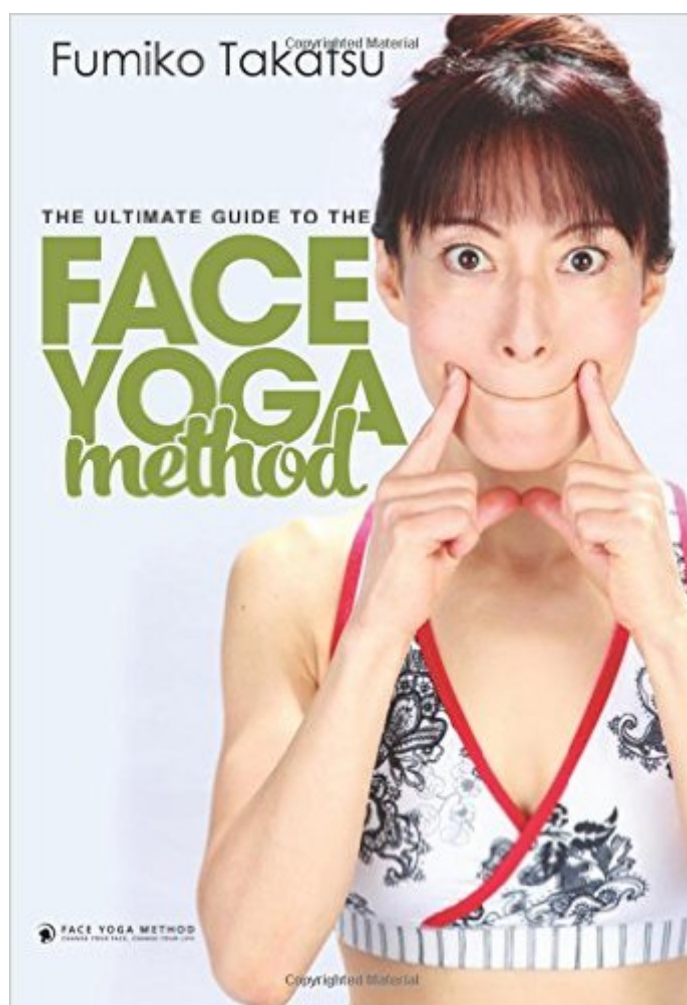


The book was found

The Ultimate Guide To The Face Yoga Method: Take Five Years Off Your Face



Synopsis

The Face Yoga Method is practiced all over the world and has helped thousands of women and men to exercise their way to a younger more vibrant face without any fillers or injections. Fumiko Takatsu is a world renowned Face Yoga teacher and creator of the Face Yoga Method. She will show you how to reshape your jawline, define your cheeks, align your smile, turn up the corners of your mouth, smooth out forehead lines and eliminate under eye circles in just eight minutes a day.

Book Information

Paperback: 176 pages

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Product Dimensions: 6.5 x 0.4 x 9.5 inches

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Average Customer Review: 4.2 out of 5 stars 32 customer reviews

Best Sellers Rank: #16,395 in Books (See Top 100 in Books) #17 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style](#)

Customer Reviews

Fumiko has been practicing yoga for over 30 years. At the age of 36, after a terrible car accident, having a fear of aging and losing confidence in herself, Fumiko created a unique face exercise method; the Face Yoga Method. Previously a college teacher, Fumiko is the first person who advocated Facial Yoga in Japan. She is a best-selling author and TV celebrity in Japan and since 2006 Fumiko has produced face-firming tools, cosmetics and how-to books, and has her own facial yoga DVD . The results she found in her own face and those of her students speak for themselves.

Bought it for my Mother-in-law. She loves it and swears by it. I have no idea if it works, but she seems to think so.

Great book, noticeable results, thanks

AWESOME

Some poor editing done, several pages with the wrong instructions given for the exercise pictured.

I bought this book Very worth buying

My wife certainly likes it. I'm going to be consulting it myself for whatever new procedures I find interesting.

The exercises are very easy to follow.

I like this book.

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