

THE

NEW AND  
UPDATED

# 5-MINUTE FACIAL WORKOUT

30 Exercises For A Naturally Beautiful Face



CATHERINE PEZ

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## THE FUNDAMENTALS OF FACIAL GYMNASTICS

### Strengthening the musculature of the face

Over time, muscle fibers loosen and stretch, lengthening up to 50 percent. Like a cushion that crumples when its stuffing is compressed, skin slackens when the underlying muscles no longer do their job of supporting it. The effects of this slackening are particularly visible in certain areas of the body — on the underside of the arms and on the thighs, for example — where skin tends to turn flabby. This happens because the underlying muscles have lost their elasticity, which is the hallmark of youthful skin. It is the same for the face, and the phenomenon is more apparent in some individuals than in others.

Facial gymnastics consist of a series of specific exercises designed to maintain or correct the shape of the facial muscles, mainly in areas where they tend to slacken and lose their elasticity. Like the exercises for the large muscles of the body that help to redefine the silhouette, the exercises suggested in this book use the muscles that define the shape of the face.

Face muscles, however, present some interesting particularities, upon which facial gymnastics are based. These striated muscles, which are much shorter and smaller than those in the rest of the body, are easily set in motion, and specific exercises can quickly restore their former shape. The muscles being targeted, furthermore, are platysma muscles, attached to a bone at one end and to deep layers of the skin at the other end. Strengthening them will have a direct impact on the appearance and contours of the face. And, because the face has so many muscles — more than 50 on such a small surface — the results will be remarkable.

Unlike the muscles that help the body move, these “expression muscles” do not involve the joints. In facial gymnastics, these muscles are mainly activated through isometric contraction.

During this type of contraction, the muscle is submitted to a kind of “static” resistance (which means that it neither lengthens nor shortens during the effort). Because the isometric contraction does not lead to movement, it strengthens the musculature without causing the muscle fibers to expand very much. This is why facial gymnastics help you have a younger-looking, toned face that looks entirely natural!

### The value of knowing your face shape

As it ages, each face, whatever its shape, changes due to gravity. Some shapes withstand this force better than others. Based on the different shapes, facial gymnastics movements can prevent and correct the loss of muscle mass. For example, a round face experiences the effects of aging differently than a square face; the latter’s bone structure better protects it from the harmful effects of aging, a drop in hormone levels and gravity. That’s why it’s so important to know yourself well.

In fact, as each of us has a unique face shape, it is very helpful to recognize the nuances of your face. This information is key to effective and targeted facial gymnastics work.

### The muscles activated in facial gymnastics can be divided into three zones

The muscles in the lower face are very important, as they maintain its oval. This area has a tendency to be affected first. The principal muscles in this zone are the large muscles of the neck (platysma muscles that extend down to the pectorals), those of the oval (powerful digastric muscles that form a veritable little support band under the chin) and those of the jaw (the masseter and buccinator muscles).

Working the muscles in the lower face helps to lift your features, refine your chin, sculpt your cheeks, plump up your lips and firm the skin on your neck.

The muscles in the middle of the face are the principal muscles of expression and are responsible for each person’s unique facial morphology. Whether a face is oval, round, square, long or

## FACE SHAPES

Knowing the shape of your face allows you to choose the appropriate exercises with the aim of rectifying inconsistencies or imbalances in your features.

### In search of the perfect shape

Generally speaking, we can say that our faces have a basic shape. These shapes fall within a geometric framework defined by several criteria: width, length and the balance between the two. The line of symmetry is a vertical line from the top of the forehead (at the hairline), between the eyebrows, through the middle of the nose, the middle of the lips and ending at the chin.

The face is divided into three horizontal sections: from the hairline to eyebrows (first third), from the eyebrows to the base of the nose (second third), and from the base of the nose to the base of the chin (third third).

There are five basic face shapes: oval, square, round, long and triangular. Note that this last category is divided into two: inverted triangle and upright triangle.

These are simply geometry concepts. Concepts of length and width. That's it.

This is how you must compensate: with horizontality for the verticality of certain face shapes, and vice versa. This simple concept will help you understand and learn the right exercises to do and, when the time comes, will allow you to find the hairstyle that best suits you.

Each shape has variations. (This is what makes things interesting, since we are all different.)

Now that you have these concepts in mind, look at yourself in a mirror and try to figure out whether the three parts of your face are equal or if one of them is outside the classic frame.

If you're still not sure about your shape, I suggest that you do the test on the next page: it will help you to know your face shape and continue your efforts in the following pages.

Since the aim here is to improve our features through gymnastic movements, we must ask the right questions. Here are some examples:

- Is my forehead wider than it is high?
- Are my cheekbones wider than my temples?
- Is my chin pointed?

## The Test

Looking at yourself up close in a mirror, divide your face visually into three horizontal parts:

- ♦ from your hairline to your eyebrows;
- ♦ from your eyebrows to the base of your nose;
- ♦ from the base of your nose to the tip of your chin.

In the same way, imagine a vertical line in the middle of your face that goes from your hairline, then toward your nose, your mouth and your chin, and two lines on each side that go from the temples to the jaw.

Then, answer the following questions.

**1 The length of your face:**

- a Fits into a perfect oval.
- b One or two of the three parts are larger.
- c One or two of the three parts are smaller.
- d The three parts are about equal.

**2 The width of your face:**

- a It is proportional to its length.
- b It is clearly narrower than its length.
- c One third appears wider than the other two thirds.
- d The jaw is as wide as the temples.

**3 Your cheekbones:**

- a They follow a soft line from the temples to the jaw.
- b They appear narrower than the temples.
- c They are wider than the temples.
- d They are as wide as the upper jaw.

**4 Your cheeks:**

- a They are rather rounded.
- b They are flat.
- c They are well rounded.
- d They are wide.

**5 Your chin:**

- a It is gently curved and not very defined.
- b It is fairly pointed.
- c It is rounded.
- d It is square.

## Results



You have an oval face if you answered mostly **a**.



You have a square face if you answered mostly **d**.



You have a round face if you answered mostly **c**.



You have a long face if you answered mostly **b**.



You have an upright triangle face if you answered **c** and **d**.



You have an inverted triangle face if you answered **b** and **c**.

Know, however, that your face may not fit into one of these standard shapes; it may be a combination of several shapes. Think of the example of a face with a strong jaw (square face) and a high forehead (long face). Here, the mirror is your friend: it will help you determine the dominant shape of your face so you can do the relevant suggested exercises.

At this point, you should have a good idea of the shape of your face and its nuances. These concepts will be key to helping you work your facial muscles, which can become weaker with age.

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## REDRAWING THE CONTOURS OF THE FACE

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### Exercises 1 to 8

The neck, the oval of the face, the chin and the cheeks are the areas most affected by changes in facial muscle tone. Fortunately, there are powerful muscles attached to our facial bone structure in these critical areas.

The exercises in this section are specially designed to firm the contours of the face and counter sagging. They also help to smooth a wrinkled neck by lengthening and toning it. Doing these exercises helps to redefine the chin by strengthening it and limits the appearance of jowls. The exercises work on the following muscles:

#### The platysma muscle

- This large, flat muscle supports the entire neck. It extends from the corners of the mouth down to the pectoral region and the collarbones on each side. Some of the exercises help this paired quadrilateral muscle stay firm and the neck to remain wrinkle-free.

#### The digastric muscles

- These small muscles run under the chin, following the jawline, and are attached behind the ears. They are very important, as they play a central role in supporting the base of the tongue and the chin, that is, the entire lower contour of the face.

#### The mentalis muscles

- This pair of muscles fits under the lower lip and extends to the tip of the chin. Working these muscles helps to remodel a weak chin.

#### The depressor labii inferioris muscles

- These bundles of small muscles form a square on either side of the chin. They help maintain muscle tone in the lower face, firming and toning the chin when stimulated.

#### The depressor anguli oris muscles

- These are small triangular muscles located on either side of the chin. They make the mouth work and outline the chin.



## The Neck



Principal muscles stimulated:

### The platysma muscle

- This large, flat muscle supports the entire neck. It extends from the corners of the mouth down to the pectoral region and the collarbones on each side. Some of the exercises help this paired quadrilateral muscle stay firm and the neck to remain wrinkle-free.



## The Neck

### EXERCISE 1

#### Effect

This exercise consists of tensing the platysma as much as possible by working the lower jaw all the way down to the pectorals. It helps to counter the notorious “turkey neck” as well as the folds and marks that betray one’s age and overexposure to the sun.

#### Technique

In front of the mirror, holding your head level, partially open your mouth and pull your lower jaw backward by tensing the ligaments in your neck. The mouth should be pulled downward. Increase the tension. Exaggerate the movement. Hold for 5 seconds, then release.

➤ Repeat 10 times.

#### NOTE

This exercise also stretches your pectoral muscles and lifts your bust. You should feel the ligaments in the platysma muscle bulge under your skin. You should also feel tension in the tendons in your neck. You may feel a contraction that will take a few seconds to subside. If you have real cramps, stop exercising momentarily, but don’t give up — it’s a sign that your muscle is being worked.





# Combat the effects of aging in just 5 minutes a day by choosing from 30 fun and easy exercises targeted to your individual face shape

Did you know that the structure of your face is made up of more than 50 muscles, and that their fitness, to a large degree, determines its appearance? Just as we can exercise and tone our body's muscles, we can do the same with our facial muscles. This can ultimately make a marked difference in our appearance and can potentially eliminate the need for invasive plastic surgery.

Too much sun, smoking, degradation of collagen layers and poor skin care all contribute to sagging facial muscles. Facial gymnastics, if done on a regular basis, can treat a variety of concerns, from "empty"-looking cheekbones, jowls and relaxed eyelids to wrinkles and impaired elasticity. Imagine a facial gym that uses only the muscles of your face. No special equipment or location is required — just some diligence and perseverance.

Your smile alone works more than 25 facial muscles. So smile! The small but important risorius muscle is found in the corner of your mouth: if it's well stimulated, it can correct a drooping mouth. It also stimulates the muscles mid-face, inflating your cheeks. And nothing gives a fresher and younger look than

well-accentuated cheekbones. Whether your face is oval, square, round, long or diamond shaped, *The 5-Minute Facial Workout* presents tips and information adapted to your shape to help you maintain your features as you strengthen muscle tone. And we've added a new section that helps you to customize your exercises to match your face type.

Each page features clear instructions, with a photograph to demonstrate the movement, so the exercises are straightforward and easy to do.

## AUTHOR BIO

CATHERINE PEZ, an ardent believer in natural beauty, has taught her facial gymnastics method for several years. She is convinced that muscles have a significant role in the architecture of the body as well as the face. She has successfully developed a method to exercise facial muscles and maintain the tone of the entire face. Her book explains that the muscles underneath the skin of the face have a real effect on its firmness.

Catherine regularly gives presentations and workshops as well as thalassotherapy skin sessions. She lives in Paris, France.

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