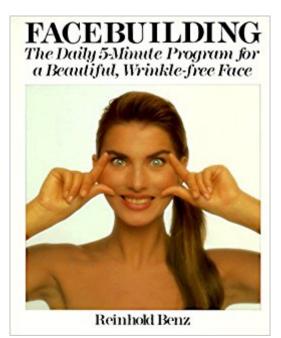


The book was found

Facebuilding: The Daily 5-Minute Program For A Beautiful, Wrinkle-Free Face





Synopsis

Stay young-looking naturally with this easy 5-minute exercise regimen. These proven techniques will strengthen the muscles around your throat, mouth, eyes, eyebrows, and forehead. Full-color, step-by-step photos show you 21 exercises to firm up your chin and neck, fortify the muscles around your eyes, and work on your whole face. 64 pages (all in color), 8 1/2 x 10 1/4.

Book Information

Paperback: 64 pages Publisher: Sterling (June 30, 1991) Language: English ISBN-10: 0806983396 ISBN-13: 978-0806983394 Product Dimensions: 10.3 x 8.5 x 0.2 inches Shipping Weight: 8.8 ounces Average Customer Review: 4.1 out of 5 stars 15 customer reviews Best Sellers Rank: #985,123 in Books (See Top 100 in Books) #38 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care #292 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts

Customer Reviews

Text: English (translation) Original Language: German --This text refers to an out of print or unavailable edition of this title.

I chose this book on reference from a friend. She was so adamant that I try it, so I did. I was very surprise as to the clarity of the information provided. The pictures are clear and the procedures are easy. If you are looking for something that's easy and works, then this is the book for you. Some of the others get too technical and bore you with too much text and no examples. All you need is yor book and a mirror and you are on your way. Happy, thanks friend......

It was a gift & the individual was very pleased with it.

The exercises are great and easy to do. And they work. A lot cheaper than all those creams and peals etc.. BUT you have to do them!!!

Replacing my older well used copy. They may not be available all that much since I think they are out of print now. I get for gifts sometimes but since mine is frayed I'll keep this one, probably. I hope the exercises will help. I saw an older woman on M. Douglas show with what she said were good results and that is when I bought my first copy. She looked great if it were true, but who knows? The idea sounds practical. Book is new and well packaged and came in time.

perfect

I do a little of these exercises each day and I do see a difference around my mouth and eyes..albeit for only a shout time. Plus I get a laugh out of looking as a pretty girl making clown faces!

IT'S OK

I got this book about 15 years ago when my husband kept asking me why I looked so sad and tired all the time. I realized that my face was beginning to sag like my grandmother's did many years ago. I secretly did a selection of the exercises for a couple of weeks and my husband commented that I looked a lot "happier." I then added some of the exercises for the neck, chin, and eye areas. Wow! People keep asking me why I retired so early, and are amazed to hear that I am over 70 years old. And when I went to get a facial the technician expressed amazement at how firm my face muscles were (she did not know my age either).I find the illustrations and instructions are easy to follow. The trick is to have the discipline to consistently do the exercises you select at least three times a week. Always the trick with exercises - you have to actually DO them.

Download to continue reading...

Facebuilding: The Daily 5-Minute Program for a Beautiful, Wrinkle-Free Face Five-Minute Face-lift: A Daily Program for a Beautiful, Wrinkle-Free Face Face to Face with Wolves (Face to Face with Animals) Face to Face: Praying the Scriptures for Spiritual Growth: 2 (Face to Face / Spiritual Growth) Face to Face with Polar Bears (Face to Face with Animals) The Wrinkle in Time Quintet: Books 1-5 (A Wrinkle in Time Quintet) A Wrinkle in Time: 50th Anniversary Commemorative Edition (A Wrinkle in Time Quintet Book 1) The Wrinkle in Time Quintet (Slipcased Collector's Edition) (A Wrinkle in Time Quintet) A Wrinkle in Time (A Wrinkle in Time Quintet Book 1) The Wrinkle in Time Quintet Boxed Set (A Wrinkle in Time, A Wind in the Door, A Swiftly Tilting Planet, Many Waters, An Acceptable Time) A Wrinkle in Time (A Wrinkle in Time Quintet) A Wrinkle in Time: 50th Anniversary Commemorative Edition (A Wrinkle in Time Quintet) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Face Painting: The Ultimate Guide to Face Painting Supplies and Face Painting Kits Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) The 15 Minute Fix: FACE: Exercises To Keep Your Face Youthful and Healthy The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) The 5-Minute Facial Workout: 30 Exercises for a Naturally Beautiful Face

Contact Us

DMCA

Privacy

FAQ & Help