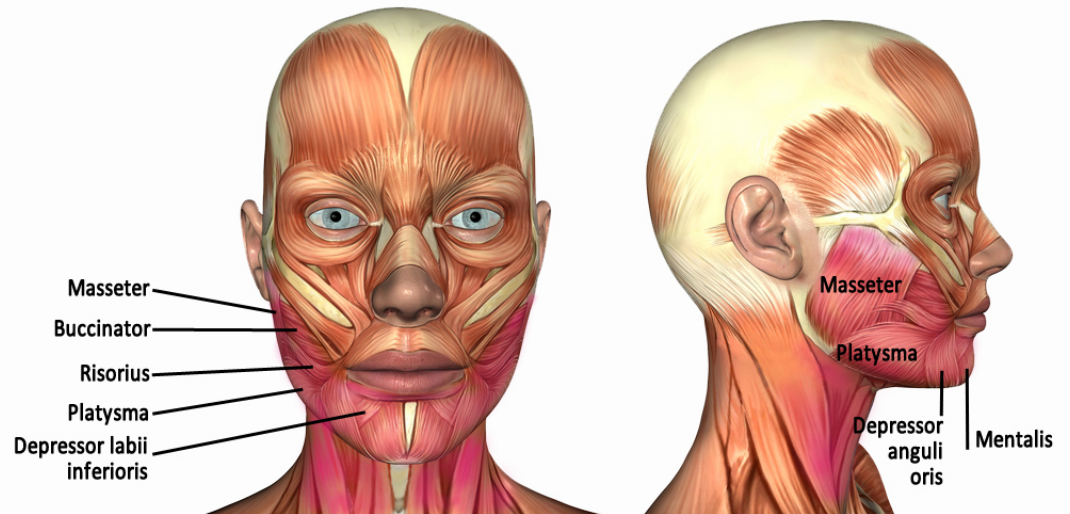


EXERCISE NOTES – THE CHEEK PLUMPER

1. Masseter
2. Buccinator
3. Risorius
4. Platysma
5. Depressor labii inferioris
6. Depressor anguli oris
7. Mentalis



INSTRUCTIONS

Step 1

The Masseter is part of the “chewing muscle group” and is a very strong muscle. Look at the picture above to see the size of it in relation to the other muscles.

My Notes





Step 2

Use your fists to isolate the Masseter and the skin and muscles around your lips.

My Notes



Step 3

Tuck your fists into the Masseter muscle, nestling the knuckles of your fist under the cheek bone, and pulling up gently under the bone to ensure the skin around the corners of your mouth is smooth at all times whilst practicing the exercise. Notice where the end of my fist is placed near the corners of the lips and the skin is smooth.

My Notes



Step 4

Notice the placement of the fists on the side view

My Notes





Step 5

It is very important that you keep the corners of your mouth taut as you do this. Use the knuckles of your little fingers to isolate around the area as shown in the Step 6. If you do not do this, you will create deep wrinkles around the Nasolabial area and around the corners of your mouth. There should be no wrinkling at all when you do this action.

My Notes



Step 6

Next, using your Masseter muscle, making a “biting” action, keeping your teeth apart. Do not allow your teeth to meet. As you make this biting action, jut your jaw outwards, pushing in firmly with your fists against the Masseter whilst keeping resistance with the end of your fists at the corners of your mouth.

My Notes



Step 7

Jut your jaw outwards with a very strong action. You may hear a vibration in your ears as you do this. Also, if your jaw starts to click you need to do the exercise with less resistance.

My Notes

