

FACE POLISHING ROUTINE

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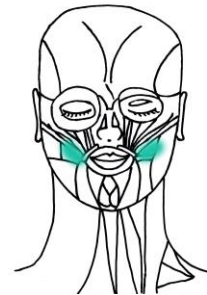
Step # 1



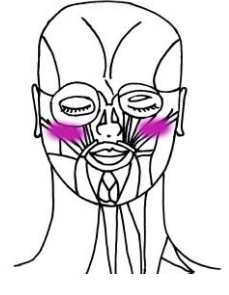
Step # 2



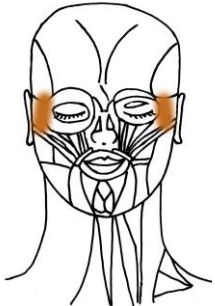
Step # 3



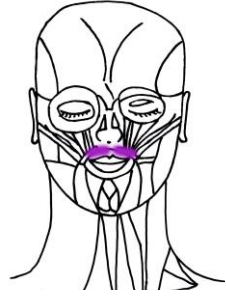
Step # 4



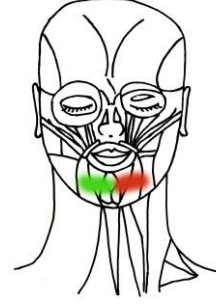
Step # 5



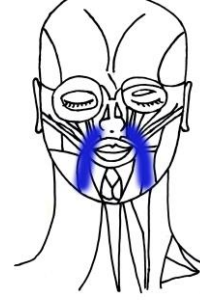
Step # 6



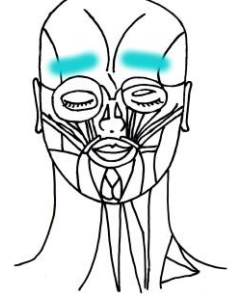
Step # 7 First Left side
– then right side



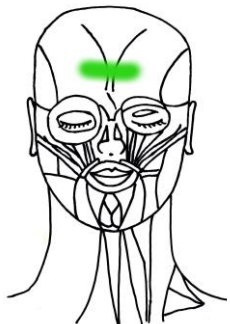
Step # 8 First Left side
– then right side



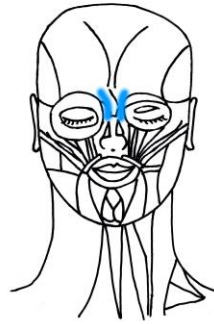
Step # 9 Use
middle fingertips



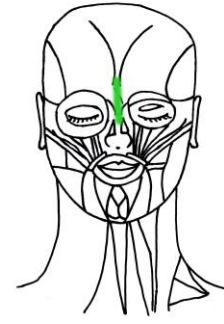
Step # 10 First left side
– then right side



Step # 11 – First left
hand and then repeat
with right hand



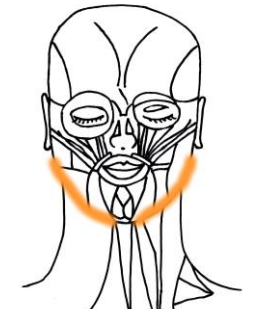
Step # 12 – First left
hand and then
repeat with right



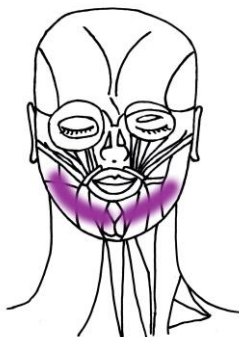
Step # 13 – Perform
2 rounds



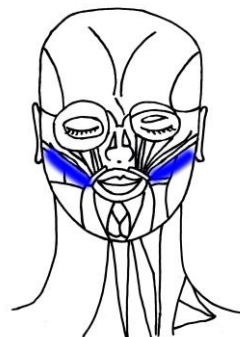
Step # 14 - First left
hand, left side and
then repeat with right
hand, right side



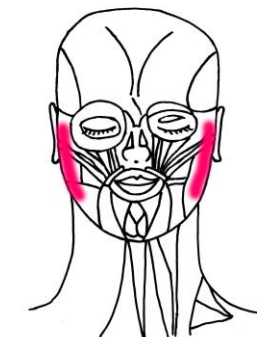
Step # 15 – Polishing
is directly ON the jaw
bone – long strokes



Step # 16
Long strokes



Step # 17
Long strokes



Step # 18
Long strokes

Code:

Blue – use the heel of your thumb
Purple – Use the heads of the metacarpals, Index and middle fingers – that is at the top of the palm under these fingers

Red – Use your middle fingertips

Steps 1 – 13, use short, rapid stokes while counting to 20 for each round
Steps 14 – 18, use long, rapid stokes while counting to 20 for each round

NOTE: The muscles in the face must always be in contraction when rubbing.