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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Facial Exercise - Way To Carry A Young Look**

**By Sharon Hopkins**

Exercises have been one of the most important things of our life. It is always known that exercise has benefited us in many ways. In earlier times people didn't have gyms to go to, but their daily activities was not less than a gym.

Going in the field, filling water from the well, going for swimming in the lake, washing clothes, washing utensils, making food without a proper gas were some of the basic things which required lot of energy and due to this they remain fit.

Now, things have changed drastically. Looking at the way things are carried out in recent times, we can claim to be technically sound and futuristic in many ways. Being high-end and making full use of technology has helped us in many ways to improve our lifestyle.

Exercising our body is done either by going to the gym or by doing some household chores. In that case our face also needs to be taken care off. By the amount of pollutants that affect our face we are bound to have some or the other problems.

One of the apprehensions about life, for many is the idea of being old. As times flies, slowly and steadily it starts reflecting on your face in the form of wrinkles, lines, double chin, sagging of the muscles and many other things.

To avoid such problems relating to wrinkles and sagging we can do facial exercise. These would help you ward off all possibilities of wrinkles. It will help you give that extra glow which has disappeared from your face for a very long time.

There are face-lifting tools in the market which you can use, depending upon how useful they prove to be. Then there are the common facial exercises which you can do it at home at your own free will.

Facial exercises for you

## Facial Exercise – Way To Carry A Young Look

If you want to sharpen your jaw line you can slap your chin with the back of your hand quickly and very lightly for at least 30 times.

Stroking your face with upward movement can relax your mind and body.

To reduce the small lines around your mouth you can curl your lips into your mouth and then try to bowl air through your mouth without opening your mouth. This would help to stretch your muscles around the mouth. While doing this count till 5 and then relax, repeat this at least 10 times for better results.

But there has been a long running debate about facial exercise, whether they are really good or just make things worse. This can be found only when you talk to other people or consult your doctor about the same.

Sharon Hopkins manages sites which gives information on hair and skin care, such as

<http://www.hair-n-skin-care.com>

. From pigmentation of your skin to suntan you can find everything

here. Facial Exercise can help you with your sagging skin and bring back your natural glow.

### **Using the Right Skin Cleansers for Your Skin Type**

**By Donna Monday**

Whether you have oily skin, dry skin, or normal skin, it's very important that you choose the right type of skin cleansers for your skin type to obtain maximum results.

There is a dazzling array of skin cleansers on the market including: Oil facial cleansers, lemon facial cleanser, low foaming facial cleansers, acne facial cleansers, and even facial cleansers for men. Looking at facial cleanser reviews online may help you find the best facial cleansers for you. However, you may just decide to make your own homemade facial cleansers.

Whether your facial skin cleansers are homemade or store bought, washing your skin helps it shed old skin cells and stimulates the new ones. If you're in your teens and twenties, your skin cells renew themselves very quickly. The older you get, the longer the cells take to renew. This can lead to buildup of oil and dirt, which can make skin look dull and flaky.

By gently scrubbing your skin's surface, you can speed up the release of new cells, which will leave skin looking fresh and young. Mildness and rinsing ability are important factors when choosing a cleansing soap.

Dry skin types should use super fatty cleansing soaps with lots of moisture added.

## Facial Exercise – Way To Carry A Young Look

Oily skin types should use a non-greasy, milky skin cleanser that leaves no sticky film on the skin.

Sensitive skin types should only use mild soaps with no fragrance or fancy ingredients.

Normal skin types can use any type of facial skin cleansers, homemade or store bought. However, you should make sure your cleanser rinses off easily with water.

Choosing the best skin cleanser for your skin type will ensure that your skin always looks fresh and beautiful.

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Donna Monday

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