



# Fitface Facial Exercises: The book on face and neck exercises

*Charlotte Hamilton*

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## **Fitface Facial Exercises: The book on face and neck exercises** Charlotte Hamilton

Why not consider this before Botox? Its, simple effective and non invasive. Win Win. Do you want a healthy, toned, glowing wrinkle free complexion? Then you only need Fitface - the only "hands free" facial exercises system - it's like taking your face to an all natural beauty spa. Whatever your age, face exercise keeps your wrinkles away, in just 10 minutes a day. Nothing works better! Wrinkles, grooves and folds form from doing the same repetitive expression which eventually becomes fixed. Working out your face, moves, unwinds, unravels and relaxes those tight tensed up muscles as well as all the other supporting tissue. Therefore no one muscle can dominate to pull down the superficial skin into a groove. Later after the glow, at rest and in your sleep the muscles and tissues will regenerate, rejuvenate, rebuild and pull out the grooves/wrinkles and tighten up your whole face. The extra nutrients and oxygen supplied to the face will make your skin radiant. Exercise does not stop at the neck. Your face will respond just as your body would. The alternative is risky, painful, expensive, addictive injections (that in the long term exacerbate wrinkles) or worse surgery! The results of which are unpredictable, you never know? Be sure, be natural with Fitface - it's quick, easy, free and lasts a lifetime. What have you got to lose only a dull flaccid complexion! Neglect your face and neck muscles at your peril! Don't use it and you will lose it? (You know that's true - a fit tone face does not come in a jar). Keep your naturally toned healthy, youthful looking face with Fitface facial exercises. There are over 50 HANDS FREE exercises (all with photographs) and easy to follow instructions. Stop thinking and start exercising today and see a new, wonderfully refreshed you in the mirror. Fitface face and neck exercises will either roll back the clock or if you're young don't let the ravages of time by lack of effort catch up creep up as wrinkles on your face before your time! Within the latest Fitface book Charlotte reveals all the current information on the alternatives to the Fitface system; for example - how neurotoxin and filler injections turn into an expensive addictive drug habit - 'Wrinklerexia' and how the long term results of fillers or injections do cause more wrinkles! The 50 exercises within the book are different to the first system. They are easier to learn and quicker to do, created as a back-up system to the first book - an alternative.

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