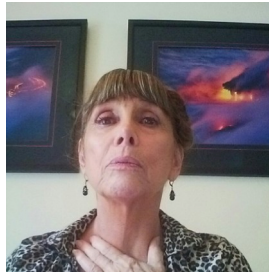


Chipmunk Jowl Eliminator

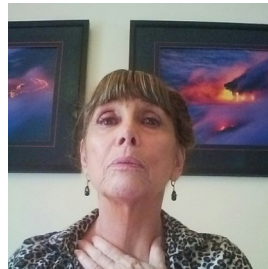
- Place your left hand on your collarbone and hold and look straight ahead
- Tilt your head slightly up towards the ceiling



- Imagine a clock face is in front of you.
- Squeeze the corners of your mouth back towards your lower wisdom teeth, while looking up towards the left side at the eleven o'clock spot on the imaginary clock. This is one “bounce”.



- Release the “squeeze” and bring your eyes (and therefore your head) back to looking straight ahead.



- **Note:** You can feel the pull stronger in the opposite side of the face at the jowl area just under the jawbone with each turn, targeting the “chipmunk jowl” area! Remember to release the corner squeeze between bounces when you turn your head back to center.
- Perform a total of 10 bounces to the left.
- Change hands
- Place your right hand on your collarbone and look at the one o'clock spot on your imaginary clock and repeat these 10 “bounces” to the right, holding the corners of your mouth in contraction and releasing the corner squeeze between bounces.
- You’ve now performed 10 bounces on the right side, making a total of 20 bounces.
- Change hands
- Repeat on the left – 10 bounces
- Change hands
- Repeat on the right – 10 bounces
- You have repeated 4 rounds for a total of 40 bounces - 10 bounces in each round.
- **Note:** Be sure you release the squeeze between bounces and come back to center every time. Perform in a rhythmic way

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