



EASY 10 STEP SELF-MASSAGE TECHNIQUES

Bellanina Facelift Massage - At Home

1. WHIP CHEEKS - Expands Capillaries And Brings Oxygen Into The Face.

In the first step, using an upward pumping action, stroke the cheeks up from the jaw bone, whipping towards the nose going only as high on the face as the cheek bone. As an alternative, you can also bend forward with your head down for a few moments to get more blood flowing into the face.

2. SMILE LINES - Softens and Stimulates Collagen in the Smile Lines

Next, use two fingers of each hand, and start under the jaw bone, right below the corners of the mouth. Slide them up and over the jaw line staying in the crease of the laugh lines or nasolabial folds and stop at the corners of the nose. Contour under the cheekbones and glide your fingers up the side of the face to finish softly on the forehead. Do this 5 – 10 times.

3. FULL FACE - Gives a Complete Lift to the Face

Tilt your head back slightly and using all fingertips, start at the throat and slide them up and over the chin. From under the lip move your fingertips around the sides of the mouth to the corners of the nose, following the naso-labial folds. Now, use your fingertips to contour under each cheekbone, sliding up the side of the face to finish softly on the forehead. Do this step 10 times.

4. WHIP CHEEKS AND PUMP TO EYE - Expands Capillaries And Brings Oxygen Into The Face

Whip the cheeks again upwards to below the eye area to get more blood flowing. Do this for 5 seconds on each side. Then use the pads of your fingers on each temple and pump the blood towards the eyes.

5. ACUPRESSURE EYES - Releases Tension in the Eye Area

With your thumbs or forefingers, press inwards at the bridge of the nose and hold for 5 seconds. Then glide your fingers up to the inner point of the brow, right under the brow line and lean your head into your thumbs (or forefingers) for another 5 seconds. Then move your fingers to the mid point just under the brow and press and hold for 5 seconds again leaning your head into your fingers. Finally, lean, press and hold for another 5 seconds on the acupressure point that is at the temple right at the side of the eyebrow.

6. EYE CIRCLES - Relieves Fluid Retention Associated With Puffy Eyes

Place your index fingers on the soft pads under both eyes and then make small, light, feathery egg shaped ovals starting next to the nose. Using a slight pumping action, inch your fingers to the outer side of face making the egg shaped ovals with the lightest pressure possible. Do this 3 times on each eye.

7. ACUPRESSURE TEMPLES - Releases Tension In The Head Allowing Greater Blood Flow To The Face

Now, press into the temples with the tips of your fingers and massage for a few moments.

8. ACUPRESSURE UNDER EYES - Stimulates Energy And Opens Breathing

Using your index finger, press the inner point on the bone under the eye at the base of the side of the nose and massage with a circular motion for 5 seconds. Now do the same massage with your finger pressing on the midpoint for another 5 seconds.

9. DOUBLE CHIN LIFT - Stimulates The Chin Muscle Tone

Press the tip of your tongue to the roof of your mouth as hard as you can and hold it for 10 seconds. Do this 5 times. Next, stick your tongue out and down as far out as you can with as much strength as you can. Do this 5 times until you feel fatigue in those muscles.

10. FULL FACE - Gives a complete lift to the face

Tilt your head back slightly and using all fingertips, start at the throat and slide them up and over the chin. From under the lip move your fingertips around the sides of the mouth to the corners of the nose, following the naso-labial folds. Then use them to contour under each cheekbone, sliding up the side of the face to finish softly on the forehead. Do this step 5 times.

