

FACIAL EXERCISES



THE FACE PLACE

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, frown



Wrinkle up your nose



Take a deep breath through your nose, try and flare nostrils



Gently try and move corners of mouth outwards



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 lollipop 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 top lip



Turn down bottom lip



Try and wrinkle skin on chin



Blow out cheeks



Move air from side to side, one cheekto the other



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 cheek muscles

RESISTED EXERCISES



Place index fingers inside corner of mouth



Pull corners of mouth inwards



Place fingers under chin, gently resist mouth opening

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 eyelid and stop it from becoming stiff.



Now try and gently press the eye lids together



Narrow eyes as if looking into the sun

APPLY TAPE TO THE FACE

Applying tape to the face for short periods of time is often very useful. It gives support 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 too 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



Start by using gentle strokes on the neck in an upward motion



Use alternate hands, from one side of the neck to the other Repeat 5 times



Move up to the jaw line, with all four fingers massage with gentle circular movements from the ear to the chin. Repeat 5 times



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