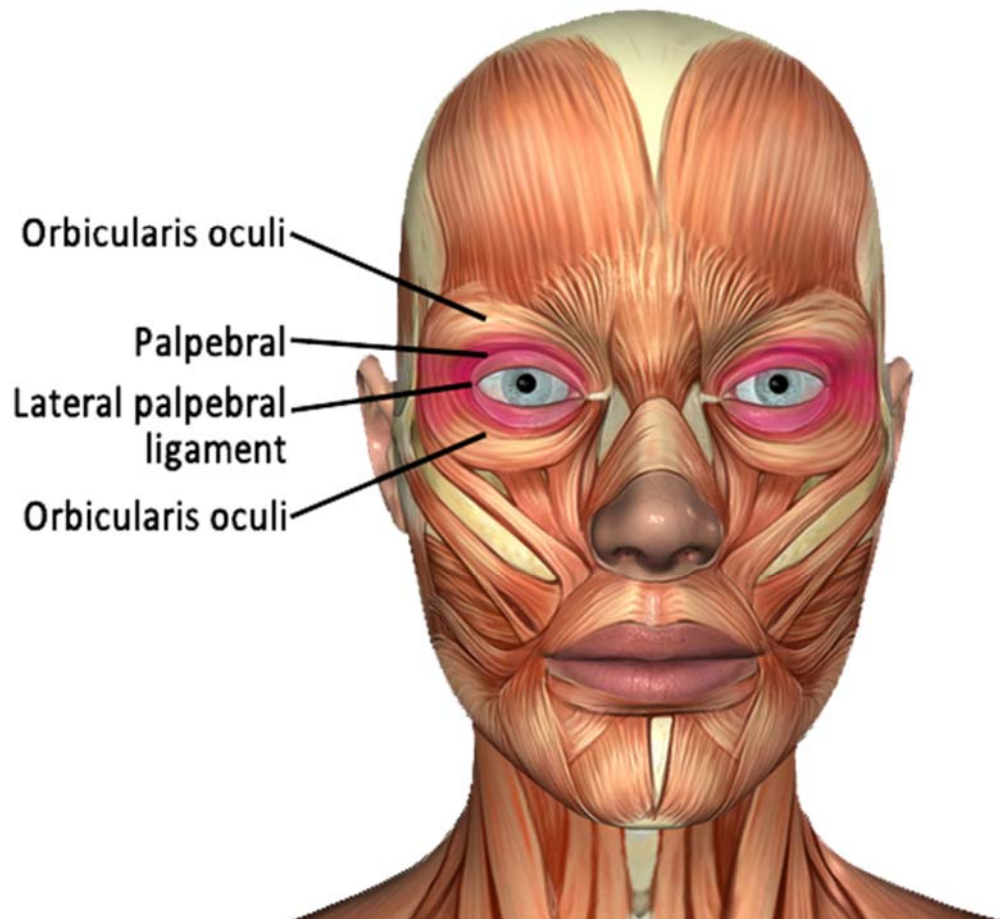


EXERCISE NOTES – EYE HOLLOWING EXERCISE

Muscles used in this Exercise





Step 1

We are going to be exercising the inner most part of the eye where the skin of the eye starts to recede and sink in giving an aged appearance



Step 2

The sequence that you place your fingers during this exercise is very important.

Lay your thumbnails over the lower eye sockets





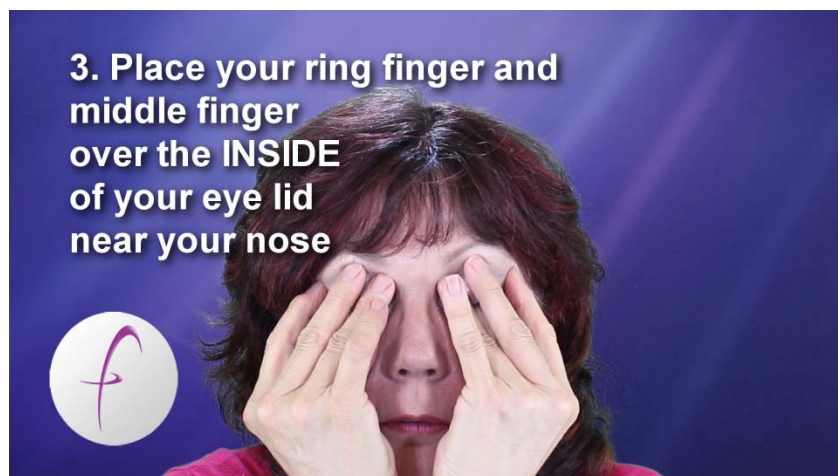
Step 3

Place your forefingers onto the corners of your eyes where the crows feet form



Step 4

Place your ring finger and middle finger over the inside of your inner eyelid near your nose





Step 5

At this point, open and close your eyelids gently, squeezing them gently as they shut.

Your focus is to be on the inner part of your eyelids



Note, you will need to have short fingernails for this exercise as you can easily damage the skin with long nails.

NOTES

