

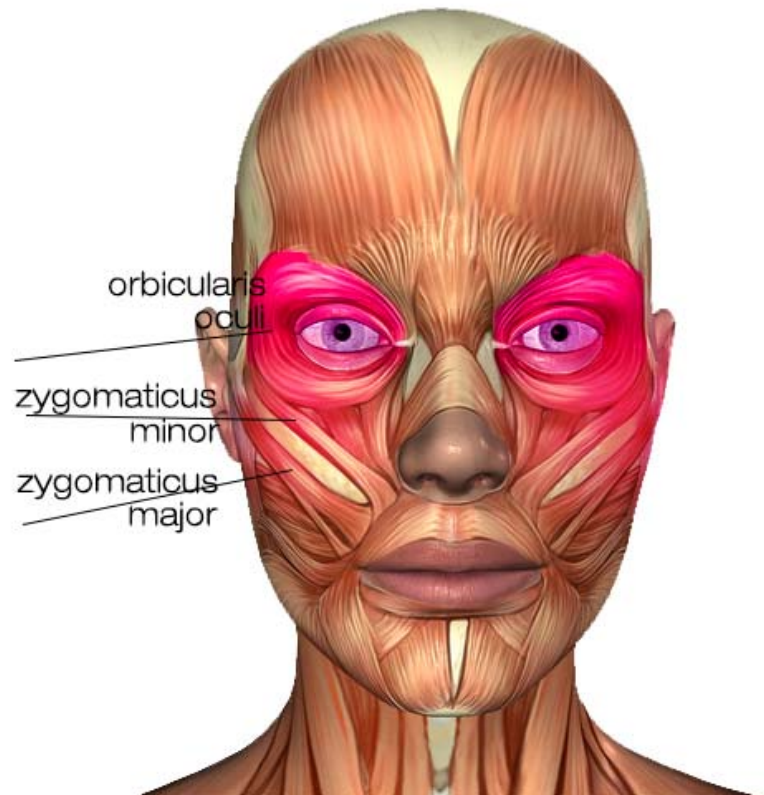


EXERCISE NOTES – SMOOTH OUT CROWS FEET

Muscles used in this Exercise:

1. Orbicularis Oculi
2. Zygomaticus Minor
3. Zygomaticus Major

Note: You will be using the Zygomaticus Minor & Major and lesser under eye muscles, but you are to be focusing on the Orbicularis Oculi in this exercise.



Step 1

Start exercise using fore and middle fingers as shown.



Step 2

Place fore finger on the crest of the eye socket making sure that you are isolating the Crows Feet firmly.



Step 3

Place middle fingers just inside of the eye socket, in line with the corners of the eye ball as shown.



Step 4

Gently push up corners of the eye with the middle finger, making sure you are only using a very small amount of resistance. If you stretch the skin too much you will cause skin sagging.

