

Eyelids that droop? Is your forehead weak? Sagging upper eye skin?



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Perform this exercise once a day, six days in a row.
Take one day off and continue for another six days.

UPPER EYES and BROWS

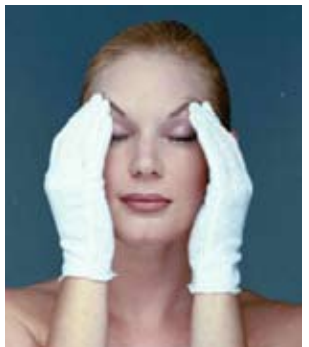
An Instant Lift for Beautiful Eyes.

Your upper eye area will improve as your forehead muscle strengthens.



- 1 Relax your eyebrow area and then place the three middle fingers of each hand directly under your eyebrows.
- 2 Drop the palms of your hands flat against your face.
- 3 With the pads of your fingertips directly under your eyebrows, push your eyebrows upwards and slightly outwards.
- 4 Hold your eyebrows in this position with your eyes open.
- 5 Slowly push your eyebrows down against your fingertips while holding your eyebrows high, and hold the contraction for five (5) seconds.
- 6 Remove your hands from your face.
- 7 Breathe in deeply through your nose, and exhale through your nose.
- 8 Repeat the exercise again. This time hold the contraction for ten (10) seconds. At the seventh second, close your eyes, keeping your eyebrows held high.
- 9 Remove your hands from your face. Breathe in deeply through your nose, and exhale through your nose. Begin again, holding the contraction for ten (10) seconds and closing your eyes at the seventh second. Repeat the movement again so that you have exercised for a total of thirty-five (35) seconds.

This exercise begins to "awaken" your forehead, concentrating on the area above your eyebrow to the hairline. Initially, you may see a line develop over your brow when you first perform this exercise - THIS IS TEMPORARY and a clear indication that your forehead has lost its firmness.



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Now that you know how to give yourself an eye lift, think about the rest of your face. Why not firm and lift your cheeks, jowls and neck? Your results will become evident each day and more so over the next few weeks. Your face will look revitalized and you will have increased confidence knowing that you look refreshed and youthful! Remember, when you use Facial Magic, it shows!

Facial Magic Basic Kit contains eighteen easy-to-follow face firming exercises on DVD (in Spanish & English) or VHS, Daily Lift, our gentle alpha hydroxy to tighten and clean your skin, Exercise gloves and your Success booklet that has your progress chart, a place for your beginning photo, exercise tips, skin care tips and more - all for less than the cost of a facial! Order today and see visible lifting in just days. You will love your results! PROMISE!!!

TYPICAL TIMELINE for VISABLE RESULTS

- WEEK ONE: Forehead - Upper Eyes - Upper Cheeks
- WEEK TWO: Jowls - Pouches
- WEEK THREE: Chin - Neck
- WEEK FOUR: Upper Lip - Lower Eye
- WEEK FIVE: Vertical Forehead Lines - Chin & Lower Lip
- WEEK SIX: Horizontal Forehead Lines - Neck
- WEEK SEVEN: Lower Eye - Back of Cheeks
- WEEK EIGHT: Back of Cheeks - Crows Feet
- WEEK NINE: Bridge of Nose - Laugh Lines