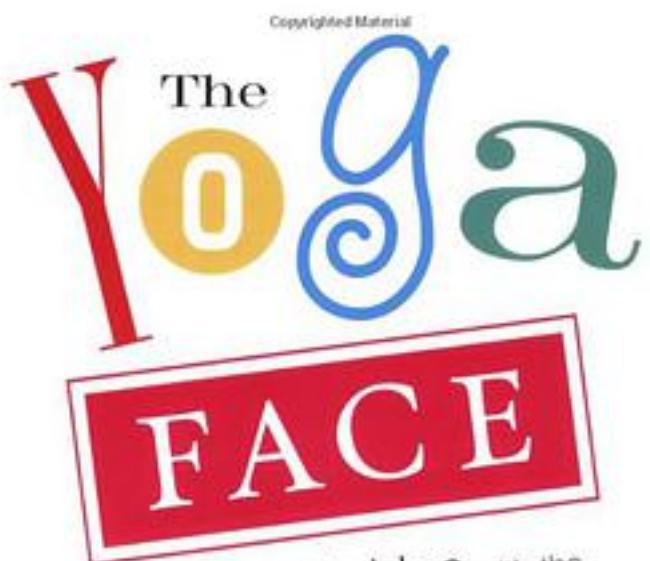


# Yoga Face



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To keep their faces looking younger, women today try everything from invasive procedures such as plastic surgery and Botox to expensive cosmeceuticals. "Yotox" is a new and completely natural alternative anti-aging regimen that women can do anytime and anywhere-and in just minutes. The exercises, developed by yoga expert and instructor Annelise Hagen, are based on a simple principle: The muscles of the face are no different from the muscles of the rest of the body. If you don't exercise the muscles below the neck, they become weak and flabby, and the same thing will happen to your face with age. Just as yoga routines work the muscles in the body, the

stretches and movements in Yotox tighten and tone the face muscles-and combat wrinkles. "Working out" with fun facial exercises such as the Louis Armstrong "Satchmo," the Marilyn Monroe "kiss," and the "Lion Face," readers will notice changes quickly; and over time, the results are dramatic. Illustrated with more than seventy-five instructive photos throughout, Yotox offers an easy, safe, and effective solution to help women turn back the clock and have beautiful, young-looking skin.

作者介绍:

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