

# Face up TO FITNESS

It couldn't be easier to get a firmer, more lifted face with easy exercises that take just five minutes a day.

**J**UST AS YOUR BODY CAN STAY toned with regular exercise sessions, whether swimming, running, cycling, yoga, Pilates or the gym, your face can reap the rewards of its own workout too. You have more than 40 muscles in your face, which, unlike those in your body, are attached to skin, not bone.

While face creams will go some way to keeping your skin bouncy and youthful, you can help the process even more by incorporating a few minutes of simple exercise per day into your facial regime to tone those muscles and keep your skin taut. 'Spending 5-10 minutes a day practising a series of very precise movements can tone and strengthen the muscles, transforming your face and skin tone within a couple of months. And the more time you spend doing

the exercises the better the results will be,' says facial exercise expert Carme Farre, who runs facial Pilates courses from her studio in London ([studiocarme.co.uk](http://studiocarme.co.uk)).

## FLEXING SOME MUSCLE

When it comes to the type of exercise that will noticeably tighten and tone your skin, you need to practise intense holds and lifts and isolate certain muscles, the same way that you do when you properly exercise your body. Carme's philosophy is that working the facial muscles against a resistance – such as pressure from your fingers – works in the same way that lifting weights in the gym or using resistance bands in Pilates, can change the shape of your body. The movements are more intense and it tones your face more effectively. 'Exercising your face is the same as if you want to get really defined abdominal

Just 5-10 minutes of face exercise moves per day can lift your visage in a couple of months.



*Making time for facial exercises can double up as a moment of mindfulness*



muscles on your stomach. For the first 2-3 months you must workout every day to get good results,' she adds.

Need convincing? Follow Carme Farre on Instagram ([instagram.com/studiocarme/](https://www.instagram.com/studiocarme/)) and be amazed by her before and after pictures of clients that have completed her Facial Pilates course. The results in some cases are astounding and some women look up to 15 years younger!

**LIFT, FIRM & CALM**

To really see your skin rejuvenate, it takes time and dedication to notice a difference.

**You will have fewer lines and start to look healthier and more energised.**

'Everyone's face is different, so the time it takes to see changes varies from person to person,' says Face Yoga expert Danielle Collins, who uses a combination of toning exercises and massage to help lift and firm her clients' faces.

Danielle believes that as a general rule you will start to see improvement in your face and neck after two weeks. After 2-4 months, you will have fewer fine lines and less tension and start to say you look healthier and more energised. Within 6-9 months, people have reported that they look and feel many years younger and feel more relaxed within themselves. 'Taking 10 minutes every day to do your facial exercise will also do wonders for your overall wellbeing and stress levels,' adds Danielle. 'This is your time to relax, to do something for you, and knowing you will look and feel better as a result may mean you feel calmer and happier too.'

**WANT TO GIVE IT A TRY?**

Choose a time of day when you can focus and really concentrate on performing the exercises in the right way. Begin with a quick warm-up. Turn your head gently from side to side, then lower your right ear to your shoulder and hold for a few seconds before repeating on the left side. Open your eyes wide and look up to the ceiling and down to the floor a few times, just moving your eyes, not your head. Breathe deeply, relax and get ready for the main part of your workout...

**'THE RESULTS SPEAK FOR THEMSELVES!'**



Sheena Gunn, 51, of London. Daily facial exercise has become as important as brushing my teeth. It's made my face firmer and uplifted, with an improved, even skin tone.

**Get in the tone zone**

Ready for a workout? Practise these four exercises from Face Yoga expert Danielle Collins every day for just 5-10 minutes and you'll start to see results within a month.



**1 SOFTEN YOUR FOREHEAD**  
Place an index finger on each eyebrow and gently pull your brows away from each other. At the same time, open your eyes wide, making sure your eyebrows don't lift and your forehead stays firm and smooth. Hold for 10 seconds. Repeat twice more.



**2 TIGHTEN YOUR CHIN & NECK**  
Place your fingers on your collarbone, stick out your bottom lip, as if you are pouting, and then tilt the head back. You'll feel the muscles working down the front of your neck. Hold and breathe for 30 seconds.



**3 PERK UP CHEEKS**  
Open your mouth wide, curling your upper and lower lips over your teeth, making an O-shape. Place an index finger on the top of each cheek. While still making an O-shape with your mouth, try to smile, pressing your fingers onto the cheeks to create resistance. Repeat 10 times.



**4 LIFT YOUR EYELIDS**  
Place your fingertips from both hands on the centre of each brow. Then try to push your eyebrows up. As you feel the muscle tensing, press your fingertips against the brows to try to prevent them lifting. Hold for 30 seconds before releasing. Repeat 10 times.

## Letting someone else do the work

Whether at a spa or dedicated face gym, the workout can be done for you...

- The Facial Pilates massage technique from skincare brand Decléor is designed to lift and redensify your skin. The treatment (£75 for 1hr 15mins, [decléor.co.uk](http://decléor.co.uk)) is inspired by Pilates moves and incorporates a warm-up of deep pressure massage to improve circulation and drain away any puffiness. Next a workout focuses on more intense movements of pulling and pushing on the core muscles of your face to help sculpt and lift and then the treatment finishes with a stretching session to lift and relax your skin.



- FaceGym ([facegym.com](http://facegym.com)) is a London-based facial gym 'studio' offering different types of 'workouts' to train your face muscles. Each one combines vigorous sculpting massage to boost the circulation, with various add-ons to help stimulate your muscles for a lifting, tightening and toning effect.

For jaws and necks, the best workouts to choose are the ones that combine the FaceGym signature massage with electrical muscle stimulation (EMS) or radio frequency. Both target your muscles' deep tone, stimulating and toning to leave your face looking perkier after just one workout.

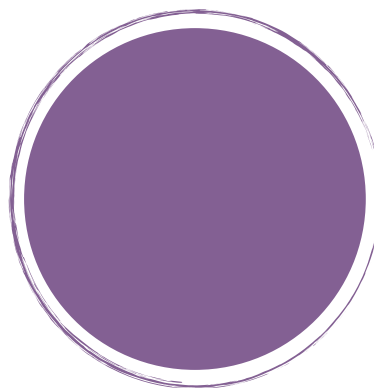
## The toning tools

Give your new workout an energising boost with these toning gadgets. They can help stimulate and tone your facial muscles at a deeper level, a bit like using resistance machines at the gym.



**RIO CHIN AND NECK TONER**  
£29, [LOOKAGAIN.CO.UK](http://LOOKAGAIN.CO.UK)

Hold the gadget to the problem area and the Electro Muscle Toning current helps tone the supporting muscles beneath the chin. After a few weeks of regular use, you'll notice the profile of your face is improved, and sagging beneath the chin reduced.



**NUFACE TRINITY FACIAL TONING KIT**  
£300, [LOOKFANTASTIC.CO.UK](http://LOOKFANTASTIC.CO.UK)

An electrical current stimulates each muscle, making it contract as if it were being exercised, helping to tone and lift your skin, as well as smooth out lines and wrinkles. It's pain free and you only need to use it for five minutes per day.



**SLENDERTONE FACE TONER**  
(£149.99, [SLENDERTONE.COM](http://SLENDERTONE.COM))

Electrical currents retrain and massage your facial muscles. Attach the gel pads to your face on the areas you want to tone and simply let the machine do the rest. A clinical trial showed significant results after 12 weeks of use for 20 minutes, five times each week.