










## Facial Exercises

			
Sit relaxed in front of a mirror	Gently raise eyebrows, you can help the movement with your fingers	Draw your eyebrows together, frown	Wrinkle up your nose
			
Take a deep breath through your nose, try and flare nostrils	Gently try and move corners of mouth outwards	Try and keep the movement the same on each side of your face	You can use your fingers to help. Once in position take your fingers away and see if you can hold that smile
			
Lift one corner of the mouth... ..then the other			

				
Look down	Gently place back of index finger on eyelid, to keep the eye closed	With opposite hand gently stretch eyebrow up working.....along the brow line <b>This will help relax the eyelid and stop it from becoming stiff.</b>		
				
Now try and gently press the eye lids together		Narrow eyes as if looking into the sun		

