

EXERCISE NOTES – NASOLABIAL FOLD & NOSE SHAPER

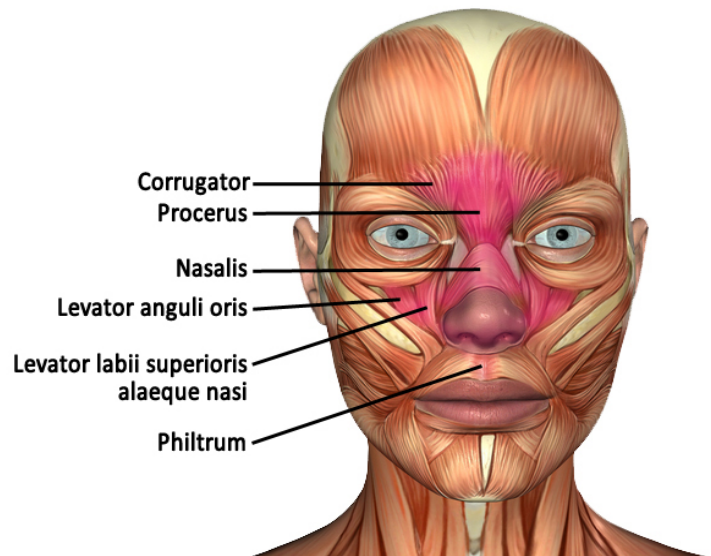
Corrugator

Procerus

Nasalis

Levator anguli oris

Levator labii superioris
alaeque nasi



INSTRUCTIONS

Step 1

Flare your nostrils by activating the Procerus muscle and pushing your nostrils down and out using your Philtrum all at once. Be sure when you are activating your Procerus that you do not cause frown wrinkles

My Notes





Step 2

Place your middle fingers gently either side of the nostrils, see picture for placement.

My Notes



Step 3

When you place your middle fingers either side of your nose, use the pads of your fingers.

My Notes



Step 4

Do not press into the muscle; just lay the pads of your fingers on your skin gently.

My Notes





Step 6

Using your ring fingers, gently place the tip of the fingers at the very tip of your nose as shown in the picture. My fingers are not on the top of the nose, they are just under the tip of the nose. They are there just to “guide” the nostrils up and down.

My Notes



Step 7

Returning to the action of Step 1, with your fingers in place as in Step 6; flare your nostrils up and down. This is a very gentle exercise, do not press your fingers firmly against your skin, just let the muscles move up and down naturally using your fingers as a guide.

My Notes

