

## NECK & LOWER FACE EXERCISES - EASY STEPS

### TONGUE PRESS & JAW LIFT EXERCISE

TILT HEAD UPWARDS AS FAR AS YOU CAN, PRESS TONGUE FLAT AGAINST THE ROOF OF THE MOUTH.

PRESS THE TONGUE WITH AS MUCH PRESSURE AS YOU CAN - HOLD  
30 SECONDS

REPEAT 1-3 TIMES

STRENGTHENS THE SUBMENTAL

### TIGHTENING SIDE NECK LIFT (RIGHT SIDE)

TURN NECK AS FAR AS IT CAN POSSIBLY GO AND TILT HEAD LOOKING UP TOWARDS THE CEILING. FORM A CIRCLE WITH YOUR MOUTH AND POINT IT TO THE CEILING HOLDING FOR 30 SECONDS. MASSAGE THE RIGHT SIDE OF THE SKIN ON THE NECK DOWNWARDS

TO

HELP SMOOTH LINES AND FASCIA ON THE RIGHT SIDE OF NECK.

HOLD FOR 30 SECONDS - REPEAT 1-3 TIMES

TIGHTENS THE STERNOCLEIDOMASTOID

REPEAT THIS ON THE LEFT SIDE OF THE NECK

### MID-FACE & JAW TIGHTENING

TIGHTEN THE LOWER CHEEKS, YOU SHOULD FEEL THE CHEEKS TIGHTEN, PRESS LIPS TOGETHER, THEY SHOULD FEEL WIDENED ACROSS THE LIPS, PRESS THE CHEEKS AND LIPS UP AND  
DOWN,

YOU SHOULD FEEL LIKE YOU ARE OPEING AND CLOSING THE JAW AND FEELING THE TENSION IN THE JAW AND TIGHTNESS WHILE DOING THIS EXERCISE.

STRENGTHENING AND STRETCHING UPPER LIP THE ORBICULARIS ORIS & LOWER CHEEKS TIGHTENING THE MASSETER