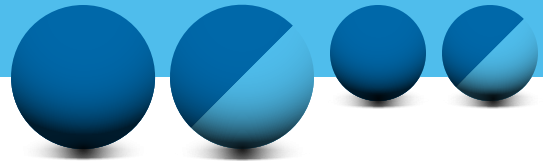


# 50-Second Facelift

BALLS: LARGE SOFT



## BASE OF SKULL SHEAR



Position the large soft ball on the bone just behind the earlobe. Apply gentle pressure and make small circles with the ball for 5 seconds. Compress the ball gently and wait for two breaths, then release.



## JAW SHEAR



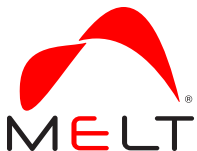
Position the ball on your jaw, right under your cheekbone. Apply gentle pressure and make small circles with the ball for 5 seconds. Compress the ball gently and wait for two breaths, then release.



## TEMPLE SHEAR



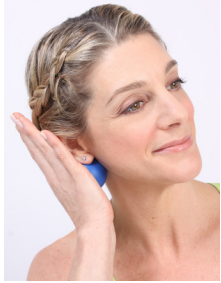
Position the ball at your temple, apply gentle pressure, and make small circles with the ball for 5 seconds. Compress the ball gently and wait for two breaths, then release.





### JAW SHEAR

Position the ball on your jaw, right under your cheekbone. Apply gentle pressure and make small circles with the ball for 5 seconds. Compress the ball gently and wait for two breaths, then release.



### BASE OF SKULL SHEAR

Position the ball on the bone just behind the earlobe. Apply gentle pressure and make small circles with the ball for 5 seconds. Compress the ball gently and wait for two breaths, then release.

Repeat on the other side of your face.



### FACE RINSE

Using the tips of your third and fourth fingers, create feather-light sweeps from your collarbones in and down, moving up the side of the neck to just behind the ear. From the base of the jaw, sweep out and down, moving up the side of the face. At the temple, sweep outward, moving into the center of the forehead. Reverse directions, moving back down to the collarbones, then repeat. From the center of the forehead, use both hands to flick down the center of the face and neck to top of the sternum. Go back to the center of the forehead and repeat.