

Cheek Shaper

This “technique” will even out uneven cheek building and be sure you build your cheeks evenly and in balance.

- Wrap your lips around your upper and lower teeth
- Place your open hand against the face as shown below
- Thumbs are next to the nose and the Index fingers are lying next to the temple
- Smile with the corners of your mouth
- Pressing evenly into the face and “**lift up**” with the bottom rim of your hands, against the natural shape of your cheeks
- Hold for a count of 10 and release



- **Note:** Exert even pressure all along the hand and fingers where it presses into the face
- Repeat this movement, holding to 10, four times

You’ve now complete 4 rounds.

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