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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

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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 surprised 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 your 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 peels 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 short 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.

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