

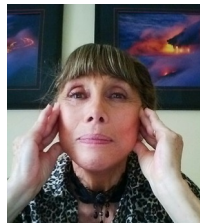
## Jawbone restorer - 10x

Moisturize in the beginning, if you wish and less later on to create more resistance.

- Place your thumbs from each hand, side by side, at the tip of your chin.
- Hands rest on your face just below each ear.



- Creating resistance by pushing into your thumbs, slide your thumbs out towards each ear, along the jawbone with medium pressure, ending just below each ear at the temples



- Slide 10 times

- **Exercise #2 - Double chin slide - 5 slides each side for a total of 10 slides**

- Place the palm of your right hand directly under your chin on the double chin area with fingers pointing towards the right side of your face



- While keeping your lips together, stretch your lower jaw down as far as you can without separating your lips



- Exerting pressure against the double chin area (lips closed and lower jaw is extended down) slide with the heel of your hand all the way back to the area “under” the ear, then continue up the side of the face directly in front of the ear, ending at the temples
- Alternating sides, slide 5 slides on each side

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