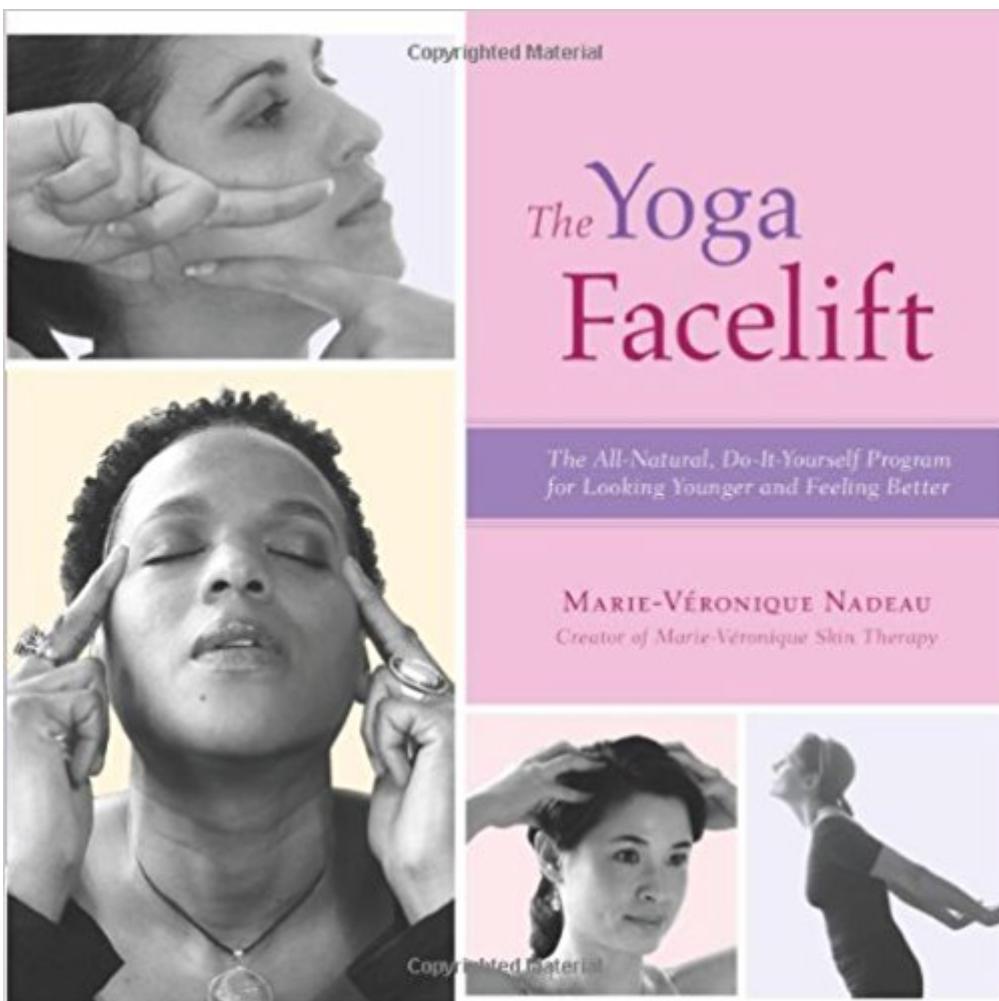


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The Yoga Facelift



Synopsis

Women and men alike can reclaim their face with *The Yoga Facelift*, an exercise, energetics, and meditation program specifically designed by Marie-Véronique Nadeau for the most prominent feature of the body. We are inundated with exercise programs to tone abs, biceps, triceps, and insteps, but none to exercise and maintain the most hardworking set of muscles in our entire body, the face! Nadeau has devised a holistic method for ridding the face of frown lines, reducing extra chins, and eradicating chicken neck. Her book is filled with useful charts, instructive photographs, and simple and natural exercises that readers can do in just five or ten minutes every day while waiting in traffic, talking on the phone, or working in front of the computer, all the while taking years off their face. Forget BOTOX. Don't even think of invasive and potentially dangerous plastic surgeries. Ditch the collagen. And enter the stress-free, effective world of Nadeau's restorative yoga therapy. *The Yoga Facelift* will enhance inner and outer beauty and help you to put your best face forward! Gorgeous black-and-white photographs accompany each yoga pose.

Book Information

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Customer Reviews

Marie-Véronique Nadeau, creator of *The Yoga Facelift*, is a chemist and a licensed aesthetician, and she is living proof of the effectiveness of her work. She hosts *Yoga Facelift* classes at Elephant Pharmacy and runs her own cosmetics company. She also operates a heavily-trafficked website and has a highly successful *Yoga Facelift* practice. She resides in Berkeley, California.

I've tried serums and creams and always looked in the mirror optimistically over the following weeks. But I've never noticed any changes. But the morning after my first exercise routine from the Yoga Facelift I saw a difference. I was shocked! Don't bother with botox or face serums. If anyone knew about this obscure book, the skincare industry would be revolutionized. Strengthen and tone the muscles in your face just the way you do your body and you'll see the same lift you do in your tush after yoga and kettleballs. It really makes sense intuitively. It's a short book that is a quick read. It's also organized so that you can prioritize whatever areas are most important to you. I loved it! Now I want a sequel in the form of a video tutorial!

Great book, this is my second time getting this book and is really a keeper , the best book for face exercise

Calgal's reviews says it all. I am glad I'm not the only one. I much prefer the Facercise book. I cannot believe the writer encourages headstand - a potentially dangerous exercise which I have never even tried, and I've been practicing yoga for about 12 years now. Granted, she shows a modification, but still encourages full headstand. Also, the pushing of her creams seems to my somewhat sceptical eye to be the main raison d'etre of the book. And I say this because there aren't many exercises here in the first place. Plus, what there is is poorly explained. Yes, I definitely prefer Facercise

Was very responsive

Haven't read a lot yet, but so far I really like it!

I noticed a sagging neck and jawline. Started several of these exercises in the shower when washing my face. Within 3 weeks my jawline and neck look much firmer! I wish this book were still in print. I am a yoga teacher and would recommend it to my students.

We took pictures over a 9 week period to see how my face changed. And my facial muscles tightened and I look younger! I got my first compliment within in two weeks of doing these exercises.I highly recommend making this part of your weekly regimen!!!

Thank you, Marie-Veronique Nadeau, for writing a very clear and engaging book that offers an

option to "going under the knife!" I like to focus on 2-3 sets of exercises (love the Serene Brow, under eye, and smiling-without-smiling exercises), which I do when applying your day or evening moisturizers from you skin care line (the Face Oil at night and the Oil de Jour in the morning before applying the EC sunscreen). It only takes a few minutes. Though I've been taking yoga for years, I've only just begun identifying and isolating the many muscles and subtle movements of the face and neck. I highly recommend this book to anyone interested in pushing the limits on health and beauty!

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