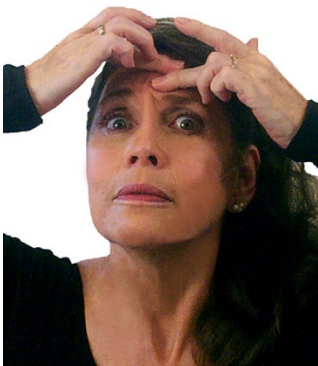


Dancing Cs

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Part of the Wrinkle Release – To de-tack and smooth out wrinkles and lines in the face

Perform the movement all across your forehead, starting on the left side and carrying across to the right side of the forehead, making 4 passes altogether. Steps #1 and #2.



Step #1

Fingertips are facing each other and side by side, ready to move in semi-circles.



Step #2

Slide the fingertips around each other, making semi-circles all over the forehead. The movement of the fingers is rather face-paced... like "Dancing Cs"! Count to 40.



Step #3

Slide the fingertips around each other, making semi-circles only between the brows. The movement of the fingers is rather face-paced... like "Dancing Cs"! Count to 40.

NOTE: Perform this exercise as often as you wish, being aware you can overdo it and create an abrasion