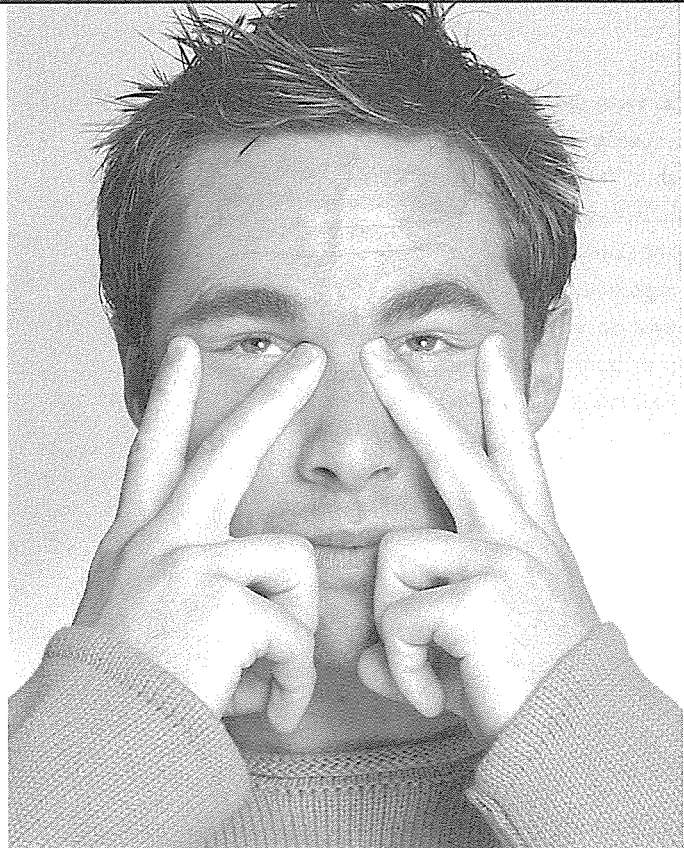
Exercise 2

Lower Eyelid Lift

Benefits This exercise also strengthens the *orbicularis oculi* muscle. It is useful for firming the lower eyelids, diminishing the hollows under the eyes and reducing under-eye puffiness.

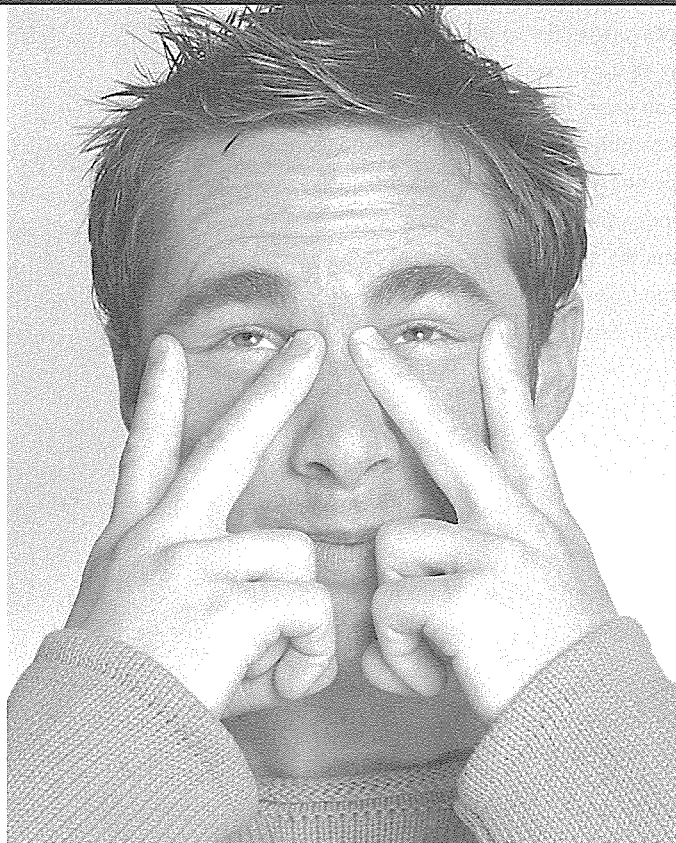
Method

1. You can do this exercise either sitting or lying down. I alternate positions to work the muscle differently. Assume the basic position (see p. 50). Place your index fingers at your outer-eye corners and your middle fingers at your inner-eye corners and apply light pressure. Look up towards the top of your head. Make a strong squint upward with your lower eyelids. Squint up and release five times, keeping your upper eyelids wide open.



Tip: Perform the Lower Eyelid Lift twice a day. If you have extensive eye puffiness, repeat this exercise three times a day. As you do the exercise remember to maintain a slight pressure with your fingers at the outer- and inner-eye corners to keep the skin from creasing.

2. Hold this squint and think *up*, maintaining a strong squint with your lower eyelids. Remember to keep your bottom tightly clenched. Count to forty.



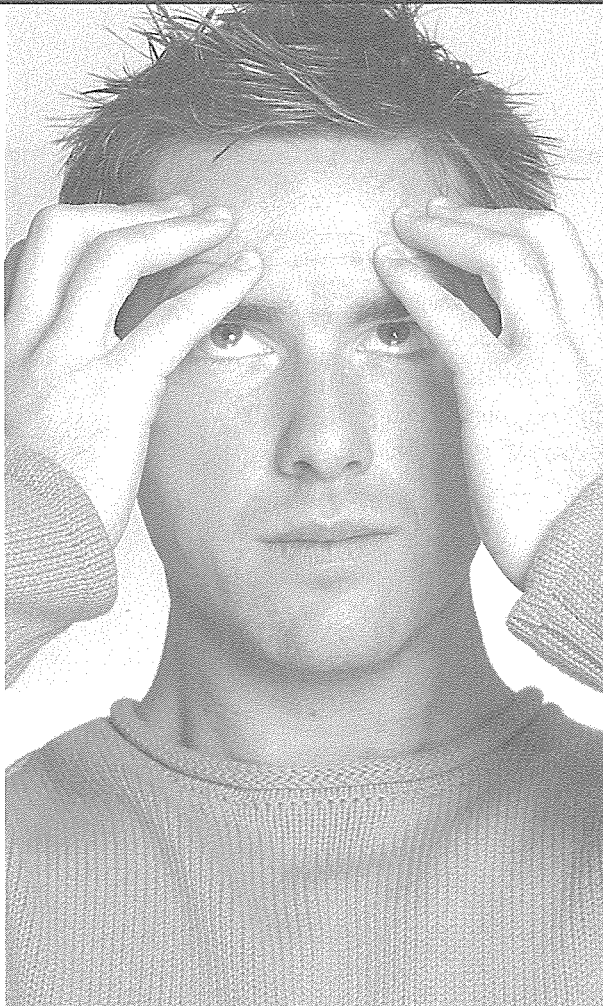
Exercise 3

Eyebrow Lift

Benefits This multipurpose exercise works the *epicranius*, which raises the eyebrows, the *frontalis*, which draws the scalp forwards, the *occipitalis*, which draws the scalp back and the *galea aponeurotica*, which joins the *frontalis* and the *occipitalis*. The Eyebrow Lift prevents or reduces the frown lines between the eyebrows and fore-

Method

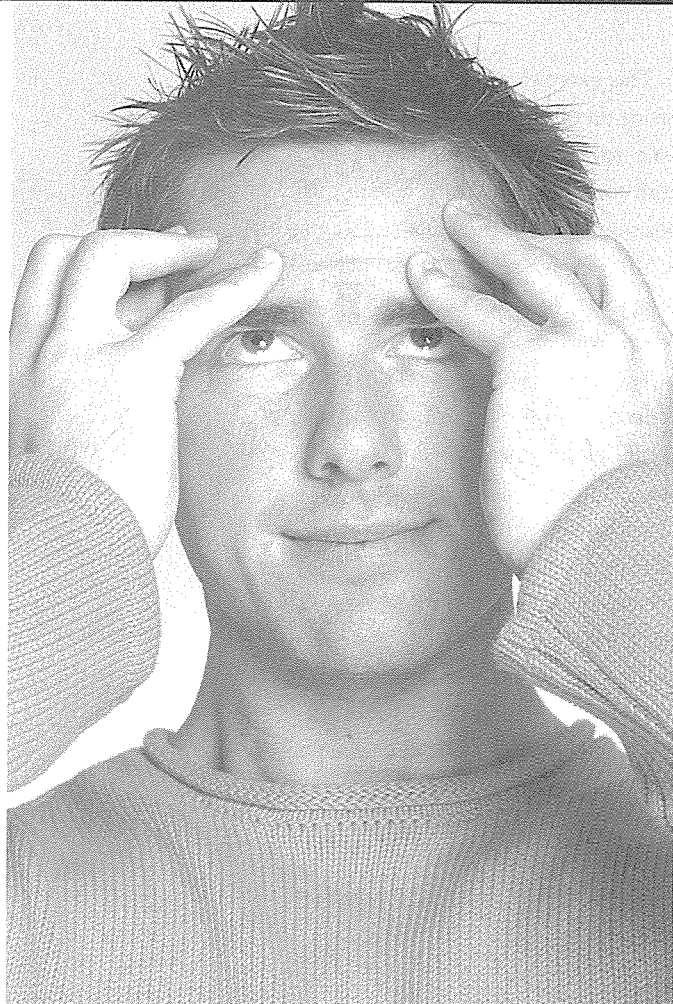
1. You can do this exercise in a sitting position or lying down. I personally like to do this one lying down because I feel like I can exert more energy in this position. Assume the basic position (see p. 50). Place the index fingers of both hands in the middle of the forehead so that they are parallel to the top of each brow. Now, pull your fingers down toward your brows. Keep them held down. Look up toward the top of your head. While you are pressing down with your fingers, concentrate on pushing your eyebrows up. Push them up and release them five times.



head and raises the eyebrows. It also acts to prevent or diminish the hooding effect that age and lack of muscle tone tends to cause on the upper eyelids.

Tip: Perform the Eyebrow Lift twice a day. It will help to clear your head and will make you feel much more alert. To correct a heavy or scowling brow, repeat this exercise three times a day.

2. Keeping your eyebrows in the up position, continue to keep your fingers pressed down. Do mini-eye brow pushups until you start to feel a tight band of pressure above your brows. When you feel the pressure or burn, keep your eyebrows pushed up with your fingers pushing down against them. Remember to hold your brows up. Count to thirty. Release and massage the center of your brow in a circular motion. Relaxing the muscle in this way will result in optimum development.



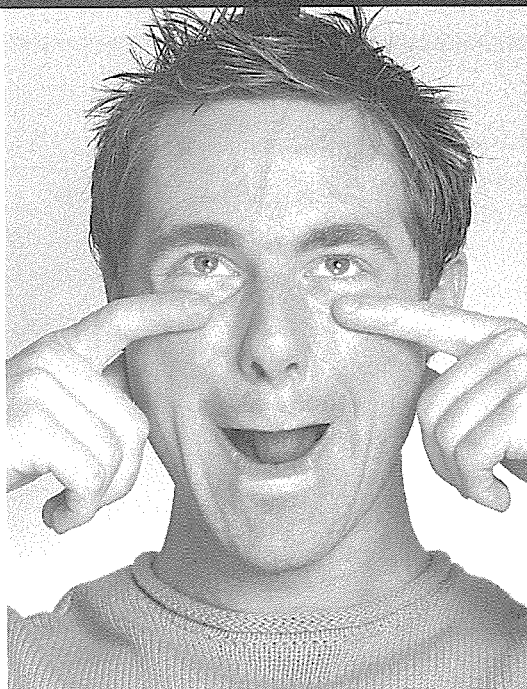
Exercise 4

Face Toner

Benefits The Face Toner harnesses the power of the mind to counteract the lengthening and flattening effects of gravity. Working the *quadratus labii superioris*, it helps to remove the stressed look from your face and increase blood circulation, giving your skin a robust appearance.

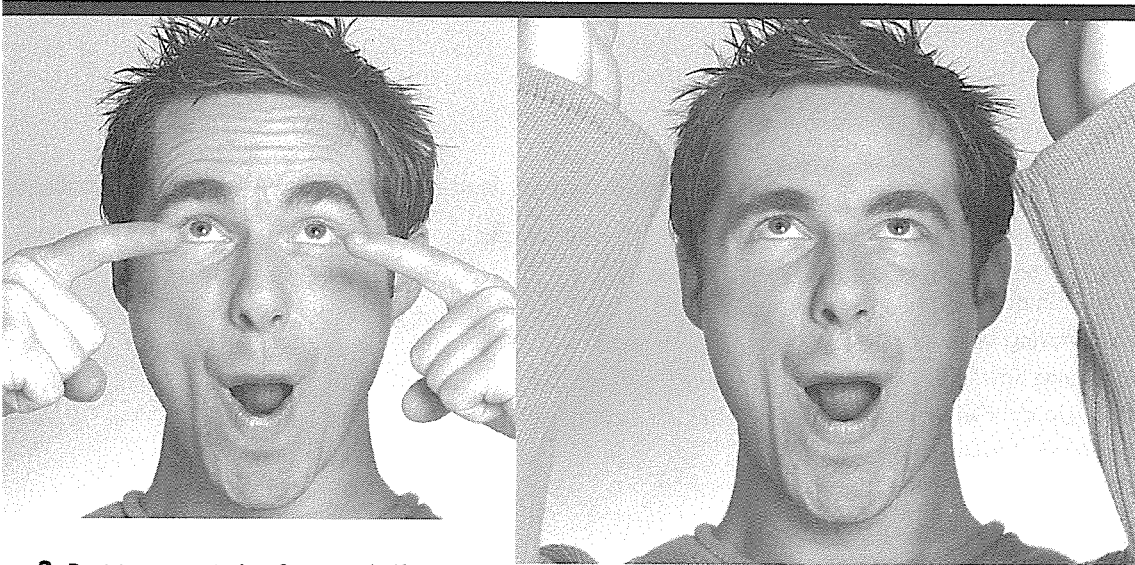
Method

1. This exercise can be done either sitting up or lying down. I prefer to do it lying down because I feel I can really push the stress out of my face in this position. Assume the basic position (see p. 50). Imagine a dot in the middle of your upper lip and a dot in the middle of your lower lip. Open your mouth, pulling those two imaginary dots apart, allowing your mouth to form an oval shape. Place your index fingers lightly on the top (apple) part of your cheeks. Smile with your mouth corners and release the corners. You should feel your cheeks move under your index fingers. Visualize the muscle under the cheek pushing up each time you smile. Repeat this movement twenty-five times. On the twenty-fifth smile, strongly pull the upper and lower lip away from each other. Imagine that your cheeks are



moving out from your face towards the ceiling and then exiting, like two small balloons, through the top of your scalp. Follow the energy in your face.

Tip: Do the Face Toner twice a day. If you find that you are under unusual tension or stress, do it as often as necessary. If you feel an ache in the jaw area after performing this exercise, blow out between your lips (see p. 51). This simple little act will release the lactic acid in the muscle and should give you an immediate feeling of relief.



2. Position your index fingers a half an inch away from your face and then begin to move them up in front of the face, toward the scalp area. This will help you to “move” the energy of the cheeks up through the top of your head. Hold this position for a count of thirty, while looking up towards the top of your head. Move your arms above your head. Follow the energy in your face.

3. Now, if you're lying down, raise your head an inch or so, lifting your head with the front of your neck while keeping your buttocks tightened. Hold your head up, count to thirty and continue to imagine that the cheeks are moving out and up, exiting through the top of your head. Follow the energy in your face with your mind. Keep your hands outstretched above your head.

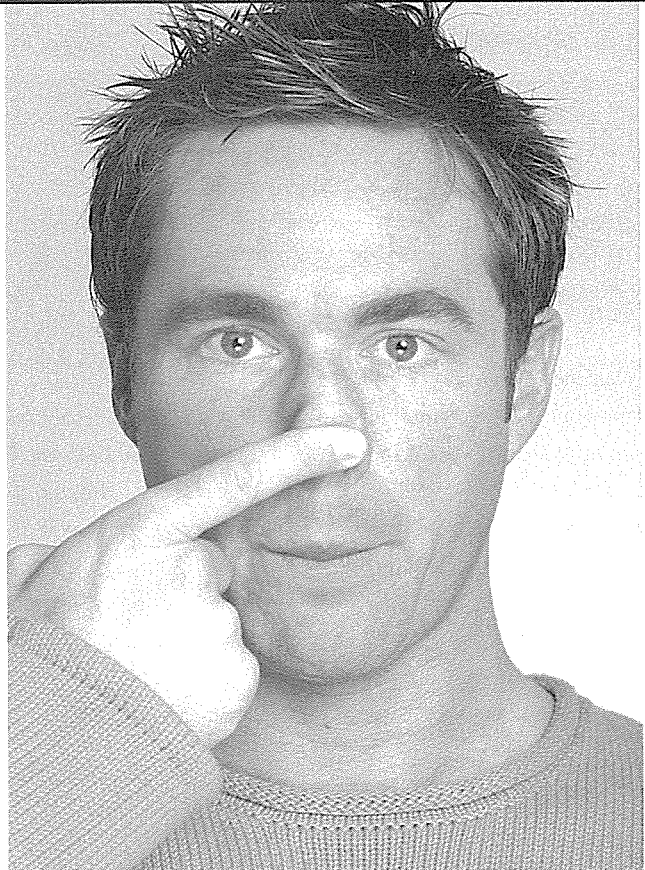
Exercise 5

Nose Toner

Benefits As I've mentioned previously, our noses continue to grow throughout our lives. The tip of the nose drops and widens with age. The good nose news here is that the Nose Toner exercise shortens and narrows the nose tip by exercising the *depressor septii* muscle. Pinocchio should have read my book. If he had, he could have kept on fibbing until the cows came home and no one would have known. Doing this exercise properly stimulates blood and oxygen flow throughout the upper lip and nose

Method

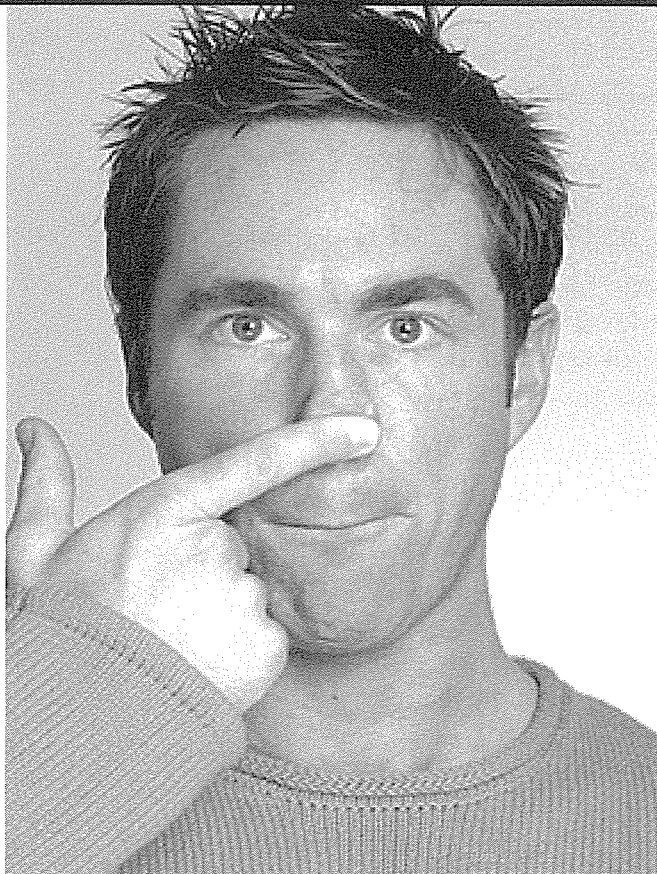
1. You can do this exercise while moving, or while sitting up or lying down. My preference is to do it while I'm on the phone. Assume the basic position (see p. 50). Push the tip of your nose up firmly with your index finger.



area. Many of my clients have described a tingling feeling around the nose. This is good because it shows that there is increased blood circulation to that area, which is what you want.

Tip: Do the Nose Toner once a day and if your nose is a little longer than you would like, or if it's a little too wide, carry out this exercise twice a day. Some of my clients who have had a rhinoplasty (nose job) report that doing this exercise for several weeks helps to give their nose a more naturally sculpted look.

2. Flex your nose down by pulling your upper lip down over your teeth. Hold this for a second before releasing the lip. Repeat thirty-five times. You should feel the tip of your nose push against your finger each time. Remember to keep breathing at a normal rate while you perform these repetitions.



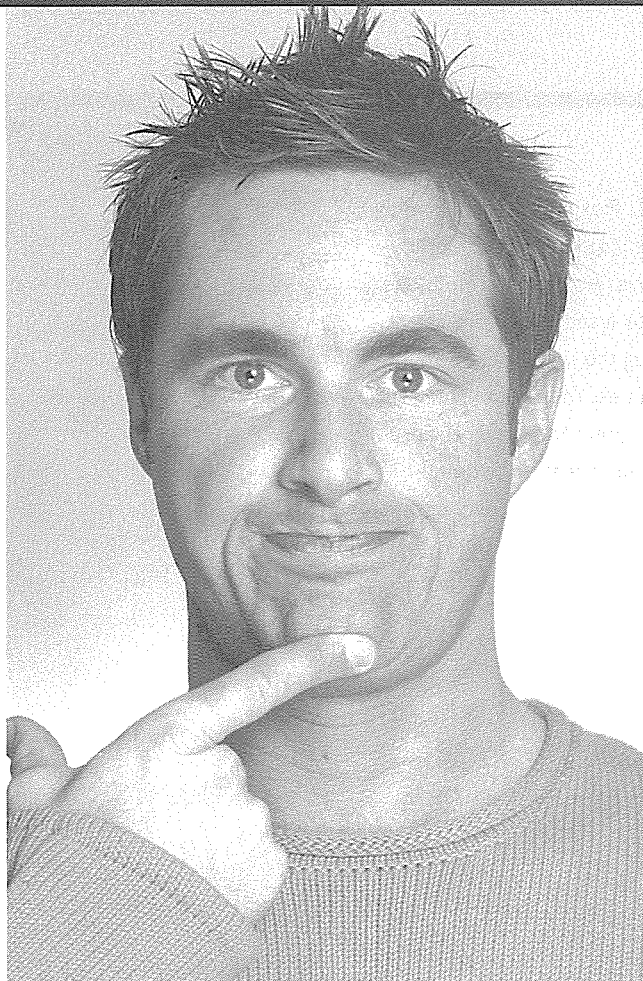
Exercise 6

Mouth Toner

Benefits By working the *orbicularis oris* muscle which encircles the mouth, the Mouth Toner strengthens the whole mouth area. One of my musician clients told me that doing this exercise strengthened his mouth, giving him the ability to play his trombone longer, which in turn lengthened his career.

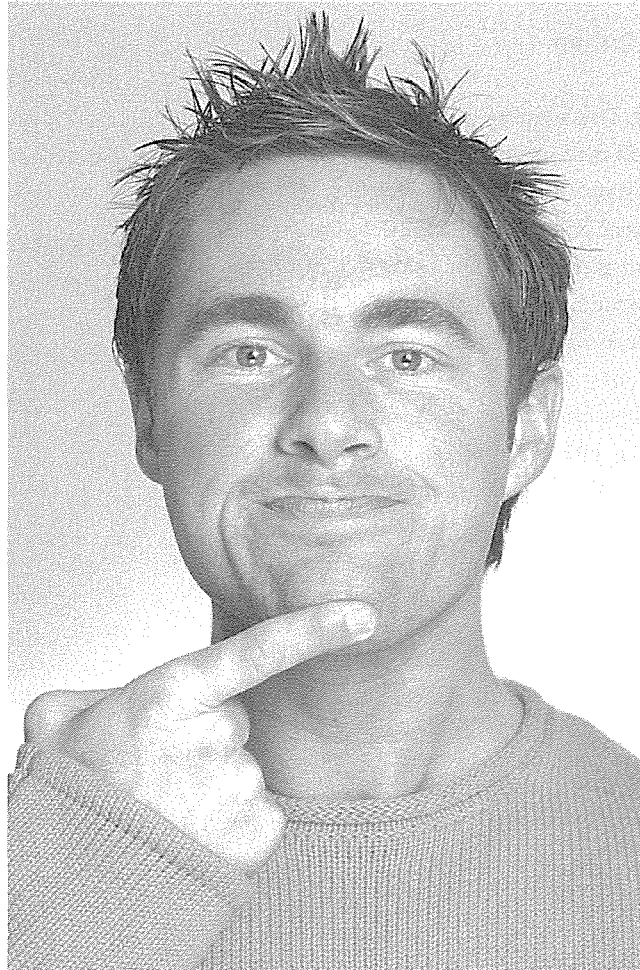
Method

1. This exercise should be done sitting up. Assume the basic position (see p. 50). Press your lips together. *Do not* purse your lips and *don't* clench your teeth. Push your chin muscle up with your finger. Press the lips together and keep the tip of your nose pulled down by lowering your upper lip.



Tip: Do the Mouth Toner twice a day to strengthen your mouth. This is an excellent exercise to relieve the stress and tension many men tend to hold in the mouth area.

2. Push your face forward and your shoulders back. Keep pressing your lips together until you can feel the lactic acid burn (see p. 50) and then count to thirty before releasing. Blow out between your lips (see p. 51).



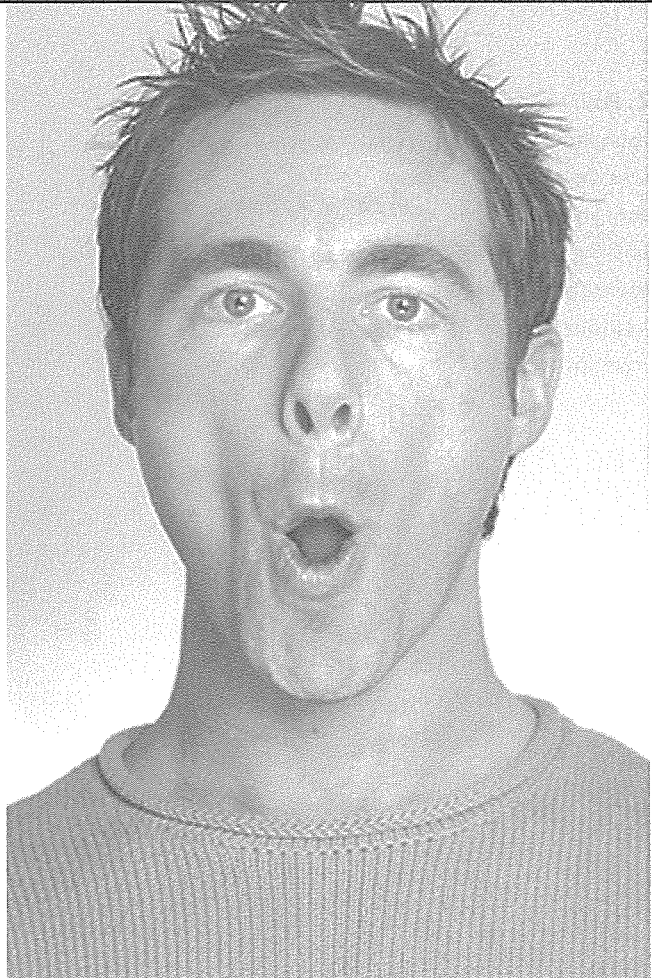
Exercise 7

Smile Line Eraser

Benefits This exercise can make a big improvement in your appearance. By building up the *dilator naris anterior* and the *dilator naris posterior* muscles, you will be able to smooth out any deep creases as well as the age lines that run from the nose to the corners of the mouth.

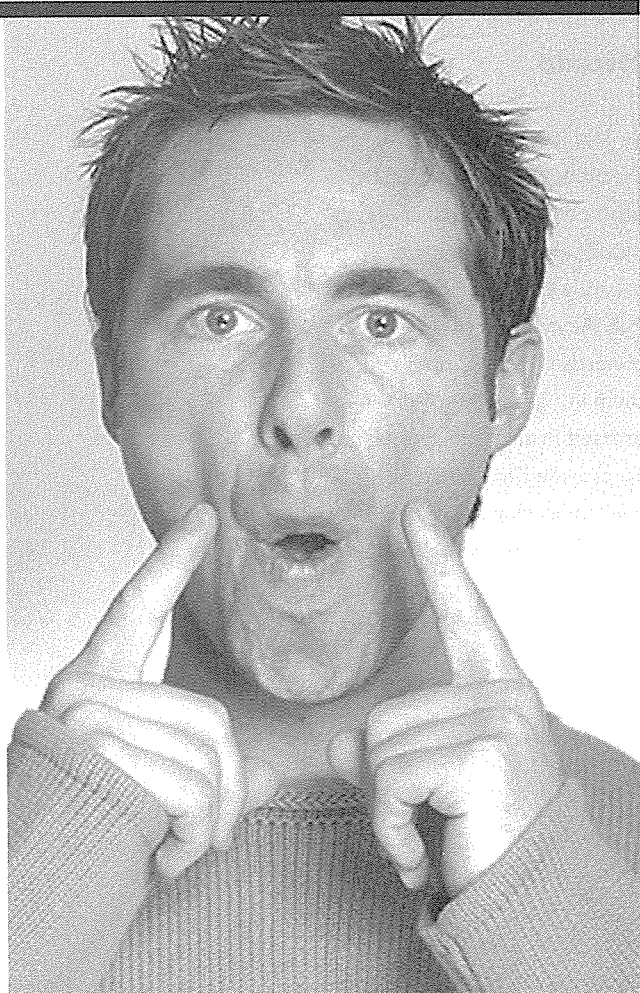
Method

1. This exercise is most effective when performed sitting upright. Assume the basic position (see p. 50). Imagine a dot in the center of your upper lip and a corresponding dot in the center of your lower lip. Open your mouth and pull the dots away from each other as you form a long, strong oval shape with your mouth. Remember to keep your upper lip pressing down on your teeth.



Tip: Using your powers of visualization helps to intensify the lactic acid burn and assists in developing the muscles more quickly. You should do this exercise twice a day for optimum results.

2. Visualize a line of energy moving from your mouth corners moving up to the sides of your nostrils. Use your index fingers to follow this imaginary line upward. Then visualize that energy beam moving back down the imaginary line toward your mouth corners. Repeat and use your index fingers to follow and intensify this imaginary energy. Keep this up until you feel a burn in the smile line area. When this occurs, pulse your index fingers up and down quickly to a count of thirty. Afterward blow out between your lips (see p. 51).



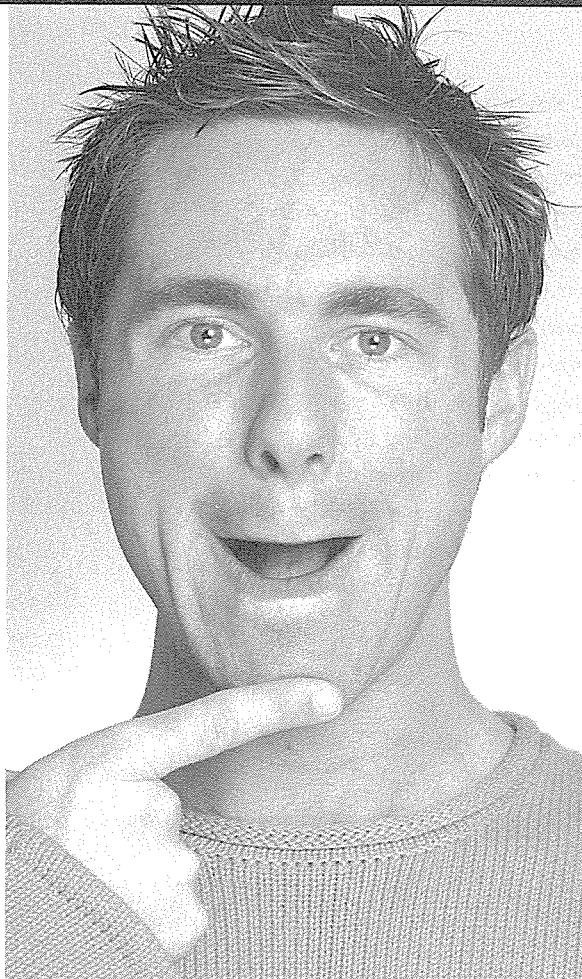
Exercise 8

Jaw Toner

Benefits This exercise benefits the *pterygoid internus* muscle in the jaw. Working this muscle will help to get rid of droopy jowls and will assist in erasing or minimizing the sagging skin along the jawline. I've been told by some of my clients that this exercise helps alleviate the painful symptoms of temporomandibular joint syndrome.

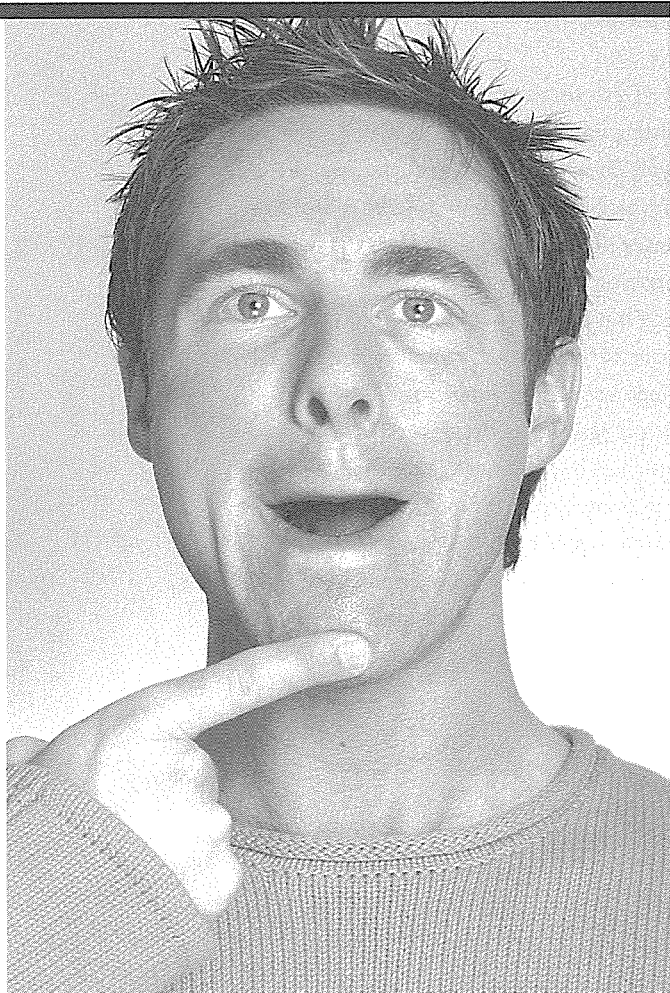
Method

1. The Jaw Toner is best done while sitting down. Assume the basic position (see p. 50). Open your mouth and roll the lower lip in securely over the bottom teeth. Pull the corners of the mouth towards the back teeth and roll them in tightly. Keep your upper lip pressed firmly against your teeth. To provide light resistance, place your index finger on your chin. Open and close your jaw in a slow scooping motion, using the corners of your mouth to open and close your jaw, not your jaw hinge. Imagine scooping up your favorite ice cream with your "scoop."



Tip: Make sure you scoop using the mouth corners, *not* the jaw hinge. Scoop slowly and deliberately. I recommend doing the Jaw Toner twice a day to help prevent a sagging jawline.

2. Pull your chin up about a half an inch each time you scoop. Scoop slowly and concentrate. Perform this motion until you get that lactic acid burning sensation in your jawline. When you feel the burn, hold your jaw still while visualizing the sides of your face lifting up. Push your face forward and your shoulders back. Concentrate on that jawline burn. Count to thirty while holding this position. Afterward blow out between your lips to relax the area (see p. 51).



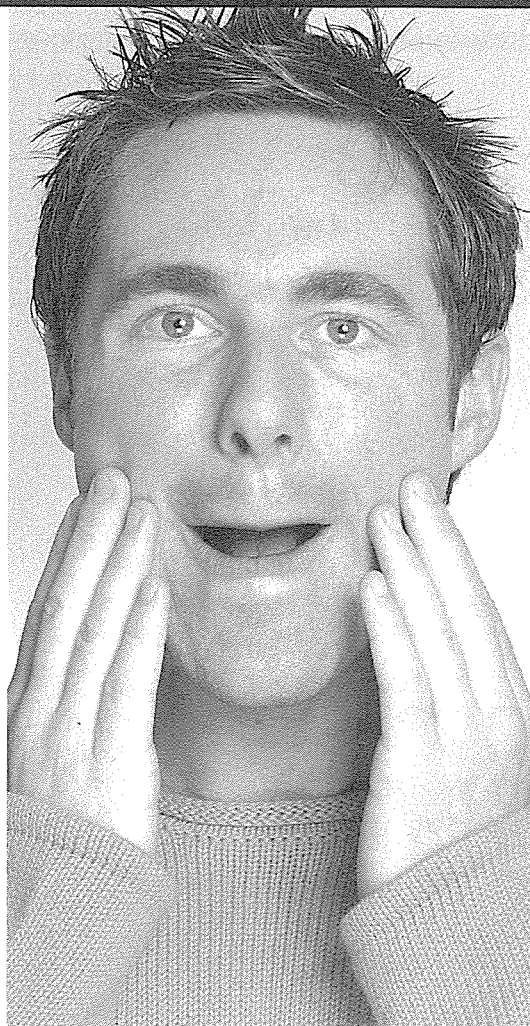
Exercise 9

Face Strengthenener

Benefits This is an extremely effective exercise for long, drawn narrow faces. This one doesn't build your cheeks. It will widen and fill in that drawn look.

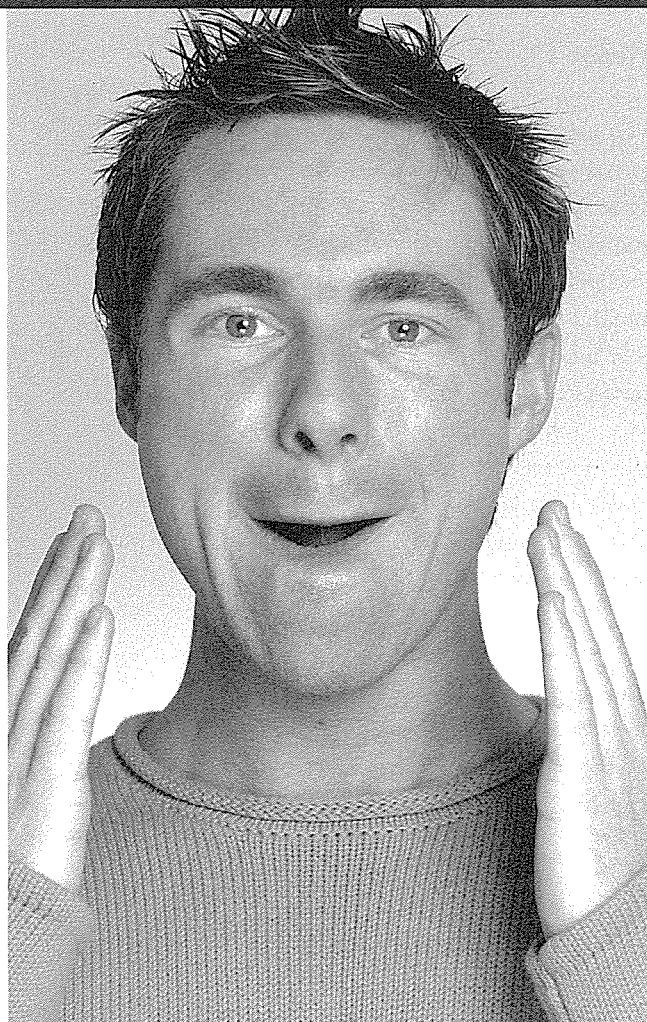
Method

1. This exercise can be done either sitting up or lying down. I like to do it lying down because I feel I can visualize the sides of my face expanding more easily in this position. Assume the basic position (see p. 50). Open your mouth, pull the corners of your mouth toward your back teeth and roll them in tightly. Keep your upper lip pressed down firmly against the upper teeth. Now visualize big, fat cheeks coming out of the corners of your mouth. See these fat cheeks filling in the gaunt area of your face. Position your fingertips at the corners of your mouth while making small circular motions on your face. This will mentally help you to "expand" the sides of the face. Continue making these small, circular motions.



Tip: If you feel your face is wide already, you can definitely skip the Face Strengthener. Otherwise do this exercise twice a day.

2. When you begin to feel the muscle widen, slowly pull the hands away from your face while continuing the circular motions. When you begin to feel the lactic acid burn on the sides of your face, make quick circles with your fingers to intensify the energy. Continue to do this for a count of thirty. Relax and blow out between your lips (see p. 51).



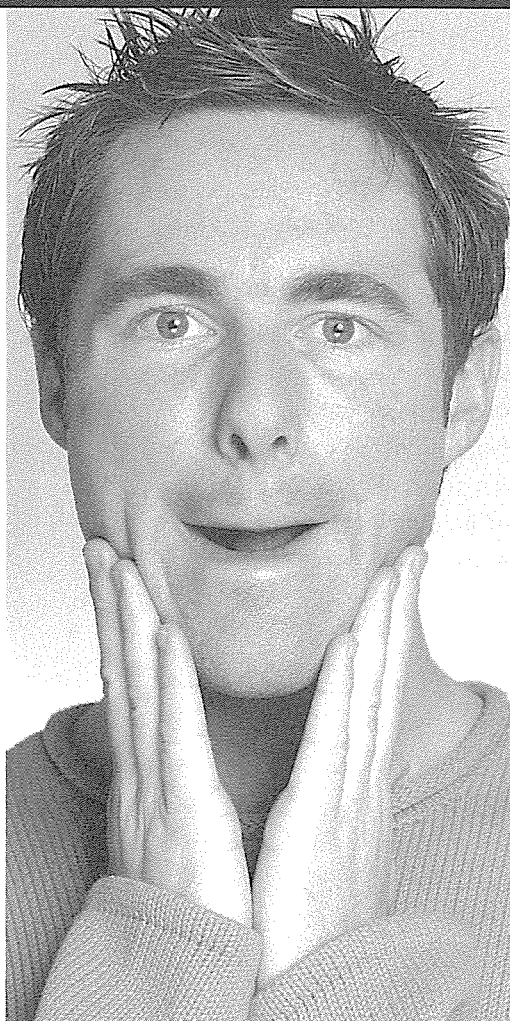
Exercise 10

Facelift

Benefits The Facelift narrows, lifts and tones your face. It exercises the *buccinator* muscle, and therefore in time will increase facial muscle tone. If your face is narrow already, you should still do this exercise once a day as it will keep the sides of your face toned.

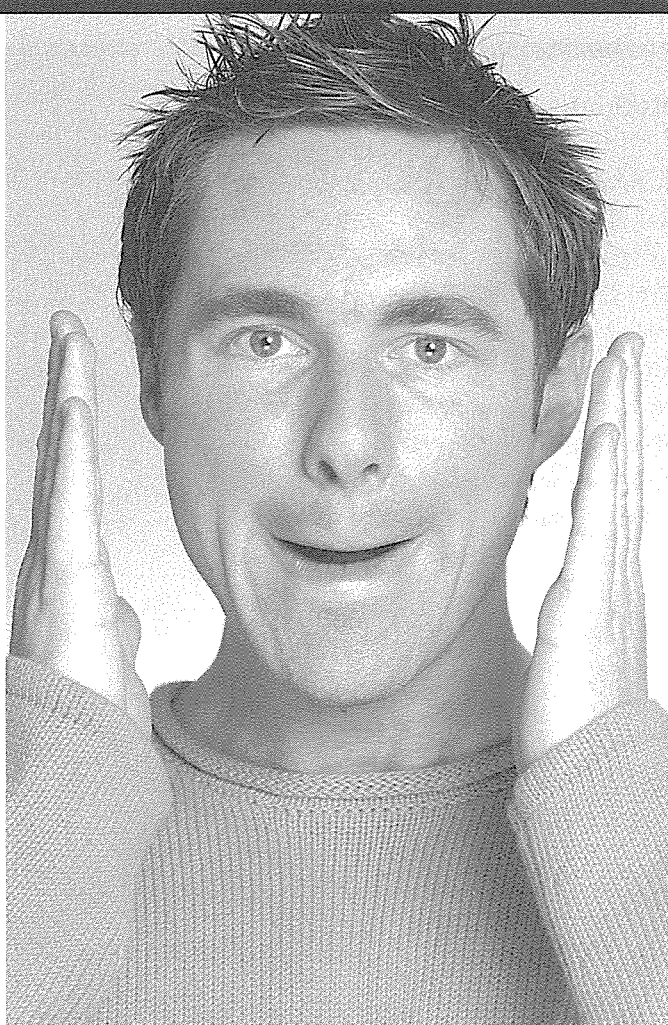
Method

1. You can do this exercise sitting up or lying down. Personally, I like to do it lying down because I find it reverses the pull of gravity and makes it easier to do. Assume the basic position (see p. 50). Open your mouth and forcefully roll your lips over your upper and lower teeth. Pull the corners of your mouth in toward your back teeth and roll them in tightly. Place one hand on each side of your chin, then slowly move your hands up along the sides of your face, ending with the palms of your hands at eye level, as you visualize your face lifting. Use the power of your mind to help you do this exercise and visualize the sides of your face moving upward and outward, past the jawline, to the top of the head. Follow the energy in your face.



Tip: Do the facelift twice a day if you have a heavy full face. Do it once a day for general toning if your face is narrow. (If you're not sure whether your face is wide or narrow, ask a good friend.)

2. Hold the position until you feel the lactic acid burn on the sides of your face. When you achieve the burn, count to thirty. Relax and blow out between your lips (see p. 51).



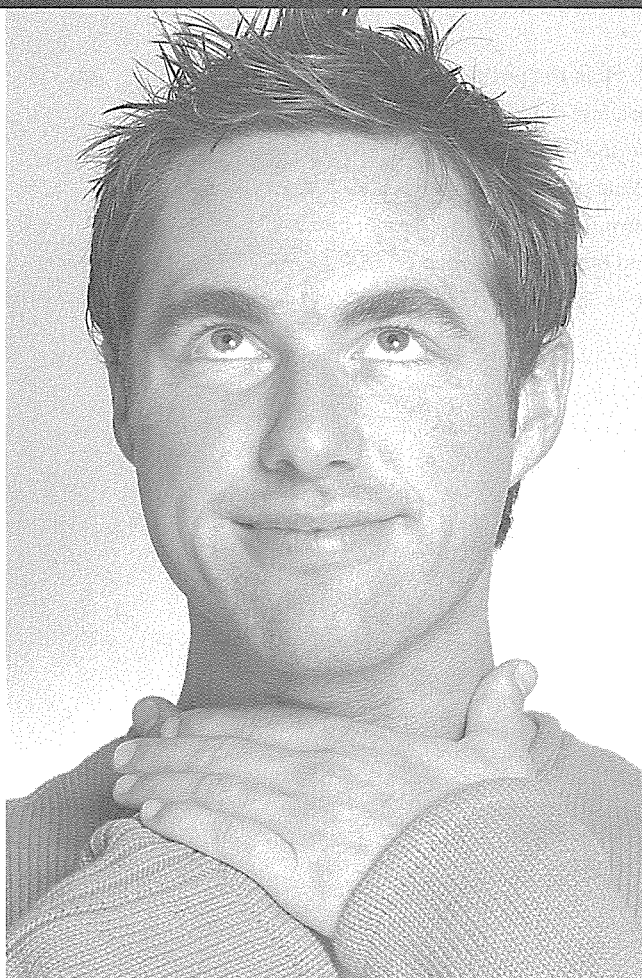
Exercise 11

Double Chin Toner

Benefits This exercise works to strengthen the *platysma* muscle. It is great for firming the chin, neck and jawline. It can greatly reduce double chins and, in some cases, make them almost invisible.

Method

1. Assume the basic position (see p. 50) and sit tall and straight with your chin held high. Close your lips and smile strongly (a smile without your teeth showing). Place both hands at the base of your throat over your collarbone and pull down slightly on the skin with a firm grip. Roll your eyes upward toward the top of your head.



Tip: Do the Double Chin Toner twice a day and, if you feel you have a double chin problem, you can do this exercise three times a day.

2. Tilt your head back, count to three, then release. You should feel a strong pull on your chin and neck muscles. Repeat this movement thirty-five times. Then do the exercise looking over your right shoulder thirty-five times. Afterward, look over your left shoulder and do the exercise a further thirty-five times.

