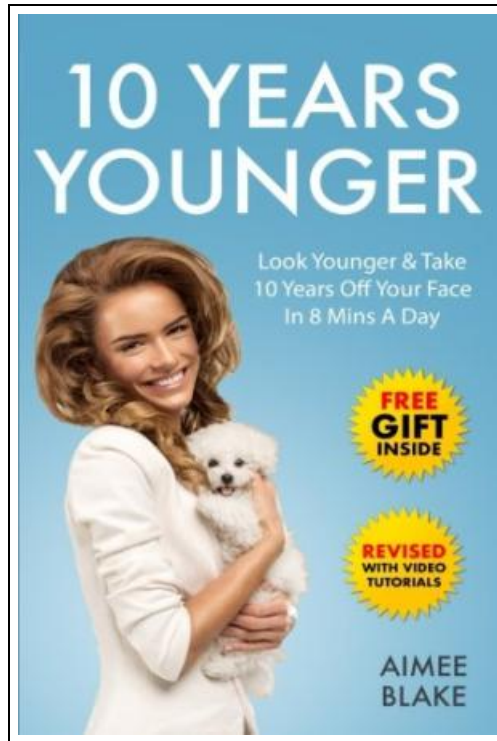


## 10 Years Younger - How to Look Younger Naturally [Video Tutorials Included]: Get Rid of Wrinkles with Facial Exercises Take 10 Years Off Your Face in 8 Mins a Day (Paperback)



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### **Reviews**



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Want To Look 10 Years Younger Naturally Than Your Biological Age Revised With Facial Exercise Videos Tutorials As A Visual Aid - Video Links Provided In the Book! Reduce Facial Wrinkles, Get Plumper Looking Skin, Take 10 Years off Your Face Get a Non Surgical Face Lift in Just 8 Mins a Day! Plastic surgeons will tell you that in order to get rid of wrinkles and look younger, you will need to go under the knife and get a face lift. But there is a FREE natural anti-aging solution that will help your skin looking younger, firmer and plumper that the beauty industry doesn't want you to know! Of course the aging process, smoking or sun exposure will result in a loss of collagen and sagging facial skin which results in wrinkles. However there are more than 50 little muscles that make up the anatomy of the face and each one of these muscles can be exercised to give you firmer younger looking skin. There is no special equipment required with this new program, all you need is some diligence and discipline to make a dramatic improvement in your appearance, look fresh and younger looking. Within this book, you will learn the best facial exercise that addresses frowns, worry lines, sagging jowls, plump up cheeks and slim your face. Each facial exercise has clear instructions that demonstrate the movements and videos so performing each exercise is easy and straightforward. Here's What You Learn With 10 Years Younger: Understanding the anatomy of the skin and what causes wrinkles to form What are facial exercises and facial massage and acupuncture How to get rid of forehead wrinkles and frown lines How...

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