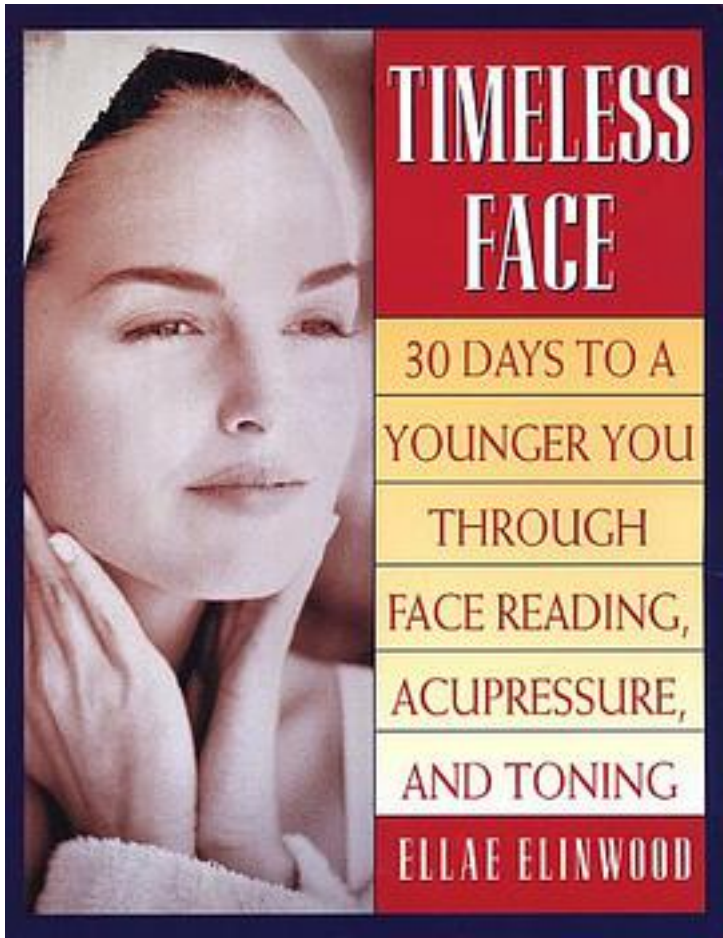


# Timeless Face



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"Timeless Face" is a revolutionary approach to facial toning, one that enhances your face's appearance while it contributes to your inner tranquility and well-being.

Incorporating the time-honored techniques of Chinese face reading to identify what causes facial features to develop as we age, Ellae Elinwood demonstrates that it is simply not a fact of life that a forehead has to wrinkle, a mouth has to sag, and the eyes have to become baggy. Rather these are generally symptoms of emotional distress and lack of facial fitness, which can be treated and corrected through a simple program that combines acupuncture and exercise. For example:

Vertical lines between the eyebrows indicate confusion and concern. The Desquinter exercise not only smooths lines and slows down the appearance of new ones, it also generates mental clarity and optimism.

Drooping mouth corners and pouchy cheeks are signs of stress and loss of confidence. The Light-hearted exercise will lift those mouth corners as it lifts your mood, easing worries and increasing a feeling of self-worth.

Deep furrows between the nose and cheeks can signal suppressed emotions and the strain of too much responsibility. The Erasing Cares exercise lessens those deep lines while it enhances your ability to communicate and negotiate on your behalf.

By following the simple, commonsense "Timeless Face" program, illustrated with clear photographs and instructions for each exercise, your face will look and feel more fit and more relaxed in just thirty days, and your entire being will be rejuvenated and revitalized.

Isn't it time for you to discover the face you were meant to mature with-your own Timeless Face?

作者介绍:

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