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**ab9. Secret Face Exercises**  
Dr. Victor Jean Ouellette June 1999  
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Exercising facial muscles is a secret that not many people know about. Muscles around the eyes, mouth, and superficial muscles at the front of your neck, are three areas that you can tone up as you come into your 40s, '50s, or '60s. Most people, by the time they hit 70 years old, don't care much about their looks. But, this may change as the baby boomers gear into this age bracket.

A lot of facial muscles do not run from bone to bone, but rather than go from bone to skin fascia (sheets of fibrous tissue). To exercise these muscles you must 'anchor' the free end. That means holding the free end with your fingers.

Muscles between the eyes, at the corners of the eyes and mouth, and in the cheeks, can be exercised by simply putting your fingers on these areas and then making various facial expressions. When you feel muscles move, resist its movement by pressing with your fingers. Put one finger above the eye and one below it and then squint. Feel the muscle movement then resist this motion. Put two fingers from each hand inside the mouth and then purse your lips. Resist the motion slightly.

Any woman with dagger like fingernails may have problems, but rest assured the problems are not terminal. People with long nails can try using the knuckles in the mouth (not your foot please), although apparently quite a few people have tried that technique unwittingly. And, no I will not donate my hands to teach those with long nails how this technique is done.

Getting back to the topic now, by exercising for 5 to 10 minutes every day you can fill out your face a little and help reduce the aging look of increasing lines in your face and sagging skin.

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