Facial Massage

- Massaging the face improves circulation to the muscles
- It allows you to identify those parts of the face that feel too tight or loose
- It keeps you in touch with your facial muscles
- It helps preserve the idea of movement

Always use a facial massage cream/moisturiser to prevent dragging of the skin

Facial Exercises

All muscles like to be warmed up before having to do any work. Use your massage routine as your pre-exercise warm up.

Do your exercises in front of a mirror. They should be performed slowly. It is the quality of the movement and not the quantity that is important.

Set aside uninterrupted time to do your exercises.

Touching your face will help.

Not all the exercises on this list will be appropriate for you at this stage. Only do those exercises that have been ticked. Perform each exercise 5 times

General Exercises

- Slide relaxed in front of a mirror
- Gently raise eyebrows, you can help the movement with your fingers
- Draw your eyebrows together, brow
- Winkle up your nose

- Take a deep breath through your nose, try and flare nostrils
- Gently try and move corners of mouth sideways
- Try and keep the movement the same on each side of your face
- You can use your fingers to help. Once in position take your fingers away and see if you can hold that smile

- Lift one corner of the mouth...
- ...then the other
**Lips**

- Gently press lips together
- Hold lips: pop stick between lips
- Try and hold a cotton bud in the corner of your mouth (on the weak side). This helps to get a good lip seal.
- Bring lips together into OOH position
- Try a full pucker
- Turn down corners of mouth
- Curl up lip
- Turn down bottom lip
- Try and wrinkle skin on chin
- Blow out cheeks
- Move air from side to side, one cheek at a time

**STRETCHES**

- Gently open mouth: try and keep jaw relaxed
- Massage muscles along side of nose to corner of mouth
- Sweep index finger inside cheek, from top to bottom
- and from the back of your cheek to the front of your mouth
- Place thumb inside cheek, index finger on the outside, gently massage cheeks muscles

**JAW EXERCISES**

- Slide bottom teeth in front of top teeth
- Move jaw from side to side
- Open mouth wide
- Stick tongue out

**Exercises to Help Close the Eye**

- Look down
- Gently place back of index finger on eyelid, to keep the eye closed
- With opposite hand gently stretch eyebrow up working along the brow line. This will help relax the muscle and stop it from becoming stiff.
- Narrow eyes as if looking into the sun
- Now try and gently press the eye lids together

**Resisted exercises**

- Place index fingers inside corner of mouth
- Pull corners of mouth towards
- Place fingers under chin, gently resist mouth opening

**Apply tape to the face**

Applying tape to the face for short periods of time is often very useful. It gives support to the cheek when eating, drinking and also makes speech more clear.

- Apply tape to the cheek in the direction indicated
- Apply another piece of tape to the cheek partially overlapping the previous tape
- Add additional pieces of tape, so that the corner of the mouth is raised
Facial Massage

- Massaging the face improves circulation to the muscles
- It allows you to identify those parts of the face that feel too tight or to loose
- It keeps you in touch with your facial muscles
- It helps preserve the idea of movement

**Always use a facial massage cream/moisturiser to prevent dragging of the skin**

Facial Exercises

All muscles like to be warmed up before having to do any work. Use your massage routine as your pre-exercise warm up.

Do your exercises in front of a mirror. They should be performed slowly. It is the quality of the movement and not the quantity that is important.

Set aside uninterrupted time to do your exercises.

**Touching your face will help.**

Not all the exercises on this list will be appropriate for you at this stage. Only do those exercises that have been ticked. Perform each exercise 5 times.

General Exercises

- Sit relaxed in front of a mirror
- Gently raise eyebrows, you can help the movement with your fingers
- Draw your eyebrows together, then out
- Winkle up your nose
- Take a deep breath through your nose, try and flare nostrils
- Gently try and move corners of mouth sideways
- Try and keep the movement the same on each side of your face
- You can use your fingers to help. Once in position take your fingers away and see if you can hold that smile
- Lift one corner of the mouth... ...then the other
- Place thumbs on top of chin, with index fingers under chin, massage in a circular motion from side to side for 2 minutes.
- Now slide the hands to the cheeks and massage upwards in a circular motion for a few minutes.
- Using your ring fingers, slide them from the outer corner of your eyes, under eyes, towards the nose, then up in between eyebrows, above eyebrows. Ensure all movements are gentle. Repeat 5 times.
- Slide fingers to forehead, use tips of fingers to massage from temple to temple across the forehead with zigzag movements. Repeat 5 times.