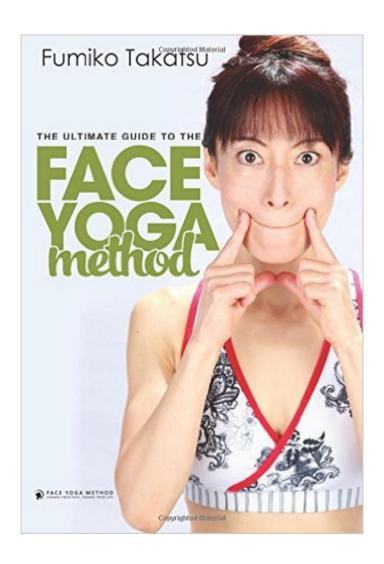


The book was found

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

Publisher: CreateSpace Independent Publishing Platform (September 5, 2013)

Language: English

ISBN-10: 1533590966

ISBN-13: 978-1533590961

Product Dimensions: 6.5 x 0.4 x 9.5 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

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 inà Â 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.

Download to continue reading...

The Ultimate Guide To The Face Yoga Method: Take Five Years Off Your Face 10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day (Health & Beauty Series Book 3) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Face to Face with Wolves (Face to Face with Animals) Face to Face: Praying the Scriptures for Spiritual Growth: 2 (Face to Face / Spiritual Growth) Face to Face with Polar Bears (Face to Face with Animals) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Oxford Take Off In French (Take Off In Series) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Face Painting: The Ultimate Guide to Face Painting Supplies and Face Painting Kits How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) The RealAge Makeover: Take Years off Your Looks and Add Them to Your Life Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Yoga con cuentos: Como ensenar yoga a los ninos mediante el uso de cuentos (Cuentos

Para Aprender Yoga) (Spanish Edition) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics)

Contact Us

DMCA

Privacy

FAQ & Help