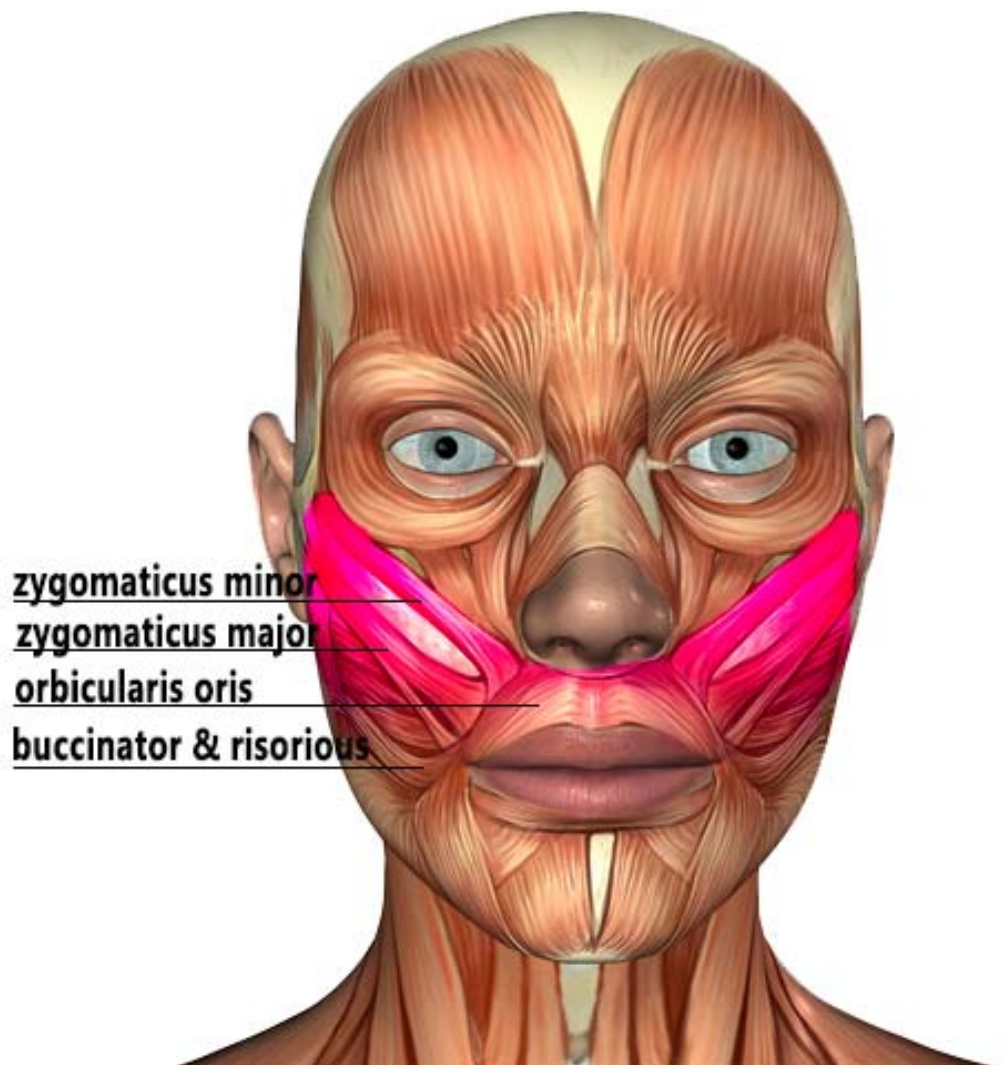


EXERCISE NOTES – SMOKERS LINES / UPPER LIP LIFT

Muscles used in this Exercise





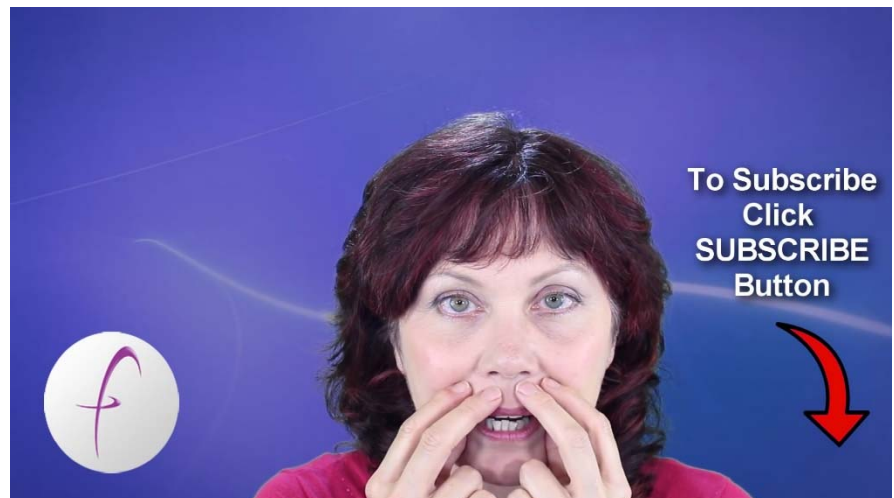
Step 1

Place thumbs in the corner of your mouth. Ensure your fingernails are short for this exercise.



Step 2

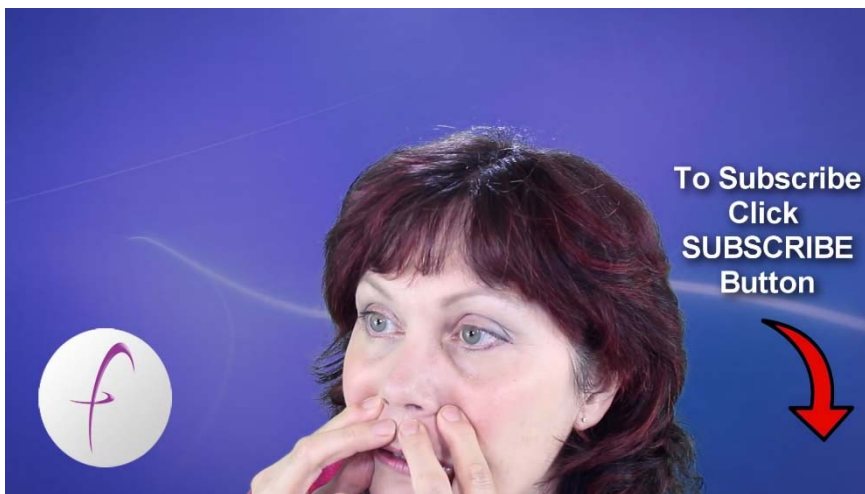
Place your forefinger and your middle finger either side of the top of your lip





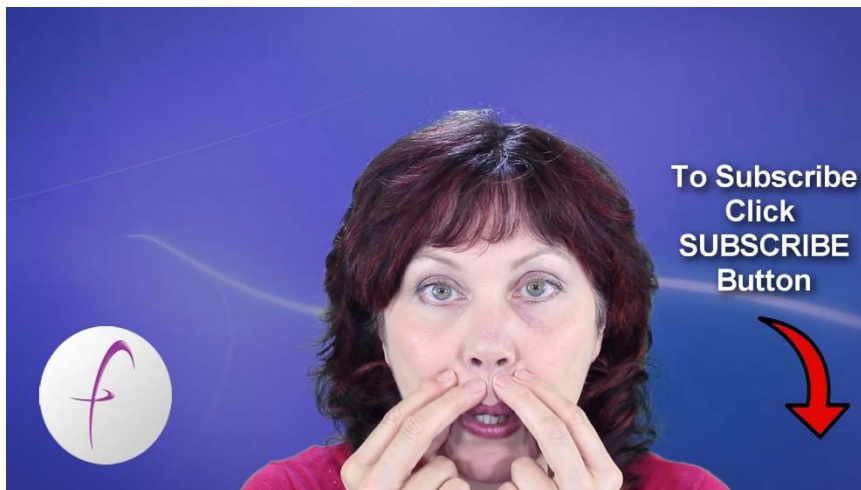
Step 3

If you have nasolabial fold lines, try to also isolate those lines as you do this exercise. See picture



Step 4

Using the strength of your top lip only, move it up and down, as you do, push your fingers up as you move your lip down. Rest, then move lip down, push fingers up.





NOTES

