

the **5**-minute Facial Workout

30 exercises for a naturally beautiful face

By working your facial muscles, you will rediscover a younger and more relaxed you, and a complexion that glows with radiance.

You may not be aware that more than 50 muscles make up the structure of your face, and that their fitness can have a profound effect on the appearance of your face. You can tone your facial muscles just as you tone the other muscles in your body. Facial exercises can have a significant impact on your appearance and may even eliminate the need for plastic surgery. In just 5 minutes a day, you can combat the effects of aging!



THE CHEEKS



AROUND THE EYES



THE ENTIRE FACE

Catherine Pez has taught her facial gymnastics method for several years. She conducts regular conferences and workshops, as well as thalassotherapy sessions.

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\$19.95 CAN

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