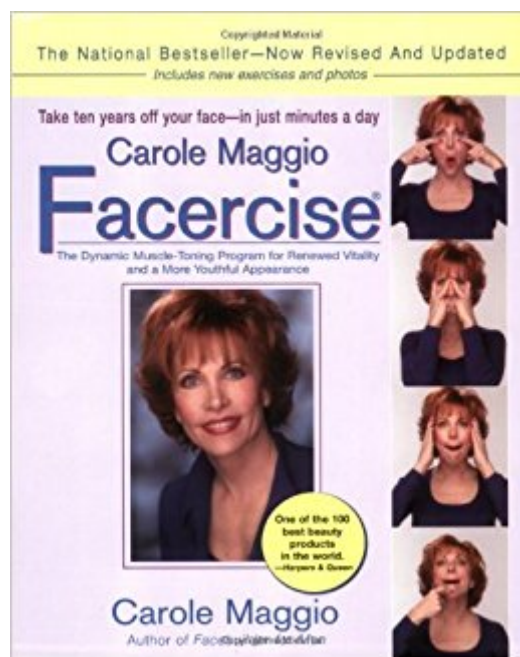




The book was found

Carole Maggio Facercise (R): The Dynamic Muscle-Toning Program For Renewed Vitality And A More Youthful Appearance, Revised And Updated



Synopsis

Developed and perfected over fifteen years, Carole Maggio's revolutionary program combats the signs of aging-by diminishing the appearance of fine lines and improving muscle tone-naturally. Filled with dramatic before-and-after photos that illustrate the effectiveness of Facercise, this easy-to-follow book will help anyone achieve visible results-in less than a week. Diminish puffiness around the eyes Shorten and narrow the nose Smooth the chin, neck, and jawline Improve skin color and tone Lift eyebrows Recontour the cheeks Make lips fuller and more firm

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Customer Reviews

"A carefully researched and scientifically developed method of exercising facial muscles and sets of muscles." -- Gerald Walman, M.D., ocular plastic surgeon, Scottsdale, AZ

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 gave this book to my mother years ago, and she does these exercises faithfully. More than once when she has gone to a doctor's office the doctor has brought in his nurses so that they can see how young someone looks who takes care of themselves. My mother is 75 and looks to be in her early 60's. I bought this copy for myself. I do the lip plumping exercises often and I feel that I see a

difference albeit a temporary one.

The book was in good shape. I realized later when I saw her recent pics, she's had some fillers and botox. It might still work, I'm giving it a try

When I was on reviewing all the face exercise options, I could not help but notice how many reviews that Carol had, and how high they were. So of course, I went with her. I bought her book. I found that it was difficult to perform the exercises just from the book. I went back and bought her Ultimate Face Exercise DVD. It was very helpful. I was happy and surprised to see changes occurring on my face after a few weeks. In my case it was not dramatic, but that is because I look pretty good, and not too much aging yet. I wanted to deal with it before it got too bad. There is a definite, noticeable improvement in the nasal labial lines, also, the skin over my eyes has lifted, so that it does not lay on my eye anymore. I also see improvement in my jaw line. I'm only doing the exercises once a day, and I think that if I did them twice a day, I would see more. I am very happy with the changes, and recommend her DVD.

Excellent book, will keep your face young. Good seller.

I'm a 55 year old British woman living in California. All the skin care potions in the world can't get to the underlying muscles, but this program does and works like a charm. It's very quick and easy and not only makes one look younger but I've found it improved my eyesight! HIGHLY HIGHLY recommended. I've tried a couple of other similar programs before that did not work nearly so well - save your money and just buy this book and you're good to go for a lifetime.

I was skeptical when I found this product by chance. I have stuck to this book for 12 days now and I really do see a difference. I am in my 30's and there were a few things bothering me about my face. One being my forehead and this was where I first saw improvements. I had lines in my forehead and within a matter of days they were smoothing out. They are not gone but they look a lot better. Also I see more definition in my cheeks. The lip exercises are working well for me too and I haven't seen any bags under my eyes or dark circles since I started this book. I believe the key is sticking to it and take pics along the way. This will encourage you to keep going. I am really working with the neck exercises as this is a problem for me. I love it though and can't believe how quick you see results. I hope it gets better and better!

it is not the most current version. I ordered that from her and that is amazing. This version has you lying on the bed and floor to do exercises. that is a bit cumbersome. I recommend the newer version that has the 8 minute super charged session. It is much more manageable if you are extremely busy.

I like Carole Maggios work and I'm so grateful to her. After 2 months, my face has significantly changed. The book is good and worth it, but the DVD is better. A few of the exercises are different and I like some of the ones in the book better, however the dvd really shows how to do the exercises correctly and is easy to follow along. Now I just pop in the 8min quick version and I do that daily. I really do look 10 year younger, and maybe more than that.

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