

Stop Tensions from Aging Your Face!

Try this 5-Minutes Tensions-Relief Face Yoga Routine!



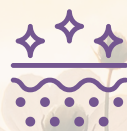
EASY DAILY ROUTINE



RELEASE FACE TENSIONS



SMOOTH FINE LINES



BOOST FACE CIRCULATION



ENJOY YOUR SELF CARE

Hello I am Nicole!

I am a **Certified Face Yoga Teacher** and in the last 15 years I worked in the Beauty Industry!

In addition to Face Yoga, I have dedicated myself to the study of Aromatherapy and I owned a Boutique & Spa specialised in holistic treatments and natural skincare in London. With a deep passion for well-aging and wellness, my mission with “**Face Yoga & More**” is to empower others to discover their unique path to beauty and well-being!



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Introduction

Stop for a moment, right now.

Try closing your eyes and tuning into your body. **Can you feel the tension that has built up?** Tense shoulders, a breath struggling to leave your chest, a stiff neck, aching jaws and a sense of heaviness in your head.

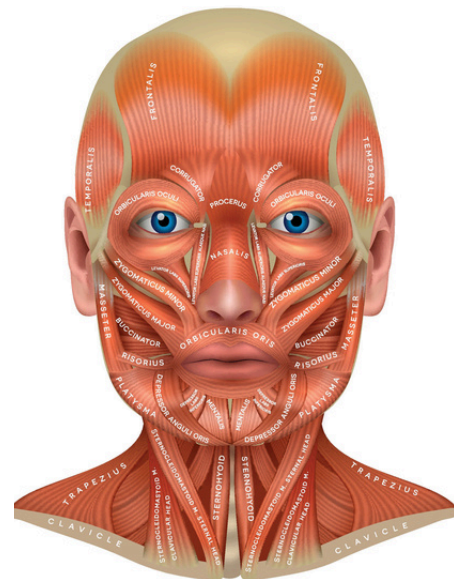
Your face holds stress just like your shoulders or neck, causing tight muscles that **deepen wrinkles, dull your complexion, and make you look tired.** Relaxing those muscles improves circulation, softens your appearance, and helps you feel more at ease.



The Science of Facial Tensions

Your face is a tapestry of interconnected **muscles, nerves, and skin**, all working together to express emotions, communicate, and support daily functions like chewing and speaking. However, this intricate system is also highly sensitive to stress and tension. **Here's why:**

1) Muscle Memory. When you're stressed or anxious, your body activates its **"fight or flight"** response. This tension often manifests physically, especially in the face. Over time, **repeated muscle contractions—like furrowing your brows or clenching your jaw** become habitual. These patterns lead to stiffness, reduced flexibility, and eventually, the formation of fine lines and wrinkles.





The Science of Facial Tensions

2) Restricted Circulation. Tension causes the blood vessels in your face to constrict, limiting oxygen and nutrient flow to the skin. This reduces your natural glow and can leave your complexion looking dull or tired. Poor circulation also slows collagen production, which is vital for maintaining skin elasticity and firmness.

3) Facial Nerve Sensitivity. Your face is home to a dense network of nerves, particularly the **trigeminal nerve**, which affects muscle movement and sensation. When stress tightens these muscles, it can overstimulate the nerves, leading to discomfort, tension headaches, or even jaw pain.

The Science of Facial Tensions

4) Impact on Skin Health. Tense muscles can compress the layers of skin above them, leading to less efficient lymphatic drainage. This buildup of toxins and fluid can cause puffiness and exacerbate the appearance of fine lines.

5) The Emotional-Facial Connection.

Emotions like worry, frustration, or concentration often display themselves on your face through micro-expressions. Over time, these repeated expressions "etch" themselves into your skin, forming wrinkles in areas like the forehead, around the eyes, and mouth.



The Benefits of Face Yoga

Now that you know a little bit more about our face let's see how Face Yoga can help.



Tone & Sculpt

Face yoga targets and strengthens facial muscles, giving you a firmer, more sculpted appearance, with defined cheeks and a toned jawline.



Reduce Puffiness

Gentle lymphatic massage helps to reduce puffiness, detoxify the skin, and give you a fresh, de-puffed look.



Glow from Within

Boosted blood circulation brings more oxygen to your skin, promoting a healthy, radiant glow and improved complexion.



Boost Elasticity

Regular face exercises promote collagen production, improving skin elasticity and firmness, and helping to prevent aging signs.



Anti-Aging Action

By releasing tension stored in the facial muscles, neck, and jaw, face yoga helps to smooth fine lines and reduce the appearance of wrinkles, promoting a youthful, relaxed look.



Posture

Face yoga also strengthens neck and shoulder muscles, helping you improve overall posture while enhancing facial contours.



Relax & De-Stress

By releasing tension in the face, neck, and shoulders, face yoga helps you unwind, reducing stress for an overall wellness boost.

Before Starting Your Routine

- 1 Cleanse Your Face and Hands:** Start with a clean canvas. Remove any makeup or dirt to allow your skin to breathe and absorb the benefits fully.
- 2 Apply Facial Oil or Moisturizer:** Use a light, hydrating oil or cream to help your fingers glide smoothly over your skin.
- 3 Relax Your Body and Mind:** Find a comfortable place and take a few deep breaths to release tension from your shoulders, neck, and jaw.
- 4 Use Gentle Pressure:** Face yoga isn't about forcing or pulling. Keep your touch light and intentional to avoid straining your skin.
- 5 Be Present:** Face yoga is more than just physical it's a mindful practice. Focus on the sensations in your face and the relaxation spreading through your muscles and enjoy it!

The 5-Minutes Tensions-Relief Face Yoga Routine

Now that you understand how facial tension impacts your skin and how Face Yoga can help, let's put it into practice! This simple Face Relaxing Routine includes five powerful techniques to release tension, soften expression lines, and restore your natural glow.





N1. Forehead



25 secs



with hands



no oil



Helps prevent forehead wrinkles caused by habitual expressions, retrains your face to move without excess tension, and smooths fine lines.

How to do it:

- ◆ Place your index and middle fingers just above your eyebrows, gently pressing down.
- ◆ Raise your eyebrows without wrinkling your forehead, feeling the resistance from your fingers.
- ◆ Hold for 5 seconds, then relax. Repeat 5 times.

Finish with the Forehead Relaxer:

- ◆ Place your fingertips at the center of your forehead and glide them outward toward your temples with light pressure.
- ◆ Repeat 10 times, focusing on relaxing the area completely.

Bonus Tip: Become mindful of unnecessary forehead movement during the day to break the habit of raising your eyebrows.



N2. Eyes & Temples



15 secs



with hands



no oil



Helps reduce eye strain, lifts the skin around the eyes, and minimizes fine lines around the temples.

How to do it:

- ◆ Place your index and middle fingers at the outer corners of your eyes, applying gentle resistance.
- ◆ Squint slightly, feeling the muscles engage without creating deep wrinkles.
- ◆ Hold for 3 seconds, then relax. Repeat 5 times.
- ◆ Finish with temple circles using your fingertips to release any remaining tension.

Bonus Tip: Do this after prolonged screen time to refresh tired eyes.



N3.Cheeks



30 secs



with hands



no oil



Releases deep-seated jaw tension, relaxes clenched muscles, and gives the cheeks a lifted, youthful appearance.

How to do it:

- ◆ Inhale deeply through your nose.
- ◆ Puff up your cheeks like a balloon, holding the air inside.
- ◆ Slowly transfer the air from one cheek to the other, gently pressing your hands against your cheeks to add resistance.
- ◆ Continue for 10 seconds, then exhale through pursed lips. Repeat 3 times.

Bonus Tip: For extra jaw relaxation, finish by gently massaging your jawline with your knuckles in circular motions.



N₄. Lips



25 secs



with hands



no oil



Helps reduce nasolabial folds (laugh lines), prevents lip wrinkles, and enhances blood circulation for a naturally plump look.

How to do it:

- ◆ Form an 'O' shape with your lips, tucking them over your teeth.
- ◆ Smile as wide as you can while keeping your lips tucked.
- ◆ Hold for 5 seconds, then return to the 'O' shape.
- ◆ Repeat 5 times.

Bonus Tip: Keep your forehead relaxed while doing this exercise for best results.



N.5 Neck & Chin



25 secs



with hands



no oil



Strengthens the platysma muscle, prevents sagging skin, and defines the jawline for a more sculpted look.

How to do it:

- ◆ Sit tall and tilt your head back slightly.
- ◆ Place your hands on top of your collarbones to keep the shoulders relaxed.
- ◆ Push your lower lip slightly outward to engage the neck muscles.
- ◆ Hold for 5 seconds, then relax. Repeat 5 times.

Bonus Tip: Finish with a gentle downward neck massage using your fingertips to stimulate lymphatic drainage.

Quick Tips for the Best Results

To truly experience the benefits of Face Yoga, consistency is key. Think of it as part of your self-care ritual, just like cleansing your skin or brushing your teeth. Here are some simple yet effective ways to make it a habit:

◆ **Dedicate a set time each day** – Whether it's in the morning to start your day feeling refreshed or in the evening to unwind, find a moment that fits seamlessly into your routine. Even 5 to 10 minutes a day can lead to visible results over time.

◆ **Make it enjoyable** – Light a candle, apply your favorite face oil, and create a small ritual around it. When Face Yoga becomes something you look forward to, it's easier to stay committed.

◆ **Track your progress** – Subtle changes in skin tone, texture, and muscle firmness can be easy to overlook. Take a photo once a week, or simply check in with how your face feels after each session. The more you notice the improvements, the more motivated you'll be to continue.

◆ **Listen to your skin** – As you become familiar with the exercises, feel free to adjust the duration and intensity to match your needs. Some days, a full session will feel amazing; other days, a few key exercises might be enough. The important thing is to stay consistent rather than perfect.

◆ **Pair it with another habit** – Attach your Face Yoga practice to something you already do daily—maybe right after applying skincare or while waiting for your tea to steep. This makes it easier to remember and integrate into your routine naturally.



Thank you for being here!

I hope the tips in this guide bring value to your skincare and self-care routine. By downloading this guide and subscribing to my Newsletter, you're now part of a community that embraces natural beauty, mindful rituals, and holistic well-being.

I love sharing Face Yoga routines, facial massage techniques, and wellness hacks to help you feel radiant and confident every day and...



FACE YOGA & MORE

✨ Ready to take your practice to the next level?

On my website, you'll find a range of resources designed to support your journey, including:

- ◆ My signature course, **"Radiant Glow" – a 28-day guided Face Yoga challenge to brighten, lift, and rejuvenate your skin.**
- ◆ Personalised private sessions – tailored to your unique needs for deeper transformation.
- ◆ Events & Workshops – for live learning and connection.

Visit www.faceyogandmore.com and start your journey toward glowing, youthful skin today! ✨



www.faceyogandmore.com

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This book has not been evaluated from any medical body.

Please seek advice from your Doctor for your particular health concerns before changing your healthcare routine or relying on this information especially if you are ill, taking medication, you are pregnant, breast feeding, nursing, having a medical condition.

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