



The Face Lift Massage: Rejuvenate Your Skin and Reduce Fine Lines and Wrinkles

Narendra Mehta, Kundan Mehta

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Find out how to give yourself a natural facelift with this illustrated guide to the art of face massage. Discover the revolutionary non-surgical techniques that slow down the ageing process, iron out wrinkles, tone tired skin and leave you feeling relaxed and rejuvenated.

There are over 90 muscles in the face and a regular massage can keep them toned and youthful, helping to totally transform skin tone and condition.

This practical book gives you all the information you need to start performing facial massage on yourself. Includes sequences to tone and smooth each area of your face, so you will discover how to: • smooth out tension • stimulate pressure points • use the 5-Step Face Lift • lessen forehead lines • reduce wrinkles round the mouth and eyes • work on 'jowls' and double chins • improve your overall complexion • stimulate your lymph glands and natural energy points, improving your energy and immunity and making you feel better all over.

The book also explains the underlying muscle structure that keeps your face youthful, as well as how facial massage works to give your skin a better tone and a more 'lifted' feel.

Also includes tips on how diet and skincare remedies can help keep your face beautiful.

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