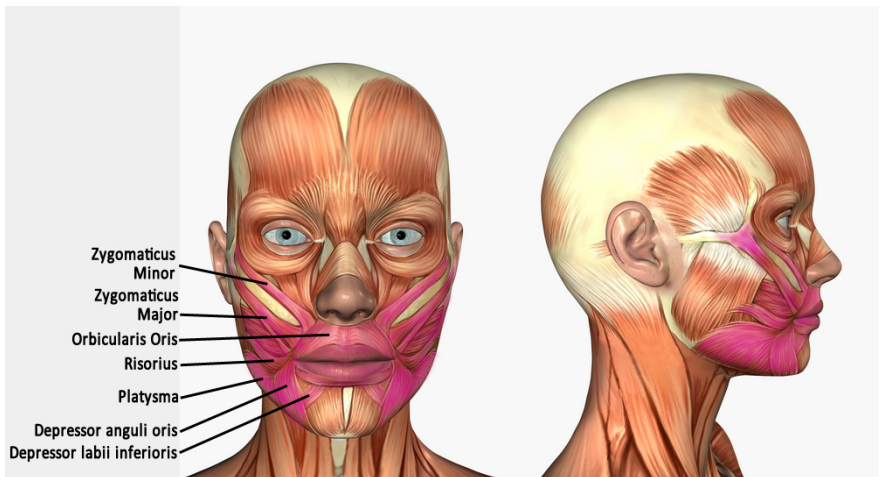


EXERCISE NOTES – CHEEK LIFTER

Zygomaticus Minor
Zygomaticus Major
Orbicularis oris
Risorius
Platysma
Depressor anguli oris
Depressor labii inferioris
Buccinator



INSTRUCTIONS

Step 1

Place your fore fingers over the crest of the eye socket bone on the outside of your eyes and “lay” your fingers along the socket and upper cheek bones to isolate your crow’s feet area and upper cheek area from wrinkling

My Notes





Step 2

"Lay" your middle fingers across the lower part of your eye socket as shown in the picture to isolate the wrinkling of the skin under your eye

My Notes



Step 3

Tuck the knuckles of your thumbs into the corners of your mouth. When you lift your cheek muscles you will need to isolate this area to keep the corners of your mouth from wrinkling and to help keep your cheeks taut

My Notes





Step 5

Making an “O” shape with your mouth, looking up at a 45 degree angle, just look up with your eyes. Remembering to keep all of your lower cheek muscles taut, simply LIFT your face muscles, whilst in the “O” shape, initiated from the lips. As you lift from your muscles from your lips, squeeze the cheek muscles up, tight and strong and press into your face with your hands as you do this to isolate all areas from wrinkling.

My Notes



IMPORTANT NOTES

You will notice that my Procerus area is not wrinkling. This is because all I am doing is looking up with my eyes and not using the forehead muscles.

Practice making an “O” shape with your mouth first and lifting your muscles from your lip region then squeezing your cheek muscles as you do before applying your hand placements.

It is a 3 step process

1. Make an “O” shape with your mouth making your cheek area taut
2. Try to smile whilst holding the “O” shape whilst keeping your cheek area taut
3. Squeeze your cheek muscles up as you try to smile
4. Add your hand placements and press your fingers onto your face as you initiate the exercise to keep your face from wrinkling