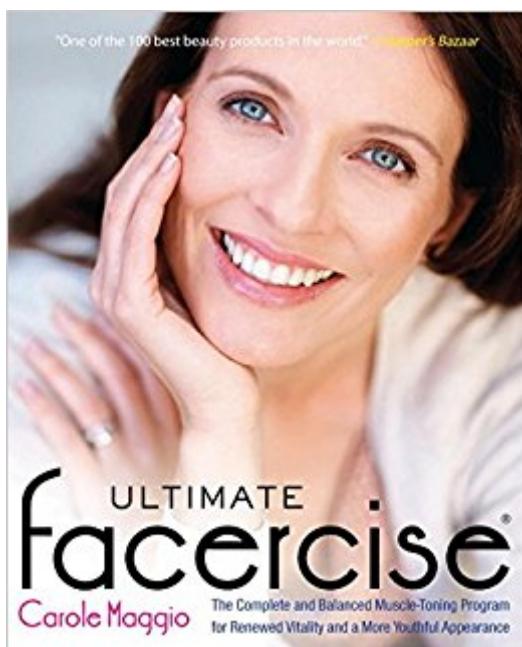


The book was found

# Ultimate Facercise: The Complete And Balanced Muscle-Toning Program For Renewed Vitality And A More Youthful Appearance



## Synopsis

The Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance Carole Maggio's Facercise program has helped many thousands of women and men look younger and more vibrant without surgery, chemical peels, or Botox. Now, using the most advanced face technology, Carole has devised Ultimate Facercise, a program that is even faster and more efficient than the original. By working the muscles with more intensity, using body posturing and precision movements, the results are even more dramatic. In just eight minutes, twice a day, you can open up your entire eye area, reduce puffiness and eliminate hollows, lift your eyebrows, define your cheeks, plump up your lips, turn up the corners of your mouth, smooth out lines, and firm your entire neck and jawline. Carole also gives advice on the most advanced (nonsurgical) beauty treatments and even describes how to get rid of the hard lumps left under the skin by collagen or fillers and how the Ultimate Facercise program can help smooth out the effects of botched cosmetic surgery.

## Book Information

Paperback: 128 pages

Publisher: TarcherPerigee; 1 edition (July 5, 2011)

Language: English

ISBN-10: 0399536671

ISBN-13: 978-0399536670

Product Dimensions: 7.2 x 0.4 x 9.1 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 74 customer reviews

Best Sellers Rank: #481,693 in Books (See Top 100 in Books) #37 in Books > Health, Fitness & Dieting > Aging > Exercise #43 in Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #1104 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style

## Customer Reviews

Carole Maggio has been teaching Facercise for fifteen years and thousands of people throughout the world have enjoyed the rejuvenating benefits of her program through her videotapes, books, and personal instruction. She has received wide-ranging attention from the international press for her work, including The New Yorker, Harpers & Queen, Town & Country, Elle, and Marie Claire.

I love the concept, but am having difficulty understanding how to perform the exercises correctly

based on her instructions, which are rather vague and confusing. For example, "smile with the middle of the upper lip" or "squeeze the corner of your mouth as if sucking on two small lemons" or "visualize the sides of your face moving up along the sides of your head" - what in the world does that mean? Only one or two photos are provided for each exercise. Perhaps the DVD would be better.

This is an okay introduction to facial exercises, which are intended to improve tone and overall appearance of the face by strengthening underlying muscles. This book was one of the first instructional guides I saw for facial exercise. Before I ordered the book, I watched videos on YouTube that showed some exercises, not all by Carole Maggio. When I received this book, I realized how difficult it is to do the exercises from a still photo and some printed instructions on the page. I think a video, whether it is DVD or streaming on the Internet, is much better. You can see the actual movements and positions. Another important factor is your breathing and how long you hold each position. Sometimes you might count to 10 for each repetition. For another exercise it may be more than that. I believe facial exercises do work in improving the tone and appearance of the face. But you have to have good instruction and really understand each movement. To do that effectively, you need to watch a video demonstration. I've studied other programs, such as face yoga. I think you can get something out of most of them. Carole Maggio DVDs were quite expensive the last time I shopped for one. This book is more like a brochure. If you really want to follow a program and reap the benefits, find a video.

I started to see results in a week. I'm only 24 and my face was sagging pretty bad. I just always looked tired or bored. I started only using the forehead exercises (where my sagging was the worst) and saw lift after about three days of exercises. I've since added the nose, face filler and the one that lifts the corners of your mouth. I'm excited to learn and try more exercises!

This works - I've been doing this for years and people legitimately think that I am in my late 20's early 30's when in fact I'm 45.

I have this book on my Kindle, but I purchased it after already owning the original Facercise book by Maggio. The original book is very good and has easy-to-follow instructions of the exercises, but this newer updated version uses different people throughout the book to demonstrate the exercises. I found it much easier to follow the exercises in the first book because they were all demonstrated by

one person (Maggio herself). The original book is just much more clear about what to do, and I find the exercises in the original book do produce results. I read through this newer version once and then went back to the original book. I wish I had never purchased this one.

This was the first book that I purchased on facial exercising. When my husband found out I ordered this book man did he ever mock me. But I stayed the course did the exercises and in a few weeks he admitted he could tell it was doing something. I appreciate what I learned in this book yet I had a hard time with the whole "visualization" aspect of some of the exercises (some of the exercises I stopped doing because I just plain couldn't figure out what I was supposed to be doing). All around I also felt it was limited in the range of exercises contained as compared with other programs out there. This made me (and my husband) a believer in facial exercising, yet the only reason for the three star rating is just the limited aspect of it, it's only "ok".

I was disappointed that the instructions are written out, with only a picture to show how to do the exercise. . I was looking for a step by step showing how. . the instructions are confusing to me. there is a lot of other common sense information in this book, that I already know.

I am 32 and have tried various fillers for my lips, nasal labial lines and crows feet. They are expensive and need repeating every 3-4 months. I was getting a little worried about the expense and build up of filler. I have some friends with lumps and unevenness due to fillers. I bought ultimate facercise based on various blogs I have read on women having great success exercising their face. I have been doing exercises for 2 weeks and I already see a difference. My eyes are more open, the sides of my face are more lifted and my face is actually developing a more oval shape than the square face that I have always had. It makes me look younger. My lips are fuller. When I put on my lip liner I can feel my lips more defined and full. This is very exciting for me. Having control over my appearance and not spending all my money on my appearance. I cant wait to see what happens in 2 more weeks.

[Download to continue reading...](#)

Ultimate Facercise: The Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance Ultimate Facercise: The Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance Carole Maggio Facercise (R): The Dynamic Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance, Revised and Updated Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and

Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Meal Prep: The Ultimate Beginners Guide to Meal Prepping for Weight loss, Toning and Muscle Gain (easy, clean, low, carb, beginners, health, meal prepping, simple, safely, diet, delicious, recipes) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Muscle building box set: Ectomorph:How to Pack on as Much Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x books in one , Core Strength for 50+: A Customized Program for Safely Toning Ab, Back, and Oblique Muscles The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening and Toning Your Body- Without Machines Facercise Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Build Muscle Without Weights: The Complete Book Of Dynamic Self Resistance Training Exercises (burn fat, abs, muscle building, exercise workout 7) Toning for Teens: The 20 Minute Workout That Makes You Look Good and Feel Great Stability Workouts on the Balance Board: Illustrated Step-by-Step Guide to Toning, Strengthening and Rehabilitative Techniques The 12 Best Thigh Toning Exercises for Women: The Illustrated Guide to Achieving Slim, Sexy Thighs FAST (Fitness Model Physique Series) Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 9e (Daniels & Worthington's Muscle Testing (Hislop)) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)