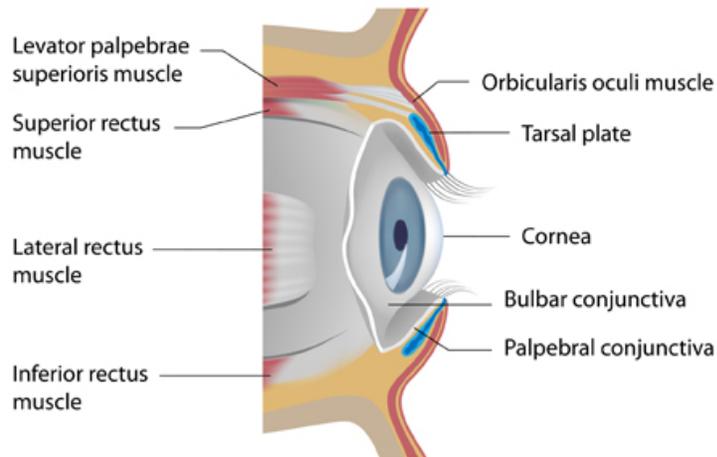




EXERCISE NOTES – NO SURGERY EYE LID LIFT



INSTRUCTIONS

Step 1

For this exercise use the knuckle and the outer most side of your fore finger as shown in the picture

My Notes





Step 2

Position the knuckle into your eye socket along the outside socket bone, fitting it comfortably. Your knuckle should fit perfectly.

My Notes



Step 3

Lay your thumbs gently either side of your nostrils. This is to anchor your hands only

My Notes



Step 4

Curl your forefingers UNDER your brow bone, laying them on the socket of the eye and press firmly. Do not push up, just press your fingers onto the eye socket using the Press & Plant Technique.

My Notes





Step 5

Do not place your fingers above the brow bone. They are to be placed below the brow, over the eye socket

My Notes



Step 6

Looking straight ahead, gently open and close your eye lids. As you do this, press onto the eye socket so as to create a small amount of resistance in the upper corner of your eye. Do not squeeze the large muscle around your eyes; rather squeeze your eyelids gently. You should feel a small amount of resistance in the upper right corner of your eyelid

My Notes



Step 7

When you have completed 50 Repetitions of looking straight ahead, look up at a 45 degree angle and repeat. Just squeeze your eyelids. You will find that the lower eye lid will lift as you do this.

My Notes





Step 8

When you have completed 50 Repetitions of looking up, then look down at a 45 degree angle and repeat 50 Repetitions. Do not look any further down than this as you will stretch the upper corner of your eyelids and could cause damage to the skin. Experiment with small pinch that you will feel as you look down and open and close your eyelids

My Notes



Step 9

When you have completed 50 Repetitions, look straight ahead once again, then squeeze your eyelids, holding and freezing for 20 seconds until you feel the muscle burn. Then relax.

My Notes



IMPORTANT NOTES

When you perform this exercise, your eyes may feel scratchy. This is due to the eyes drying as you do the exercise. If this happens, you may need to use some eye lubricant before starting your routine.

Do not squeeze the eyes tightly as you will cause damage to the delicate skin on the upper eye lid. When you practice this exercise, experiment with the strength that you can squeeze your eyes. If you are feeling an uncomfortable pinch around the upper corners of your eyelids, you are squeezing too hard.