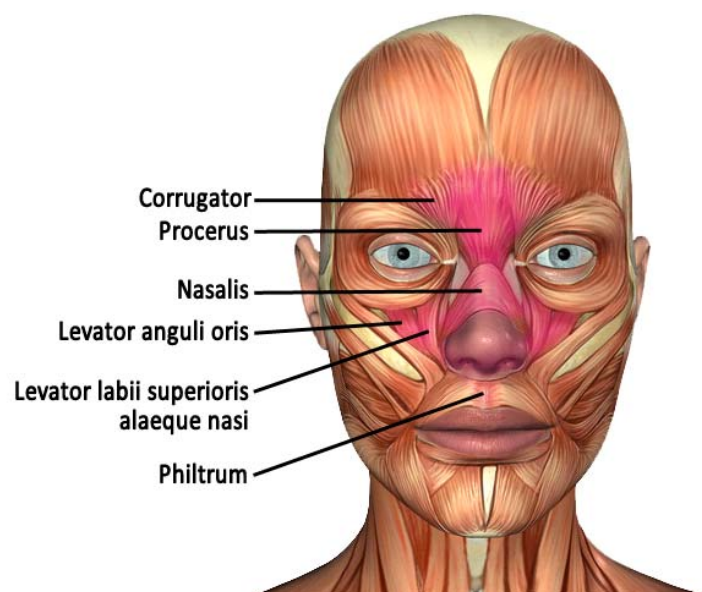


EXERCISE NOTES – NASOLABIAL FOLD EXERCISE

The Muscles to focus on this exercise are shown in the following schematic:



Step 1

Please ignore the message.

With the forefinger knuckle, place it just under the corners of your mouth.



Step 2

Ensure that the knuckle fits comfortably under the corners of the mouth.



Step 3

Lay your index fingers along the levator labii superioris muscles.

These are the muscles that run vertically along your nose.



Step 4

With fingers correctly placed, press firmly using the press & plant technique, then lift the levator labii superioris muscles as if trying to screw up your nose.

Using the focus technique, remember to just focus on your nasal area and the muscles you are exercising.





When you lift the levator muscles, ensure that you are not wrinkling or moving the procerus area.

When you start this exercise, start gently. The more muscle effort you use, the more you will wrinkle between the eyes.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.