

An effective method

This discipline contradicts everything that most of us have been thinking until now. The most normal thing is to believe that making faces or pronounced gestures produces wrinkles and lines of expression. This is one of the reasons why the most skeptics have questioned its effectiveness. However, a recent **study of the University of Northwestern** has demonstrated the effectiveness of face yoga if it is practiced with perseverance.

In the study, published in the magazine **JAMA Dermatology** and in **The New York Times**, they showed images of the participants to independent dermatologists before the process started, in an intermediate moment and after it. They estimated that, after 20 weeks of **daily practice, the women seemed, on average, three years younger** than in the photos of the beginning of the study.





Gwyneth Paltrow practices face yoga

A test of effectiveness that celebrities such as **Jennifer Lopez** or **Gwyneth Paltrow** didn't need. They are unconditional fans of face yoga. Is this the secret of their eternal youth? The last to praise its benefits has been **Meghan Markle**, who claims that this practice helps her define her chin and cheekbones.

Benefits of face yoga

1. Prevents facial **sagging** skin.
2. Smooths **wrinkles**.
3. Activates the **lymphatic system** improving the tone and appearance of the skin.
4. Improves **bags** and **dark circles**.
5. Improves the **double chin**.
6. Activates **blood supply** and helps restore the **metabolic functions** of the skin to regenerate and create new collagen.
7. Helps identify patterns or gestures that age us and to **reeducate our gestures**.
8. Serene and positive **attitude**.
9. Contributes to energy balance of the whole organism. We have more than facial reflexology points in the face.