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# Facial Fitness: Daily Exercises & Massage Techniques For A Healthier, Younger Looking You



## Synopsis

Why go under the knife? Facial Fitness presents a unique exercise and massage regimen that strengthens facial muscles, reduces the appearance of wrinkles, and even alleviates symptoms of Bell's palsy and TMJ disorder. The result: a toned face with improved complexion and more relaxed expression. This book and DVD set also provides advice on choosing cosmetics and tips on good nutrition.

## Book Information

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Average Customer Review: 4.3 out of 5 stars 142 customer reviews

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## Customer Reviews

Patricia Goroway, a former model who resides in Southwest Ranches, Florida, created the Facial Fitness System in 1999 and has promoted it on her website, [www.facialfitnesssystems.com](http://www.facialfitnesssystems.com), and on TV. She is currently certifying other trainers in the Facial Fitness System and working on an organic skin-care line.

I can't believe posters who criticize the "young model" in the book/video are NOT doing the exercises, because the fact that the woman in the video looks young to them is actual a testimonial to how effective the exercises can be. I have seen some reviewers who discount this product because the "model" in the video/book is too "young" to be believable; she can't be someone who uses or needs facial exercising and was just selected for her young face. I can't trust these posters' reviews, and neither should you. Not only does the "model" identify herself in the book and video as Patricia Goroway (founder of Facial Fitness), but a 5-minute search on Google and Youtube will give you a good idea how long Patricia Goroway has been developing this product, and therefore

you can tell that she looks younger than her age: she incorporated Facial Fitness Inc in 1999, her original book was dated 2006, she has updated videos on YouTube in 2012 from a local TV show that featured her where you can see how toned and wrinkle-free her face is, and she developed the program after a car accident when she was 32. If the reviewers think Patricia looks so young, beautiful, toned and wrinkle-free, and if Patricia has been doing Facial Fitness for 18 years, shouldn't that be a resounding testament to how effective the program is? I just can't trust reviewers who don't do research on an exercise program: if they don't take 5 minutes to research the founder or spokesperson for a program to see how fit and toned they look, can I really trust that they took the time to do the exercises consistently in order to determine they don't work? I bought this product specifically BECAUSE I saw the product creator's toned cheek, lip and eye muscles and figured out her approximate age by doing online research. I have been doing the exercises daily for only a few days, and so far I can tell that the circulation-enhancing massage is beneficial, but I had to post an early review because it was too funny seeing people giving negative reviews because they didn't see wrinkles on Patricia's face. I like that the exercises are subtle, I feel the burn, they are easy to do, and there is no skin-stretching/pulling or sticking fingers into your mouth like some other programs.

Since the beginning Feb. 2013. I did the face exercises and massage for two weeks (beginner ones), then every second day as she suggested for a month then had two weeks off then back into it again and I do the practises every 2nd day and sometimes on the third day (but mainly every 2nd day) Results for me: Face looks fuller and firmer like when I was in my 20's, more color in my face, the lines around my mouth have faded a bit (not much) the lines on my forehead have lessened (but not by much). My lips look a bit fuller and the lines between my eyebrows had cleared quite a bit. My jaw line and neck was good to start with is firmer. I must admit it is difficult to do the practises. It takes me 15 minutes. I am almost 50 and I look quite young for my age already as I do yoga and exercise and have an organic diet since my early 20's. I recommend this book, I feel a lot more confident and my self esteem has improved. I totally believe in aging gracefully and looking the best you can at any age and these practises make me feel like I am doing what I can to achieve this. I am also going to buy an acupressure book to give my face acupressure to release the underlying tension in my face. I recommend this book I think it is very helpful. But I am also going to explore other books and take the best out of each book and apply it to my specific needs. 03/04/14 Now a year later, doing these exercises on and off, the basic exercises (plus three of the advanced exercises). This does work, but for me it hasn't cleared forehead wrinkles over eyebrows (she

recommends just relaxing the forehead as she says this muscle gets overused). I have found a forehead exercise in Yoga Face so I am going to start using that exercise. All the lines on my face have softened, have color in my face and I look fresh. So after a year of doing this regularly - these exercises have worked for me (with exception of the forehead and I focus on relaxing these muscles regularly). I don't look like I'm a teenager, but I look good for my age.

I really like this book - it's very explanatory and easy to do and it actually does improve the muscle and appearance in your face and jawline! I usually do the basic facial exercises before bed followed by the facial massage with a good quality night cream. I have noticed a good difference in my jawline and overall face and the facial massage helps to relax you and you sleep better. I would recommend this product to everyone,

I highly recommend this book. The diagram of the facial muscles is most helpful. The exercises and explanations of how to perform them are easy and clear to understand. So clear, in fact, the video isn't really necessary. I began to see lines around my mouth begin to disappear after only one week. I did the exercises about three times per day. By the second week I could actually feel my facial muscles tightening up. The book itself is small and square, sort of like a big CD, making it easy to handle and to store in the bathroom vanity. The pages are heavy duty paper so you won't ruin it when handling with greasy fingers. This is the second book I have purchased with regard to this subject and that first one is going in the trash. This one is a keeper!

This is terrific especially for those who want to avoid extreme procedures. Recommend.

After using exercises in this book I noticed around my chin area is more defined. Great info and has advanced exercises

I bought this book for my wife and she absolutely loves it. She has been doing the exercises for eight days now and her face looks more relaxed and rested looking. She said that she enjoys taking the time to do the exercises and massage and she feels relaxed after doing so.

I did several of the exercises for about a month and started seeing results after the 3rd week. In the middle of a getting ready for a move and have put it aside for now. I'll be starting up again after life settles down for me.

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