

A close-up photograph of a woman's face, focusing on her eye, nose, and lips. A hand with manicured nails is gently touching her cheek. The background is a soft, out-of-focus light color.

FACE FITNESS

THE 10 MINUTE FACE LIFT

From
**BEST
SELLING
AUTHOR...**

**GREGORY
LANDSMAN**

The Beauty Adviser to
Supermodels and Superstars

*Including the 5 Day Skin Firming Diet for healthier looking
skin at any age!*

INTRODUCTION TO FACE FITNESS BY AUTHOR GREGORY LANDSMAN

TAKE 10 YEARS OFF

Face Fitness is a natural face lift that can take ten years off your face.

All it takes is ten minutes a day to retain or regain a fresh, healthy and younger looking face.

While travelling in India I crossed paths with an amazing seventy-eight year-old woman who taught me that our genes are not our destiny and that the way our faces age is literally in our hands.

The day she took my hands and clasped them in her own, I knew she would teach me something that would stay with me forever.

What this learned woman shared with me was an ancient Indian treatment that dates back several thousands of years. Having been passed down through her family, it told a story of ancient wisdom steeped in a true understanding of the human form and how to maintain a youthful appearance by keeping the facial muscles fit and the skin firm.

This is why I called this program Face Fitness!

What I will show you is a powerful and genuine alternative to a surgical face lift that gets results without the \$30,000 price tag. It will help you retain and regain a vibrant face without nipping, tucking, sucking and plucking the skin or the facial muscles.

Face Fitness will show you how to:

- Drain toxins that age the skin
- Prevent and reduce wrinkles without anaesthetic
- Sculpt and reshape the face without pain

- Minimise lines around the mouth without collagen
- Lift sagging skin without stitches
- Reduce crow's feet and the folds in the upper and lower eyelids without a surgeon
- Minimise a double chin without cutting
- Tighten jowls and loose skin on the neck without the expense
- Plump up hollow cheeks without face fillers
- Oxygenate the blood to give your skin a lasting healthy glow as well as
- How to eat your way to great skin with the 5 Day Skin Firming Diet

Face Fitness is about conditioning the face in a way that will naturally outlast any surgical face lift or artificial face fillers. This is not only a correction technique for wrinkles and sagging muscles, but a means of prevention as well.

Since learning these techniques I have practised them daily and used them in my career for many years. There is no doubt that if practised consistently this program will not only improve tone, but the overall look of the face.

In a time where so much emphasis is placed on the way we look, where we have all experienced the mental anxiety that sits on our faces, we need a way to keep our faces fresh and healthy, and our minds calm as we journey through the world.

A key part of taking the pressure off comes from understanding that while we all want to look as good as we can for as long as we can, in truth we touch people in a very small way with our looks. Mostly we touch them through acts of kindness and the sharing of our humanity.

My personal philosophy on B.E.A.U.T.Y. is...

B alance in our life unfolds from the inside out.

E nthusiasm lies within the way we think and feel about ourselves.

A cceptance is the path to making peace with ourselves and others.

U nderstanding ourselves gives us clarity and wisdom to know what we want, and importantly, what we don't.

T rust attunes our heart and mind so we can nurture spontaneity and adventure in our lives, and see that...

Y ou have what it takes to create the life and love you know you deserve and to never settle for anything less.

As you read this book and start to incorporate the techniques into your daily life you will see clearly that our faces tell the story of our feelings. Looking good is about feeling good and maintaining healthy skin inside and out is a big part of that.

Learning to understand the connection between how we look after our faces and how we think (stress) helps us discover our own path to an energised, vibrant and healthful face.

For when we let go of the stressful thoughts and feelings, we give ourselves a natural face lift; as self belief will out-do, out perform and outlast plastic surgery, botox, and restylane face fillers every time.

We cultivate beauty by remembering our humanness and our goodness, and celebrating the best in ourselves and others.

Gregory Landsman