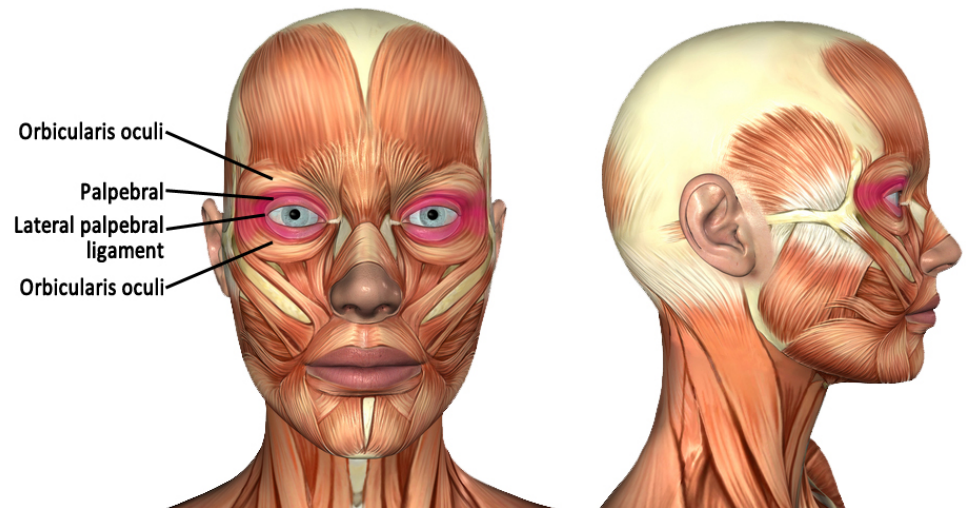




## EXERCISE NOTES – HOODED EYELID LIFT

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1. Orbicularis oculi
2. Palpebral
3. Lateral palpebral ligament



## INSTRUCTIONS

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### Step 1

For this exercise you will be using the pads of your fingers, not the tips

My Notes

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**Step 2**

Place your fore fingers along the outermost part of your eye sockets to isolate the crow's feet area

My Notes

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**Step 3**

Place the pads of your middle finger under the brow bone, over the eye socket bone in line with the Iris of your eye. Place the pads of your ring finger into the inner most part of your eye socket up against the bridge of your nose. Making sure to isolate the whole area when you open and close your eyes.

My Notes

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**Step 4**

Next, squeeze your eye lids gently as shown in the picture. Open and close your eyes as shown, isolating the muscles with your fingers. Do not use the orbicularis oculi, the large muscle around your eye. Simply squeeze the eyelids open and close.

My Notes

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Step 5

When you practice this exercise, ensure that you are not wrinkling the Procerus muscle between your eyes. If this is happening it means that you are using your Orbicularis oculi muscle. Watch yourself in the mirror to learn this exercise correctly.

My Notes

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