



# Face Yoga

*Tone your skin from within*

**Note:** This is for Information  
Purpose only

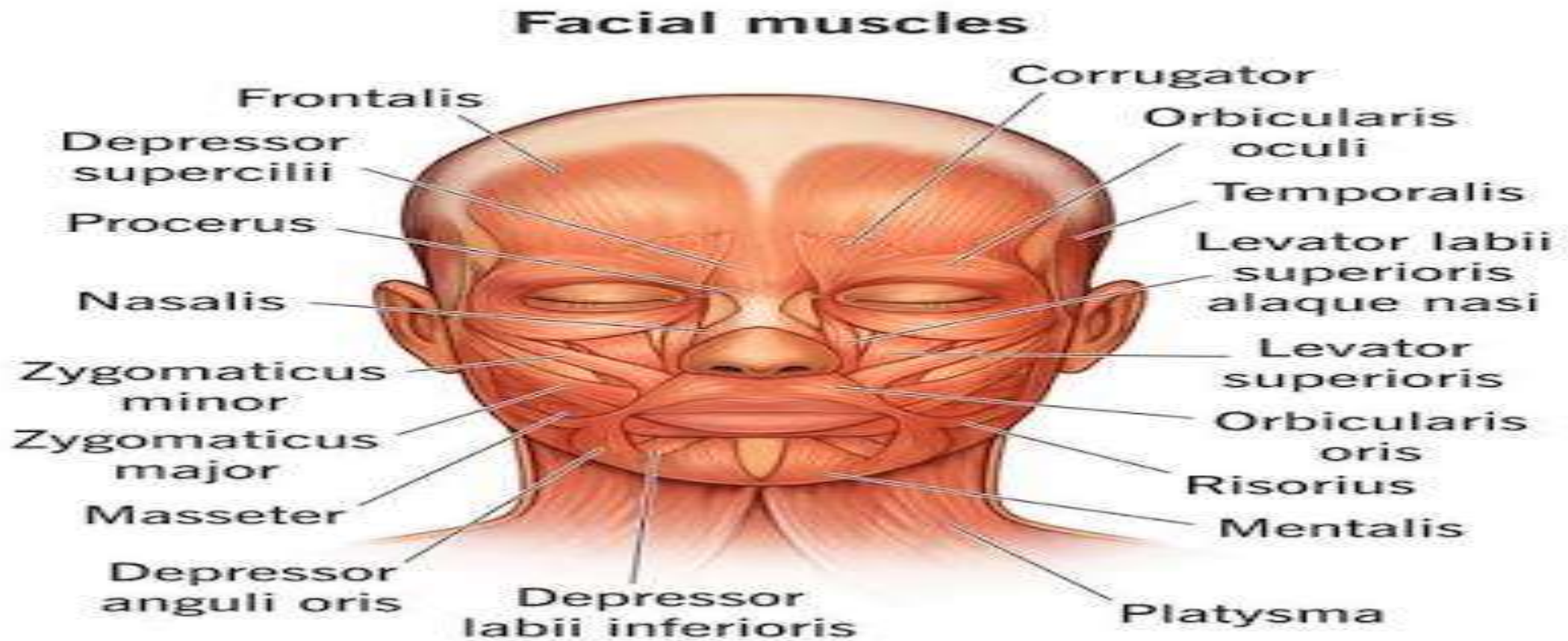
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# 1. Meaning:

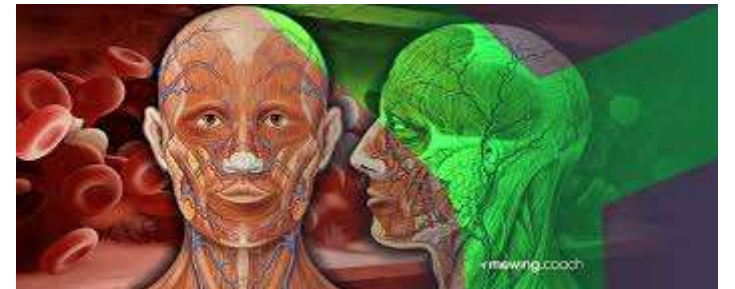
Face yoga involves gentle exercises and massage techniques designed to tone the 57 muscles in your face and neck, improve blood circulation, and relieve tension. Often referred to as a natural facelift, it is used to naturally sculpt features, reduce puffiness, and promote glowing skin

## 2. Face Anatomy:



# 3. Why Practice Face Yoga?

- a. Toning
- b. Better Circulation
- c. Tension Relief
- d. Enhances Definition
- e. Lymphatic Drainage Clearing



## 4. Practice Guidelines:

### **a. Consistency:**

Practice for 5 to 10 minutes daily to see visible changes

### **b. Patience:**

Always wash your hands and face thoroughly before touching your skin to prevent breakouts

### **c. Cleanliness:**

Always wash your hands and face thoroughly before touching your skin to prevent breakouts

# 5. Facial issues and Suggested Practices:

Sl. No.	Issues	Reason	Suggested Practices
<b>I. Signs of Aging and Sagging</b>			
1	Loss of Elasticity	Sagging skin due to declining collagen and elastin production over time.	The Fish Face
2	Volume Issues	Depletion of facial fat pads, leading to hollow cheeks and sunken under-eye areas.	The Narrow O
3	Jowls	Drooping skin and fat along the lower jawline as structure weakens	The Jowl Buster
4	Double Chin	Submental fat or loose skin accumulating underneath the chin area	Kiss the Sky

# 5. Facial issues and Suggested Practices:

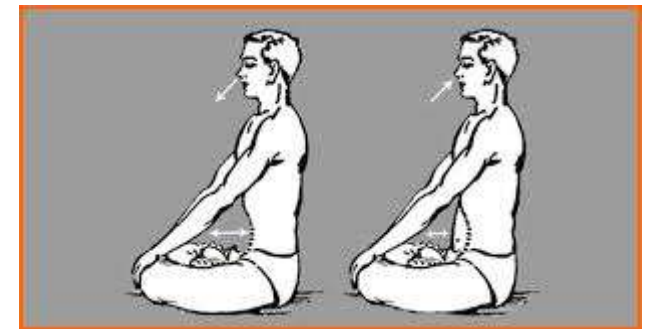
S1. No.	Issues	Reason	Suggested Practices
<b>II. Lines and Wrinkles</b>			
1	Forehead lines	Horizontal creases formed by repeatedly raising your eyebrows in surprise or concentration.	The Forehead Freeze
2	Frown Lines	Vertical lines between the eyebrows, often called "11 lines," caused by squinting or frowning.	The Eleven Eraser:
3	Crow's Feet	Fine lines spreading from the outer corners of the eyes due to smiling or blinking.	The V-Squint
4	Nasolabial Folds	Deep laugh lines running from the sides of the nose down to the corners of the mouth	The Balloon Mouth
5	Marionette	Vertical wrinkles that track	The Hidden Lip

# 5. Facial issues and Suggested Practices:

S1. No.	Issues	Reason	Suggested Practices
<b>III. Tension and Fluid Issues</b>			
1	Facial Puffiness	Fluid retention that swells the face, frequently noticed around the eyes and cheeks upon waking.	The Butterfly Drainage Sweep
2	Chronic Tension	Tightness held in the jaw (TMJ) or brow due to stress, causing headaches and a tired look.	The Knuckle Release
3	Poor Circulation	Lack of blood flow that results in a dull, pale, or uneven complexion	The Piano Tap

## 6. Other Practices:

- a. Hydrate
- b. Kaplalabhati Kriya
- c. Stress management
- d. Correct Posture
- e. Massage
- f. Sleep Well
- g. Diet and Nutrition
- h. Fitness



# 7. Facial Tools

- a. Gua Sha
- b. Jade Rollers
- c. Ice Roller
- d. Derma Roller
- e. Silicone Scalp Brush



## 8. FAQs

### ***a. Does face yoga actually work?***

Yes, studies have indicated that consistent, long-term practice can lead to improved facial firmness and a more youthful appearance by strengthening the muscles underneath the skin

### ***b. How often should I practice?***

Your routine should adapt to your age and experience

## 8. FAQs

### *c. Are there any risks or downsides?*

While generally safe, performing the exercises with aggressive pulling or excessive squinting may actually deepen wrinkles. Furthermore, dermatologists note that frequent muscle contractions in the upper face could potentially worsen forehead lines or crow's feet if done incorrectly

### *d. How do I prepare for a session?*

Always start with a clean face and apply a gentle **moisturizer** or **facial oil**. This provides the necessary slip so your hands can smoothly glide over



Thank You