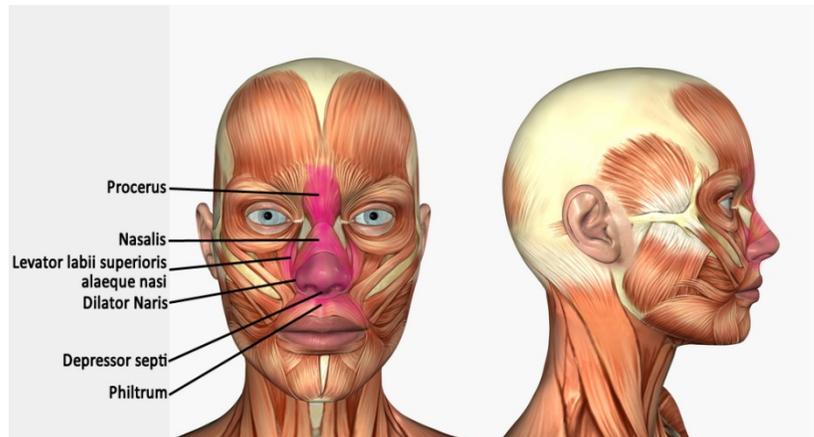




EXERCISE NOTES – RE-SHAPE AND LIFT A DROOPY NOSE

1. Procerus
2. Nasalis
3. Levator labii superioris
alaeque nasi
4. Dilator naris
5. Depressor septi
6. Philtrum



INSTRUCTIONS

Step 1

In this exercise, you will focus mainly on the muscles either side of the nose, including Levator labii, Dilator naris, Depressor septi and the Procerus and Nasalis

My Notes





Step 2

The Procerus will be exercised also, as this muscle along with the Nasalis initiates the nostril flaring movement. Be aware not to move the Corrugator muscles (these are the muscles that cause you to frown) keeping the Procerus smooth and unwrinkled as you practice this exercise.

My Notes



Step 3

You will also need to learn how to “flare” your nostrils to master this exercise. The flaring action moves the muscles up and down and exercises them as they move. You do this by pushing the nostrils out, using the Procerus, Nasalis and Dilator naris muscles to initiate this movement.

My Notes



Step 4

Then place your fore finger onto the end of your nose GENTLY.

My Notes





Step 5

Do NOT push your nose up as shown in the picture. If you do this on a regular basis your nose will become mis-shapen.

My Notes



Step 6

Next with your other hand, pinch the bridge of the nose, with your fingers gently as shown in the picture.

My Notes



Step 7

Using the flaring action as shown in Step 3 flare your nostrils up and down. No not use your lips to move your nose, practice initiating the movement from the Procerus and Nasalis muscles. When you do this the other muscles will flare naturally.

My Notes

