



# Five-Minute Face-lift: A Daily Program for a Beautiful, Wrinkle-Free Face

*Reinhold Benz*

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## **Five-Minute Face-lift: A Daily Program for a Beautiful, Wrinkle-Free Face** Reinhold Benz

All your facial features will shine, when you workout with these 21 exercises that isolate and strengthen the muscles around your throat, mouth, eyes, eyebrows, and forehead. (You'll also avoid spending a fortune on costly programs that cosmetic companies promote!) Full-color, step-by-step photos show how to maintain a youthful look with taut skin and toned facial muscles, which will naturally resist wrinkles. There are exercises to work on everything from your temples to the tip of your nose, including four specifically designed to firm up your chin and neck and six to fortify the muscles around your eyes. It is a program that is quick, easy, and almost free for your most revealing feature: your face.

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