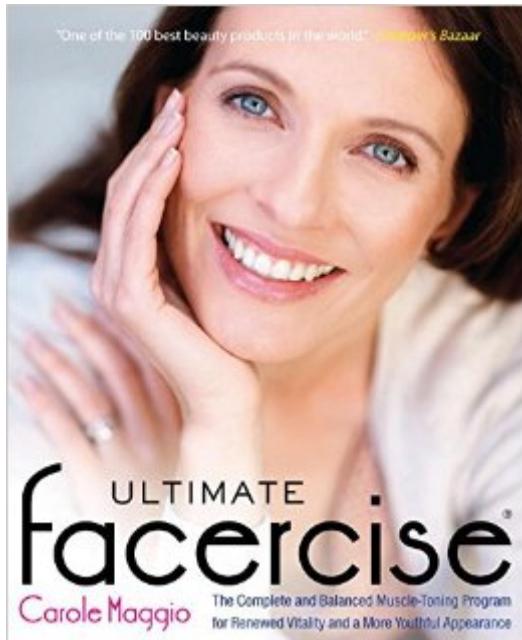


The book was found

Ultimate Facercise: The Complete And Balanced Muscle-Toning Program For Renewed Vitality And A More Youthful Appearance



Synopsis

The Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance Carole Maggio's Facercise program has helped many thousands of women and men look younger and more vibrant without surgery, chemical peels, or Botox. Now, using the most advanced face technology, Carole has devised Ultimate Facercise, a program that is even faster and more efficient than the original. By working the muscles with more intensity, using body posturing and precision movements, the results are even more dramatic. In just eight minutes, twice a day, you can open up your entire eye area, reduce puffiness and eliminate hollows, lift your eyebrows, define your cheeks, plump up your lips, turn up the corners of your mouth, smooth out lines, and firm your entire neck and jawline. Carole also gives advice on the most advanced (nonsurgical) beauty treatments and even describes how to get rid of the hard lumps left under the skin by collagen or fillers and how the Ultimate Facercise program can help smooth out the effects of botched cosmetic surgery.

Book Information

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Customer Reviews

Having recently turned 60 and suddenly going from looking 20 years younger to close to my age (no, I do not do HRT for both moral and health reasons), I found myself growing a bit desperate and wondering if I might have to resort to "going under the knife", a procedure that I have NEVER wanted to do and hope that I never do for a variety of reasons, one of which is the unnaturalness, both of doing it and how obvious those procedures are on a person, be it surgery, botox (put a diluted version of one of the most venomous poisons that exist into my system???? NOT!!), saline,

what will you. I have no problem with becoming older - hey, guys, even stars/planets live and die! I just want to age more gracefully and slowly. So...I started doing research on , and after much comparison and consideration of contents and reviews, decided to give Carole Maggio's system a try, purchasing both her Ultimate Facercise dvd set and her books (yes, both - I wanted to compare, plus, I'm a bibliophile). In all sincerity, I can give you my word that her books live on my bedside table and her dvd by my player. THEY WORK. End of story. BUT in this day of "time pressure", instant gratification, too much "boredom" because nothing keeps people's attention because they are not WILLING to GIVE IT TIME, you HAVE to be diligent and disciplined about this!! TWICE A DAY, approximately 15 minutes each time, for a couple of weeks, and then you can HALVE the time by going to her 8-minute sessions! Within THREE DAYS of doing the 16-minute routine TWICE a day, I saw differences, literally from my forehead down to my neck and everywhere in between. In 5 days, people who hadn't seen me for a couple of weeks were taken aback and asking me, what have you done?? You look FABULOUS!

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