

Facial Firming Ritual



Fig 1

• Firming Eye Cream

With a gentle 'press and release' rolling action, apply the eye cream using your ring fingers, across the upper and lower eye lid, moving from the inside corners, outwards.

This activating eye-shaped application works with the lymphatic system and gives a sense of lightness to the area. **Fig 1**



Fig 2

• Firming Face Serum

Place 1-2 pipettes of serum in the palm of the hand and spread between both hands. Gently press hands onto the face, beginning at the forehead continuing down the face, neck and décolleté.

Follow with skin tapping: Using all fingers, moving from the centre outwards, gently tap along the forehead, along cheek bones, lower cheeks (include mouth), the jawline and down sides of neck. Take a moment to notice how your skin's micro-circulation feels activated and alive. **Fig 2**



Fig 3

• AM: Firming Day Cream

Take a small amount of cream and spread along the inside of both hands. Gently press hands onto the face, beginning at the forehead continuing down the face. Include neck and décolleté area.

Keeping fingers soft and relaxed, sweep outwards across the face and down sides of neck. Never pull and drag your skin. Sweeping movements should feel comfortable. **Fig 3**

• PM: Firming Night Cream

Take a small amount of cream and spread along the inside of both hands. Gently press hands onto the face, neck and décolleté area.

Place fingers flat on your forehead with fingertips facing each other. Sweep purposefully upwards and outwards, repeating three times. This movement helps to reduce worry lines and release any tension held in this area.

Continue sweeping across your cheeks and jawline towards your ears, including neck and décolleté. **Fig 4**



Fig 4

Facial Firming Exercises

Following your application of your firming face care, practise these recommended exercises daily, to improve circulation and strengthen underused muscles in the.



Fig 1

- **Exercise 1. Brow smooth**

Indication: Releasing the '11 o'clock' frown lines between the brows.

Using middle and ring fingers, smooth the brow muscle (just above eyebrow) starting at the centre, gliding across the brow to tip of eyebrow. Repeat twice.

On the third repetition, pause at the highest point of the brow and try to frown against the resistance of the fingers as they pull slightly outward. Hold for several seconds. Repeat three times then vibrate brow muscle with fingertips to relax muscle. **Fig 1**



Fig 2

- **Exercise 2. Eye Contours**

Indication: for puffiness, baggy lids and crow's feet.

Open your eyes as wide as possible so that the white above the pupil becomes visible. Increase the muscle tension of the eyelids* - count to 6 then blink rapidly and close eyes to relax. Repeat three times. **Fig 2**

*If it is hard to perform this exercise without wrinkling the forehead, lightly press your fingers on either side of your forehead, while doing the exercise.



Fig 3a



Fig 3b

- **Exercise 3. Contours for lower face**

Indication: reduces cheek fold and wrinkles that run vertically between the mouth and chin.

Slowly form an 'O' with the lips. Increase the lip tension and hold for 6 seconds before releasing. Repeat 3-5 times, creating the perfect 'O' while keeping the forehead and eye muscles relaxed. **Fig 3a**

Extended exercise: With mouth relaxed, trace your tongue in circle over your teeth. Count 10 seconds while completing each circle. Repeat 3 times before changing direction. **Fig 3b**

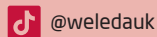
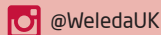


Fig 4

- **Exercise 4. Shoulder rolls & visualisation**

Complete your sequence with 3 shoulder rolls forward and 3 backwards. Bring shoulders up to your ears, squeeze and hold for several seconds, then let go and drop shoulders. **Fig 4**

Finally, close your eyes and be still for a minute, visualising each exercise you have carried out while your face and neck muscles remain relaxed.



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