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Fitface Foundations

Charlotte Hamilton

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Fitface Foundations

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Fitface Foundations is all about the foundations of your face, which are your muscles. Exercise your face and you will firm and tone your face. If you are 30 years of age delay and prevent wrinkles from ever coming until into your 50's. Even then you won't have folds and will have a pronounced jaw and firm neck. We all will age but some know the secret of exercise and can delay the process with Fitface. If you are in your 50's its never too late, tone and refresh your face with exercise. If you don't use them you will lose them, I talk of facial muscles and your face will sag, keep it toned with Fitface. Buy both books, one to thumb through and one to know the science behind why you exercise.

The book has 4 different follow instructions. (These face exercises ARE THE SAME as first printed in Fitface Hands Free Facial Toning Exercises).

Fitface toning exercises are different. The revolutionary new technique is performed “hands free” which means there is no touching or pulling of the skin - to avoid damaging delicate facial tissues. Fitface exercises produce strong, tight, firm muscles and increases collagen to give you a toned facial makeover that lasts a lifetime.

Cosmetic surgeons agree that tight firm toned muscles are the most important part of looking good. Fitface “hands free” facial toning exercises work naturally from within - to build, strengthen and repair - lost muscle tone which also rejuvenates collagen. Fitface is fast, fun and easy, making you look fabulous; now and forever. The knife can only cut away healthy skin and muscles, which in the long term results in thinner skin and weaker damaged muscles. Needles can either paralyse muscles or plump under the skin temporarily, to produce a frozen face. In the long the procedures either exacerbates wrinkles or annihilates muscle tone. The long term effects on the brain remain unknown, the choice is yours.

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Richard Graham:

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