

FACIAL ANATOMY

Learn the muscles of the face

Colouring book

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In this book you will learn the facial muscles and better understand why wrinkles and expression lines appear.

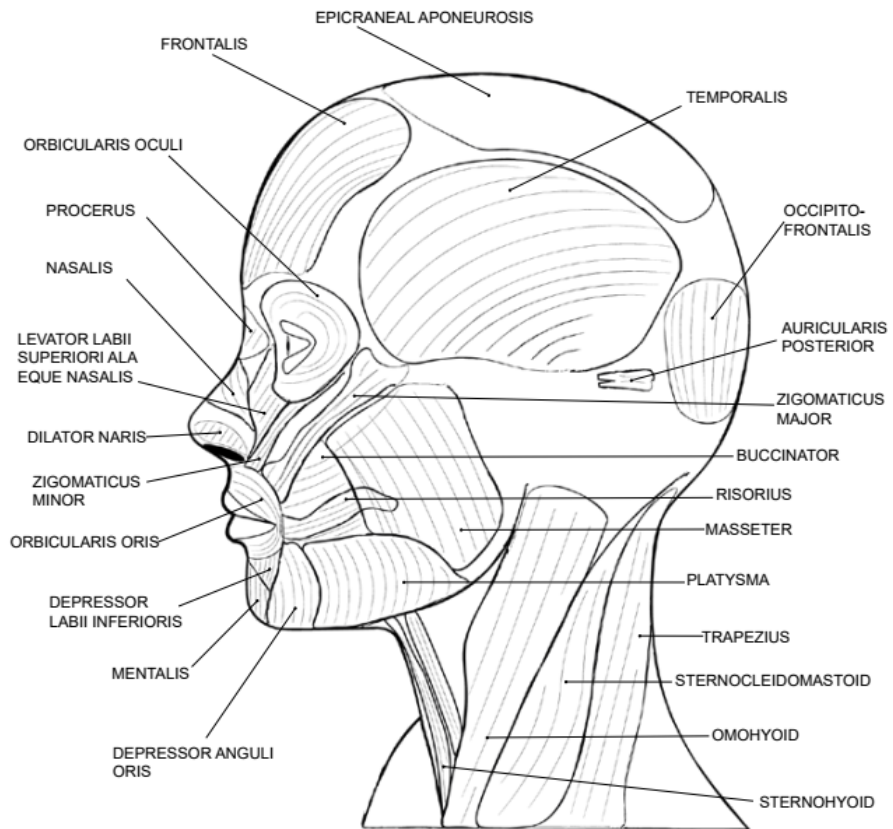
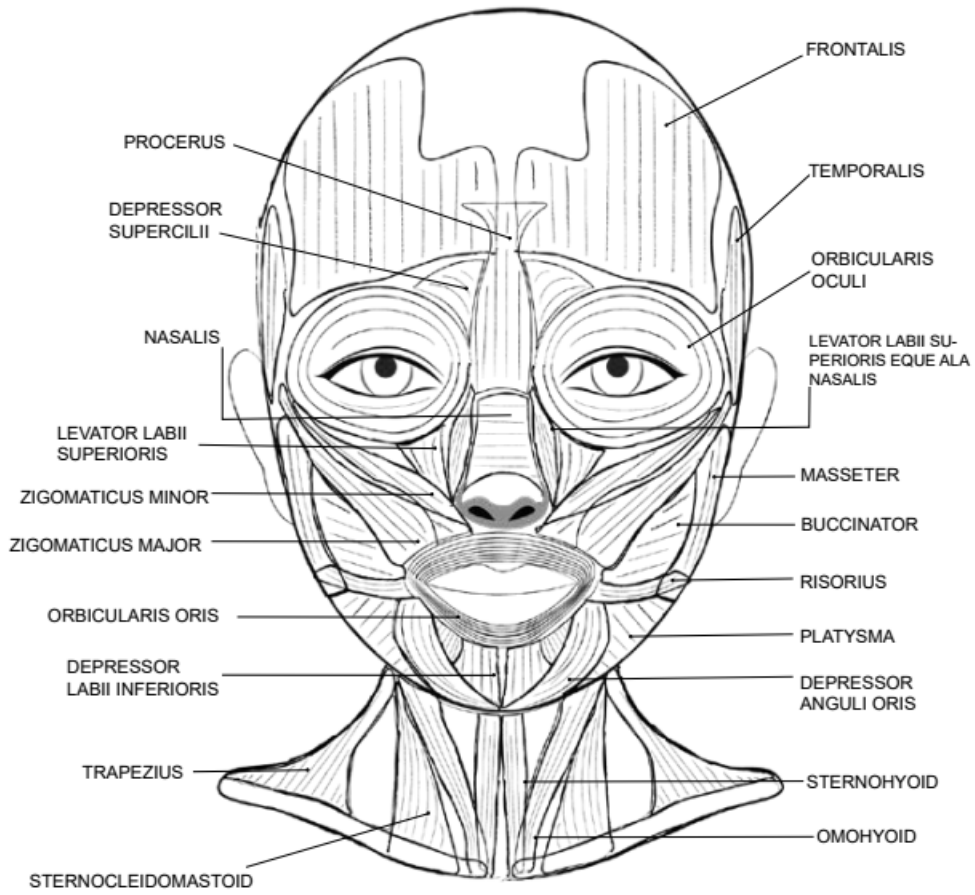
The method is simple: color and memorize the location of each muscle.

To learn in depth, use an anatomy book and look up each muscle that appears on the page to understand its function (that way you'll remember more!).

With this, you'll also be able to apply techniques such as facial yoga and self-massage with more confidence and knowledge.

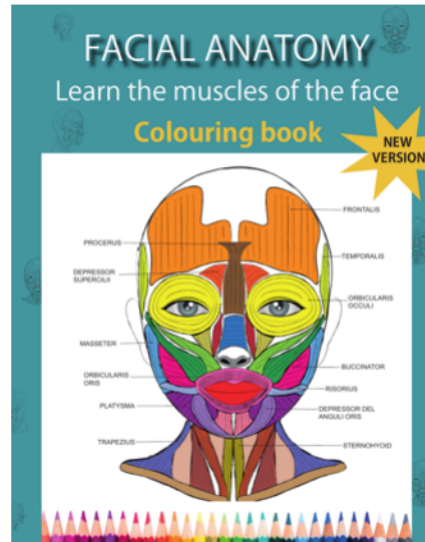
Remember: you only need 10 minutes a day.





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