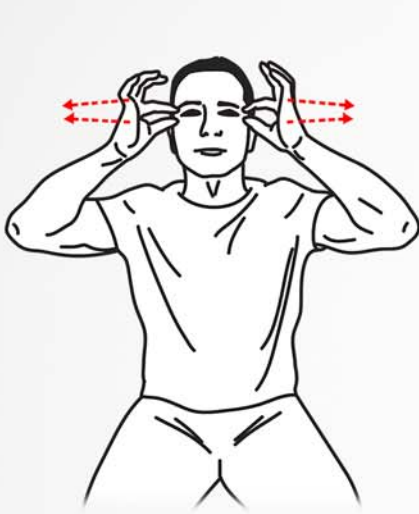


FACELIFT

WORKOUT by DAREBEE @ darebee.com
Repeat each exercise for **10 seconds**.



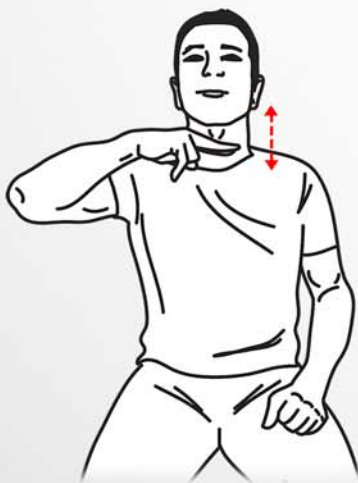
Draw parallel lines above and below your eye with your fingertips or nails.



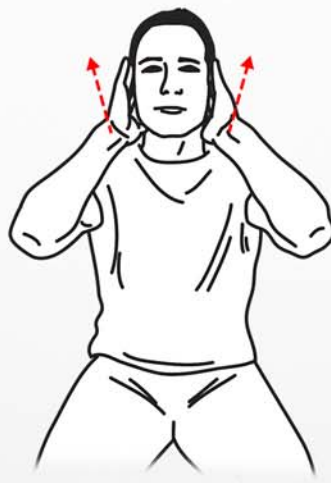
Start from your eyebrows and stretch your forehead towards the hairline.



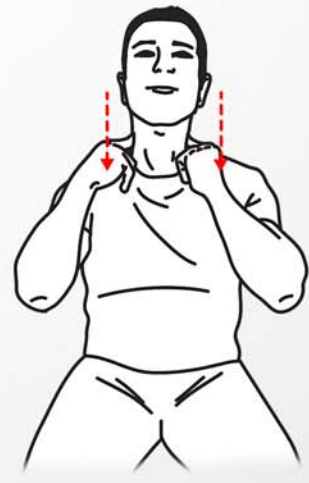
Start from the edge of your eyes and stretch the skin towards your hairline.



With extended index and trigger fingers together tap rapidly under your chin.



Place thumbs under your jaw and move your hands firmly towards the top of your head



Place your index finger behind your ear and pull firmly to the base of your neck.