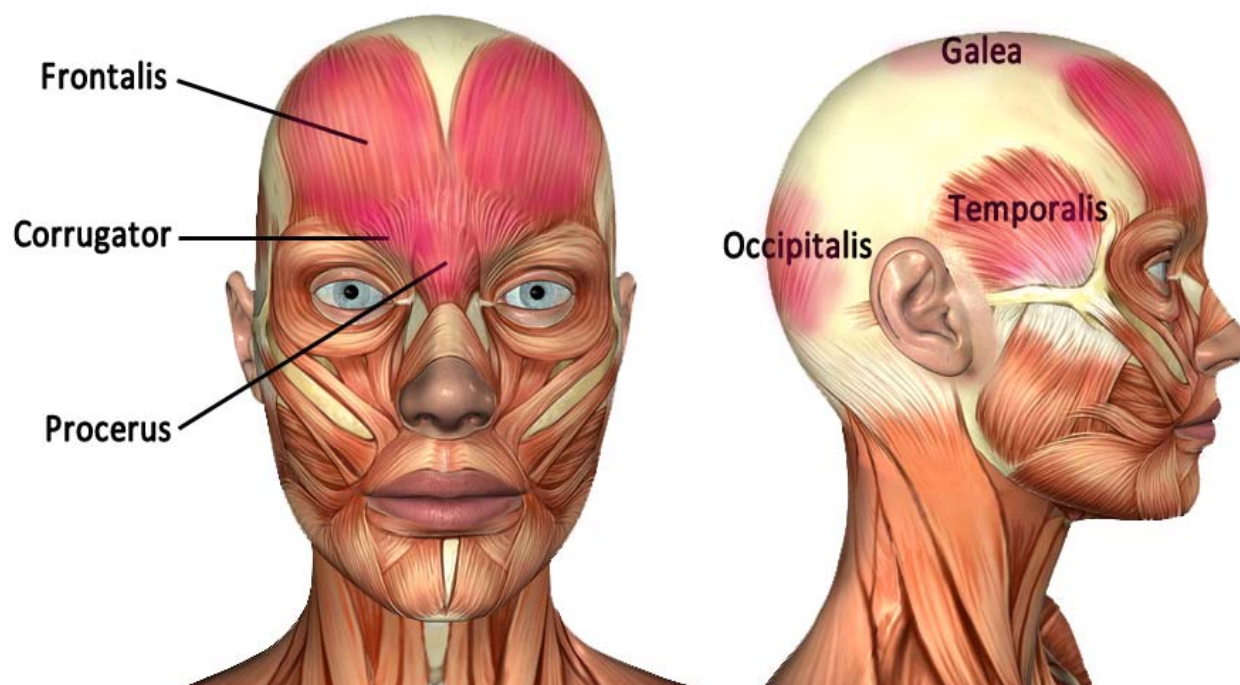


EXERCISE NOTES – BROW LIFTS



Muscles used in this Exercise

1. Frontalis
2. Corrugator
3. Procerus

To a Lesser Degree

1. Temporalis
2. Galea
3. Occipitalis



Step 1

During this exercise you will use the outside edges of the palm of your hands. This is to give you more pressure around the inner and outside edges of the frontalis.



Step 2

Place both palms over the frontalis on your forehead making sure that the bottom of your palms are directly over the eyebrow and brow bone. Also ensuring that your little fingers are together side by side



Step 3

Lift your brows only and initiate the lift from the brows. When you do this, using the Press & Plant technique, press with your palms, applying more pressure to the middle part of your forehead to ensure that no wrinkles are forming during the lift. Also, press firmly on the outsides of the frontalis so as not to allow wrinkles during this exercise.



Step 4

You will find the top of your scalp will move slightly



Step 5

Along with the top of your scalp moving slightly you will also feel the muscle at the back of the head moving subtly also.



The main points with this exercise is to ensure that the middle forehead does not wrinkle whilst performing the exercise. If it is, press firmer with the palm of your hands applying more pressure in the centre of the forehead.

NOTES

