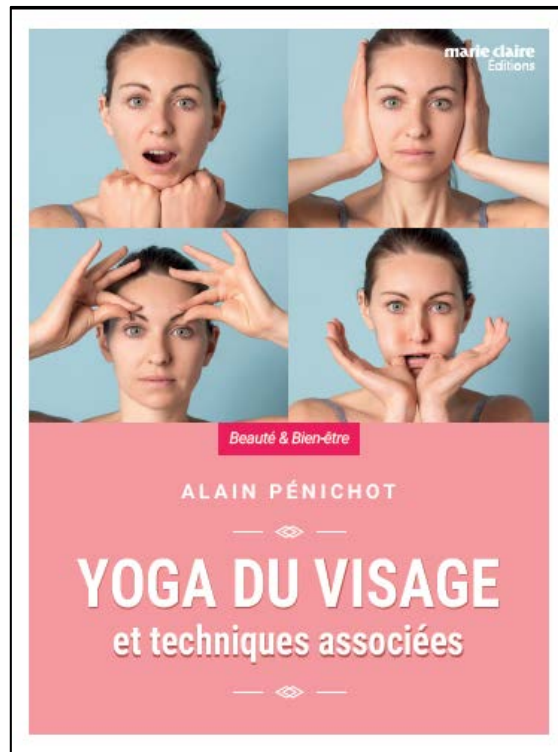


Face Yoga

April 2017

Beauty &
Well-Being



Synopsis:

Face yoga is a natural facelift to realize at home in order to relax facial features and have a well-rested look.

Five minutes per day are enough to make your skin more beautiful and feel better inside.

Thanks to focused exercises of self-massage to do everyday, this facial gymnastic will erase stress and tensions, will limit wrinkles and will shade off shadows under your eyes.

Content:

- Exercises to fight aging
- Exercises to get rid of stress
- Exercises to invigorate and strengthen muscles

The Author:

Alain Pénichot has organised and animated health safety workshops for 7 years. In 1999, he started a formation on face yoga with the specialist Catherine Urwicz. He then developed, in addition to face yoga method, a « facial gymnastic » method.

His website: www.yogaduvissage.com

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