



All-natural facelift:

Relax away wrinkles and sagging!

Turn back the clock—and feel more relaxed? It's not only possible, it's easy to erase lines, creases and stress without pricey products! The key: "Giving your face a mini-lift!" says physiotherapist Leena Kiviluoma, author of *Vital Face*. "With precise massage and stretching techniques, you can reduce tension in your face, making your skin look smoother, and relaxing your whole body!"



1 Before you begin... prep your skin!

Thoroughly cleanse and moisturize your face, clearing impurities from your pores. "This makes the skin more pliable for massage and stretching," says Kiviluoma.



2 Smooth your forehead!

Place fingers at the hairline. Move them slowly to the middle of your forehead, then return to your hairline. Repeat 10 times. Place fingers in the middle of your forehead, slide them to your temples and back to the middle. Repeat 10 times.

● **Feel-good bonus:** relieves tension headaches!

3 Droop-proof your eyes!

Lift your eyebrow and place an index finger under each brow. Place your thumbs under your eyes. Press firmly, using your index fingers to keep your brows lifted. Slowly close and open your eyes, pausing for 5 seconds each time. Repeat 20 times.

● **Feel-good bonus:** invigorates tired eyes!

4 Plump your lips!

Open your mouth and jut out your lips. Draw the corners of your mouth in toward each other. Hold 5 seconds and relax. Repeat 10 times.

● **Feel-good bonus:** relaxes your jawbone!

5 Lift your cheekbones!

Firmly press four fingers right below each cheekbone, pushing the soft tissue upward. At the same time, open your jaw while lowering your upper lip over your teeth. Hold 5 seconds and release. Repeat 4 times.

● **Feel-good bonus:** erases tension in the muscles that move the lips, making your voice clearer and stronger!

6 Erase a double chin!

Move your lower jaw forward and upward so your lower lip extends over your upper lip. Tilt your head back, and pull the corners of your mouth toward your ears. Hold 5 seconds and relax. Repeat 5 times.

● **Feel-good bonus:** relaxes your neck!

The science behind the moves!

These exercises create age-proofing changes in and beneath the skin, including:

★ **Increasing blood circulation**
"This promotes skin cell renewal, a firmer texture and a healthy glow!" says Kiviluoma.

★ **Draining away bloat**
"When that excess fluid is removed, your face looks more toned!" she reveals.

★ **Strengthening facial bones**
"These movements stimulate bone-building cells, which help prevent sagging!"

★ **Stimulating collagen production**
Massaging the soft tissue in your face boosts the skin's collagen production, making it firmer and suppler.

Feel Beautiful



1 Hold onto your scent
Wish your favorite fragrance lingered a little longer on your skin? Rubbing pure, fragrance-free almond oil over your skin before you mist your signature scent oil concentrates perfume (the reason it's found in scented body cream) giving your perfume extra staying power.

2 Boost your vitamin D for thicker hair!
Low levels of vitamin D can make hair thinning proof: In a recent study, vitamin D levels of women diagnosed with thinning hair were, on average, below normal! Dermatologist and lead study Rania Abdel Hay found that D regulates the cells that promote normal follicle growth. If your doctor approves, take a daily dose of up to 4,000 IU of vitamin D-3, the most absorbable form, as well as more D-rich foods, such as salmon, tuna and fortified milk, yogurt and orange juice.

3 Lock your hairstyle in place
Using bobby pins to secure your hairstyle? "When you slide them in, place the bumps of the pins against your hair suggests hairstylist Amanda Dorman. Why? "The ridges act like mini-bumps, keeping them from sliding out!"

Director/stylist: Andrea Dawn Clark. Photos: Robert Milazzo. Hair: Kyra Dorman. Makeup: Amanda Bechner. Exercises in this article are from the book: *Vital Face: Facial Exercises and Massage for Health and Beauty* ©2013 Leena Kiviluoma. English language edition by Singing Dragon. SingingDragon.com.

NEXT WEEK: Mood-boosting holiday manicures!