



## EXERCISE NOTES – CROW’S FEET ELIMINATOR

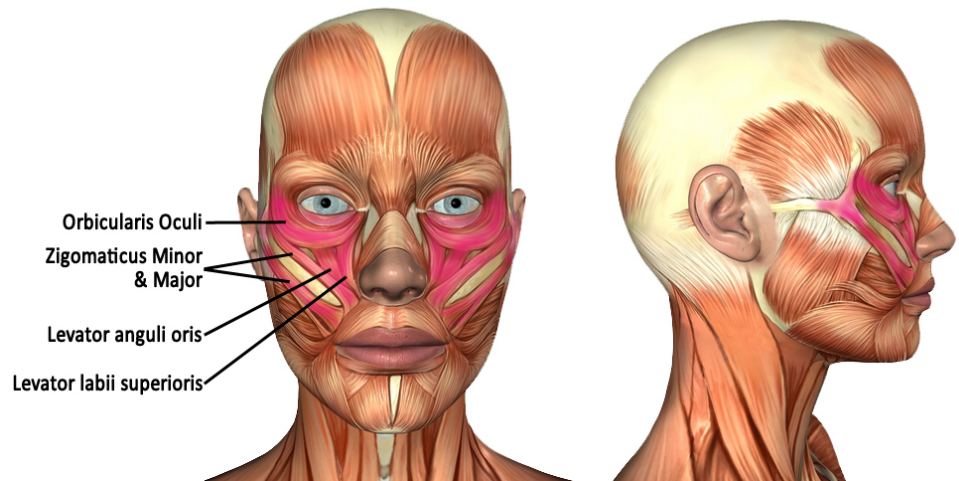
---

Orbicularis Oculi

Zigomaticus Minor & Major

Levator anguli oris

Levator labii superioris



## INSTRUCTIONS

---

### Step 1

The area of focus for this exercise is the top of the cheeks and around the crow’s feet. Other muscles will be activated however use your mind-body connection to focus on the area shown in the picture.

My Notes

---



---



---





**Step 2**

Place your forefinger and your middle fingers over your crow's feet and along your upper cheek bone and muscles. Your forefinger will be isolating the crow's feet and upper cheek area and your middle finger will be isolating the lower part of your upper cheek as shown in the picture

My Notes

---

---

---



**Step 3**

The tip of your middle fingers should be in line with the middle of the iris of your eyes. Lay your finger across the muscle and the eye socket.

My Notes

---

---

---



**Step 4**

When hands are in position, gently squeeze the lower part of your eyes using your cheek muscles to do this, keeping your eyes open. Do not close your eyes as you squeeze.

My Notes

---

---

---





**Step 5**

Do not squeeze your eyes tightly or close your eyes when doing this exercise. Keep your eyes open, focus on the lower part of your eyes and cheek muscles and gently squeeze your eyes while still open

My Notes

---

---

---



**Step 6**

If you squeeze your total eye, with your eyes closed as shown in Step 5 you will be wrinkling the Procerus. Note in Step 5, by closing my eyes and squeezing it causes that area to wrinkle. Watch yourself in the mirror whilst learning this exercise.

My Notes

---

---

---



My Notes

---

---

---

---

---