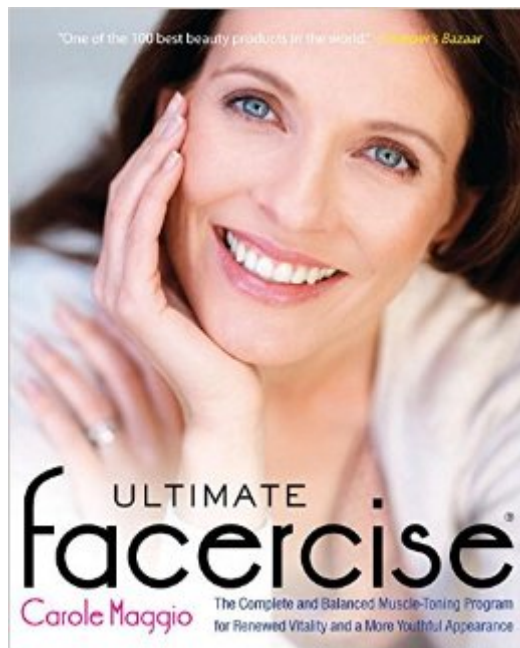


The book was found

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

Paperback: 128 pages

Publisher: TarcherPerigee; 1 edition (July 5, 2011)

Language: English

ISBN-10: 0399536671

ISBN-13: 978-0399536670

Product Dimensions: 7.2 x 0.4 x 9.1 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars Â Â See all reviews Â (69 customer reviews)

Best Sellers Rank: #175,210 in Books (See Top 100 in Books) #12 in Â Books > Health, Fitness & Dieting > Aging > Exercise #537 in Â Books > Health, Fitness & Dieting > Beauty, Grooming, & Style #2762 in Â Books > Health, Fitness & Dieting > Exercise & Fitness

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!

[Download to continue reading...](#)

Ultimate Facercise: The Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance
Vegan Protein Recipes: 51 Healthy Protein Packed Recipes for Muscle Building, Toning, & Balanced Nutrition
The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series)
Core Strength for 50+: A Customized Program for Safely Toning Ab, Back, and Oblique Muscles
The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening and Toning Your Body- Without Machines
The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle)
Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness)
Appearance and reality: A metaphysical essay
DETECTIVE COMICS (BATMAN) COLLECTOR'S GUIDE VOL. 1: THE GOLDEN AGE: Every Cover 1937-1955 Including BATMAN'S First Appearance (DETECTIVE COMICS COLLECTOR'S GUIDES)
The 12 Best Thigh Toning Exercises for Women: The Illustrated Guide to Achieving Slim, Sexy Thighs FAST (Fitness Model Physique Series)
Dress Like a Man: A Style Guide for Practical Men Wanting to Improve Their Professional Personal Appearance
Facial Shift: Adjusting to an Altered Appearance
The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series)
Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean

Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series Book 3) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination, 8e (Daniels & Worthington's Muscle Testing (Hislop)) Ultramodern Nutrition for Squash Teachers: Teaching Your Students Advanced RMR Techniques to Improve Hand Speed, Reduce Muscle Soreness, and Accelerate Muscle Recovery Ketogenic diet for dummies: Discover how lost 10 lbs & 5 inch of my belly and hips in just 45 minutes a week (My Fitness program weight loss and build muscle by Martin Jackson Book 2)

[Dmca](#)