

Pleasant Face Exercises

Sometimes we forget about the face, here are 4 short exercises:

1. Scrunch your face up, making an "ooo" sound, RELAX, now open eyes wide, lift eyebrows and make an "eee" sound.

Repeat 2 or 3 times

2. Use 2 hands, eyes shut, slowly massage your forehead and temples with the tips of your fingers.

Repeat 2 or 3 times

3. Use 2 hands, this time place fingers and palms on cheeks and massage.

Repeat 2 or 3 times

4. *If you wear glasses, please remove them.*

Rub hands together for few seconds. Cup hands over closed eyes to block out the light and think about relaxing the eyes,

Repeat 2 or 3 times

I hope you feel refreshed!