

WE ALL WANT to look and feel our best but in pursuit of a better body, our faces tend to get forgotten. However, your face – both the skin and underlying muscles – can reap the rejuvenating rewards of a dedicated exercise programme.

‘Your face is the mirror of your soul. Exercising it regularly is key, together with using the right beauty products and good nutrition,’ says Pilates teacher Carme Ferrs, founder of FaceLined Facial Fitness, an app for Pilates-based exercises that tone the muscles in your neck, jaw and face to lift and plump-up your visage.

Like many of us, Carme always loved

working out but when she discovered the benefits of facial exercise, it was a revelation. ‘Exercising your facial muscles can lead to a more youthful appearance. You start to reduce fine lines and tighten up loose skin.’

Her technique focuses on the four most common concerns: neck, cheeks, eyes and forehead. ‘After four weeks you can start to see the benefits and after six, friends will start asking what you are doing to look so well!’

Before doing the moves, Carme suggests cleansing your skin, applying a serum to moisturise, and then adding an oil to massage in. ‘For massage, I recommend using a Gua Sha tool or face roller as it helps increase circulation and improve the results of the exercises,’ she says. (see p77 for more on Gua Sha).

HOW FIT IS YOUR SKIN?

You might be upping your exercise this month but did you know your skin can benefit from a workout too? And in more ways than one...



CORE LIFT (to tone neck and lips)

Lengthen your neck, then put the tip of your tongue between your top lip and front top teeth, so they are pressing against each other. Keeping the pressure constant, circle the tip of the tongue right, down, left and up four times and then change direction. Perform the exercise three times.



TRIANGLE TONER (to boost cheeks and lower eyelids)

Lengthen your neck, place both index fingers next to the outside lower area of the eyes and slightly pull to the sides up towards the temple. Keeping this position, squint and relax as you pulse the lower eyelid eight times, making sure that the upper eyelid does not move. Then, keep the squint for eight counts and relax. Perform three times.



FOREHEAD SMOOTHER (to soften forehead lines)

Place your first and second fingers just above your eyebrows at each end, and hold them firmly in place. Then, try to lift your eyebrows up and down in quick succession eight times, while resisting with your index fingers so you don't create creases. Finally, hold the lift for a count of eight then relax. Perform three times.



LOWER FACELIFT (to tone neck and jaws)

Lift your chin slightly, holding your collarbones and slightly pulling down. Bring the chin forward and slightly up so you can hold your top lip with your lower teeth, then try to touch the tip of your nose with your lower lip. Slightly lift the corners of your mouth and pulse, as if smiling, for eight counts. Hold for eight then relax. Do it three times.

YOUR FACIAL WORKOUT