



3 Facial Exercises to Get Rid of Sagging Jowls

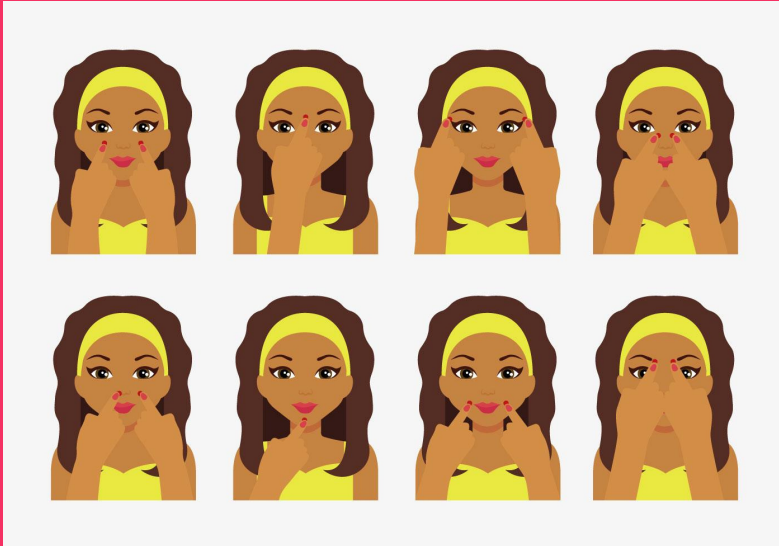
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Face Yoga is a non-invasive practice focusing on exercising the 57 muscles in your face and neck for up to 15 minutes a day. At a growing age, it is a normal thing to make saggy skin below the jawline. And the primary cause of the sagging jowls is increasing age. However, hereditary factors, rapid loss of weight, loss of elastin and collagen, and other lifestyle or daily routine factors are causes of sagging jowls. But, you can quickly get rid of sagging jowls by adopting some easy Facial Exercise in your daily routine.



So, here we will discuss some easy facial exercises for sagging jowls:

Yoga Exercises:



To get rid of sagging jowls, initially, you need to lift your face and chin upward gradually. After that, constantly

open and close your jaw like you are eating something. If you repeat this exercise ten times a day, you will get results.

Neck curl up:



This exercise is helpful for your front neck muscles. To do the neck curl-up exercise, you need to align your face with

your chest.

After that, you need to tilt your head towards the left or right side, but any other part of your body should not be move. Then, you ought to tilt your head a minimum of ten times towards both sides of your shoulders.

Collarbone backup



You can do the collarbone backup exercise in seating, standing, or lying down position. Before performing the

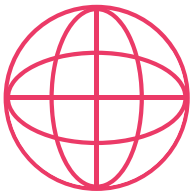
exercise, your head should be straight to align with your chest. After that, you need to lift up your head and bring it backward with the help of the throat muscles. After some time, release this position. You should do this exercise ten times a day if you want faster results.



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