

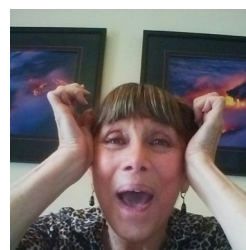
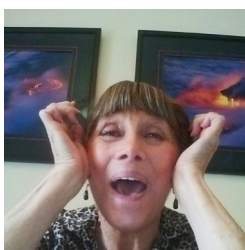
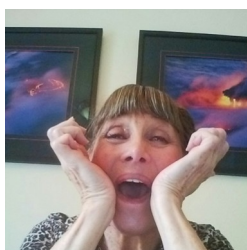
## Jowl Slide Smoothers

### ○ Jowl Slide Smoother #1 -

- Place ONLY the heels of both hands, facing each other, against the middle of your chin, just under your lips



- Palms of hands are facing the jowls but not touching
- Contract the lower facial muscles by wrapping your lower lip over your bottom teeth and contracting the jowl area and whole bottom of the face as best you can
- Push down with the heels only and slide along the lower part of your face with firm pressure, following the jawbone but slightly above it while staying on the face and end the slide at the temples



- Perform 10 slides

### ○ Jowl Slide Smoother #2 –

- Place ONLY the heels of both hands against the middle of your chin, just under your lips
- Palms of hands are facing the jowls but not touching
- Contract the lower facial muscles by wrapping your lower lip over your bottom teeth and contracting the jowl area (Fig 1)
- Push down with the heels only and slide along the lower part of your face with firm pressure a short distance until the heels of each hand are directly under the corners of each mouth
- Turn your hands at a right angle (palms facing up), pressing down and contracting the corners of your mouth, slide your heels up along the contracted jowls and up and over the corners of the mouth. Make 5 slides of ten slides (fig 2)

Fig #1



Fig #2

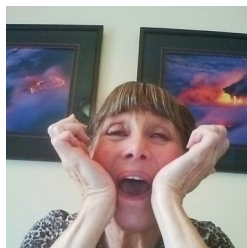
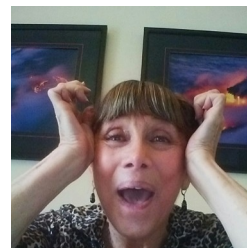


Fig #3



- On count number 6, keeping firm pressure, slide with the heels of your hands to the corner of the mouth and then slide under the round part of the cheeks and slide all the way up, ending at the temples. 5 slides (Fig 3)
- For a total of 10 slides

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