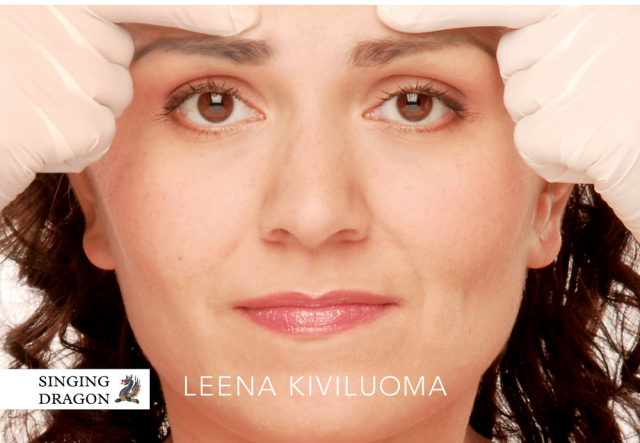


NATURAL FACELIFT AND LINE SMOOTHING  
RELIEVE JAW TENSION AND HEADACHE

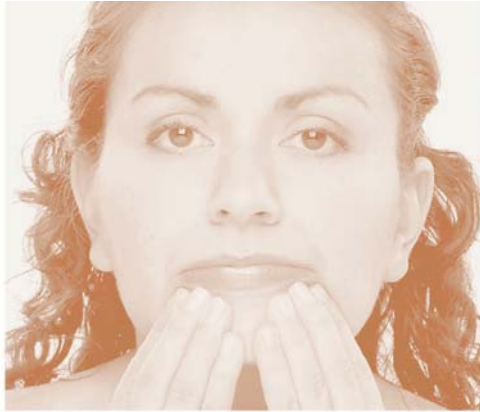
# VITAL FACE

FACIAL EXERCISES AND MASSAGE  
FOR HEALTH AND BEAUTY



SINGING  
DRAGON 

LEENA KIVILUOMA



VITAL  
FACE



**Disclaimer**

The information provided in the book should not be used for the diagnosis of any medical condition. A licensed physician should be consulted for diagnosis of all medical conditions. When performed correctly, the exercises and instructions in this book are safe. Nevertheless, readers must assume responsibility for their own actions and safety when doing these exercises. This advice is not meant to replace a customized, personalized rehabilitation programme given to you by a licensed professional treating you. If you have any health problems or medical conditions that you consider may affect your ability to undertake any of the exercises in this book or any other fitness activities, please consult with the physician. The information in this book does not cover all possible uses, actions and precautions.

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LEENA KIVILUOMA

PHOTOGRAPHS AND ILLUSTRATIONS BY RISTO KURKINEN



SINGING  
DRAGON

LONDON AND PHILADELPHIA

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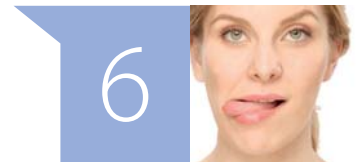
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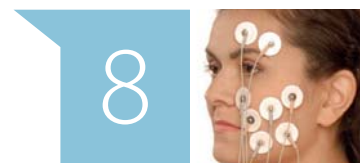
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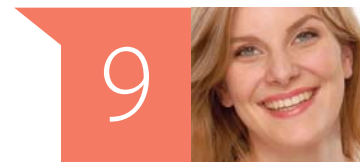
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## RELAXING TECHNIQUES FOR THE MIMIC MUSCLES

Tension and tightness in the mimic muscles result in lines in the skin of the face and may cause discomfort and pain. By following the precise stretching and massage techniques of MimiLift Facial MucleCare you will be able to remove excess tension, which smooths out facial lines and creases and alleviates muscle-related facial pains and headaches.

### Benefits

Unpleasant and harmful muscle tension and tightness in the facial area can be relieved by the unique MimiLift massage and stretching techniques. These relaxing procedures penetrate the surface of the skin, thus remoulding the underlying muscles. They apply multidirectional stretching to the taut muscles and thus relieve muscle stiffness. Relaxation of the mimic muscles smooths out lines and creases and reduces their formation. MimiLift Facial MuscleCare is a revolutionary, totally non-invasive line-smoothing method.

Facial relaxation is vital for facial health as it eliminates muscle-based facial pains and headaches. It is needed for good voice production and it may be helpful in stuttering. Proper stretching and massage techniques also relieve and prevent stiffness, tightness and spasms of the mimic muscles due to neurological problems.

Mimic muscles are connected to emotions. A relaxed face promotes your own wellbeing by causing overall relaxation. A relaxed face gives also a positive impression to the person you are communicating with.

### INSTRUCTIONS

- The massage should not be painful, but the strokes should be firm enough to remould the muscles and fascias underneath the skin of the face.
- Perform the massage on clean skin without oil or any other lubricant.
- Perform all the stretches slowly and gently and concentrate on the stretch.
- In techniques where the grip should not slip it is helpful to wear thin gloves or use a piece of soft fabric.
- Choose comfortable positions in order to keep your hands and shoulders relaxed. You can vary the position of your hands as long as the massage or manual stretching technique remains the same. The most comfortable position is one where the wrists and fingers need to bend as little as possible.
- Wash your hands thoroughly before you begin to touch your facial area.
- Be careful not to scratch yourself with your fingernails.
- Repeat each massage stroke and hold each stretch as recommended or you may increase the repetitions and durations until the treated muscles feel more relaxed.

**CAUTION:** Please refrain from massage and manual stretching if there is an infection, an acute injury or a malign tumour in the facial area.





## FOREHEAD

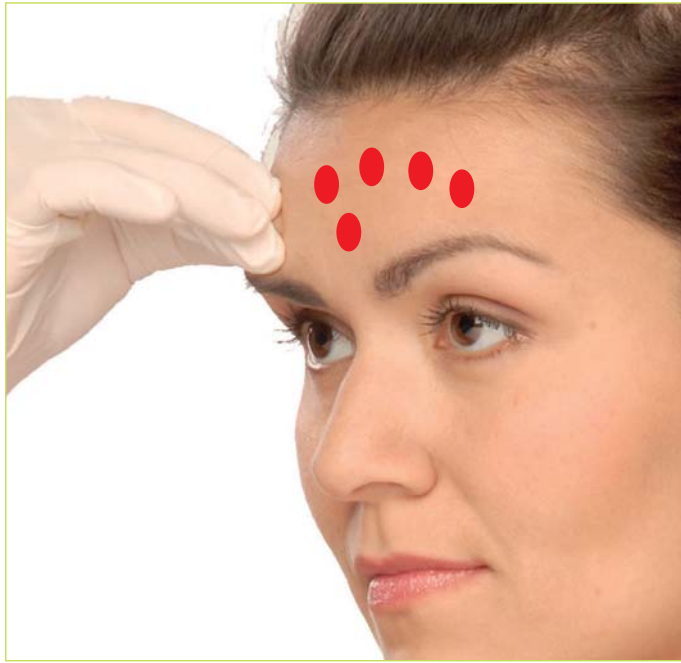
### 1 Friction stroke for the frontalis muscle

Apply firm circular pressures to your forehead. The fingertips do not slide over the skin but move and loosen the forehead's muscle under the skin. The friction stroke proceeds from the middle of the forehead to the sides. Do 4 circles in each place. Repeat the procedure until you have covered every part of your forehead.

**PROCEDURE:** Relaxing the forehead's frontalis muscle.

**IMPACT ON HEALTH:** Relieves tension headache.

**IMPACT ON APPEARANCE:** Diminishes horizontal forehead creases.



## FOREHEAD

### 2 Pinching stroke for the frontalis muscle

Carefully squeeze the frontalis muscle underneath the skin of the forehead using a pinching action. Keep lifting the small amount of muscle and pinch it lightly few times between your fingers or move it gently back and forth or with circular motion using very small movements. Repeat few times in each place.

Proceed from the side of your forehead to the middle, and also treat the area between the eyebrows. Work especially on areas where forehead's creases exist. In places where your forehead is very tight, do not try to use the pinching stroke by force. Wear thin gloves or use a piece of soft fabric to prevent the grip from slipping.

**PROCEDURE:** Relaxing the forehead's frontalis muscle.

**IMPACT ON HEALTH:** Relieves tension headache.

**IMPACT ON APPEARANCE:** Diminishes horizontal forehead creases.



A, B



C

## FOREHEAD

### 3 Gliding strokes for the frontalis muscle

Slide your fingers slowly and firmly with pressure, first a) widely from the hairline to the middle of your forehead, then b) from above your eyebrows upwards to the hairline, and finally c) from the middle of your forehead to the sides.

Repeat each stroke few times, and cover your entire forehead with the firm, calm, gliding strokes.

**PROCEDURE:** Relaxes the forehead's frontalis muscle.

**IMPACT ON HEALTH:** Relieves tension headache.

**IMPACT ON APPEARANCE:** Diminishes horizontal forehead creases.