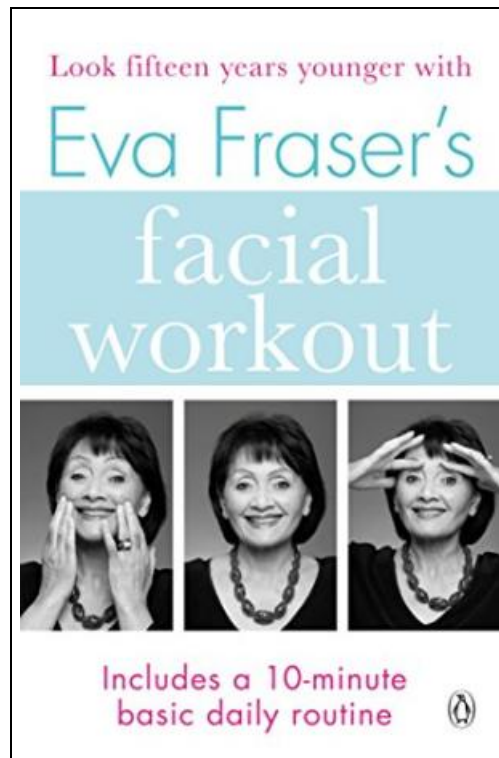


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Reviews

Basically no phrases to spell out. It is actually rally interesting throgh studying time. You can expect to like just how the article writer create this publication.

(Braden Leannon)

EVA FRASER S FACIAL WORKOUT: LOOK FIFTEEN YEARS YOUNGER WITH THIS EASY DAILY ROUTINE (PAPERBACK)



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Penguin Books Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Do you know how to hold a face plank?* This book will show you how. Facial Pilates is THE workout to keep us looking young, and these straightforward exercises step in where your face cream stops, to eliminate dark circles, improve your jaw line, tone your neck and many more . . . Facial exercises may significantly reduce signs of ageing New York TimesFor nearly forty years, Eva Fraser has been practicing her facial workout techniques - and the results are remarkable. Now 89, Eva s youthful looks are testament to the results that can be achieved through easy daily exercises.The premise behind Eva Fraser s Facial Workout is simple: that the muscles in your face, if left inactive, will become as saggy as those in any other part of your body. In order to tone them up, they need to be exercised. This is the non-surgical way to achieve a facelift. By following these exercises, you can firm jaw lines, lift eyelids and plump cheeks - leaving your skin with a natural, youthful glow.This book includes information on why the face ages, how skin works and what can be done about it, as well as the exercise plan that Eva swears by.The original facial fitness classic that will help you look 15 years younger!What do readers think? The Eighth Wonder of the World Amazon customer review I LOVE her facial exercises, they really do work Amazon customer review A FOOL-PROOF METHOD to a younger face. You won t regret buying this and giving her method a go. Amazon customer review IT WORKS WONDERS Amazon customer review*The Face Plank - Strengthens the lips and the surrounding muscles.Open your mouth slightly as if to yawn (about...



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