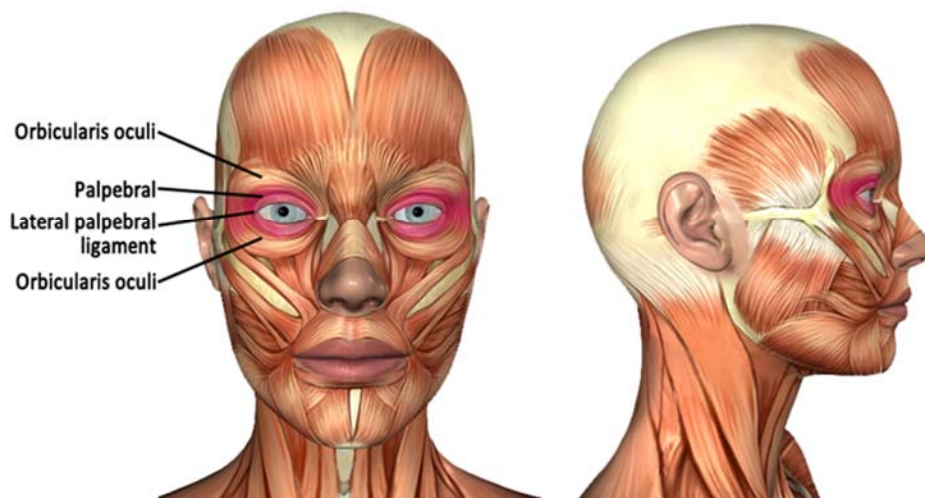




EXERCISE NOTES – EYE EXERCISE

The Muscles to focus on this exercise are shown in the following schematic:



Step 1

For this exercise you will be holding your fingers in a "c" shape position which you will wrap around the orbicularis oculi muscle firmly.

Study the Schematic above to understand which muscle you will be exercising.



Step 2

Make sure that you plant your knuckles snugly and firmly into to the eye socket so as to isolate the wrinkles in that area. Do not leave a space as it will create more crow's feet

Use your knuckles to isolate the top and bottom parts of the crow's feet area.



Step 3

As you place your fingers, wrap them around the orbicularis oculi muscle as shown and lay your thumbs along your cheek bone

Gently tuck your fingers under the brow bone and lift. As you tuck your fingers under the brow, gently lift the outside eye lid with your knuckles by lifting the brow and the eyelids up and outwards

Do not stretch the skin in any way, just lift gently



Step 4

When you have your placement correct, squeeze the orbicularis oculi muscle.

You should be feeling the muscle under the brow moving up and down, but not stretching. If you feel the skin stretching, you are pressing and squeezing too firmly.

As in the first forehead exercise in this series, as you squeeze the orbicularis oculi, gently hold back the wrinkles that form between your eyes.

