

Meghan's trick to looking "way more so

Why she's a big fan of facial exercises



BY BRIDGET MARCH / NOV 16, 2018



If anyone could make us believe in the power of facial exercise, it's the Duchess of Sussex. Sure, she's been blessed with remarkable scaffolding, but her face *always* looks toned and taught in addition to her good bone structure.

The actress credits British facialist [Nichola Joss](#) (a [Bazaar favourite](#)), for her bright, chiselled visage, having spoken about her facial massage techniques in past beauty interviews and on her now-defunct lifestyle blog with a piece on her ["life changing facial"](#).



Talking to [Birchbox](#), **the actress explained that she doesn't only rely on professional facial massage with Joss, but does DIY facial exercises, too.**

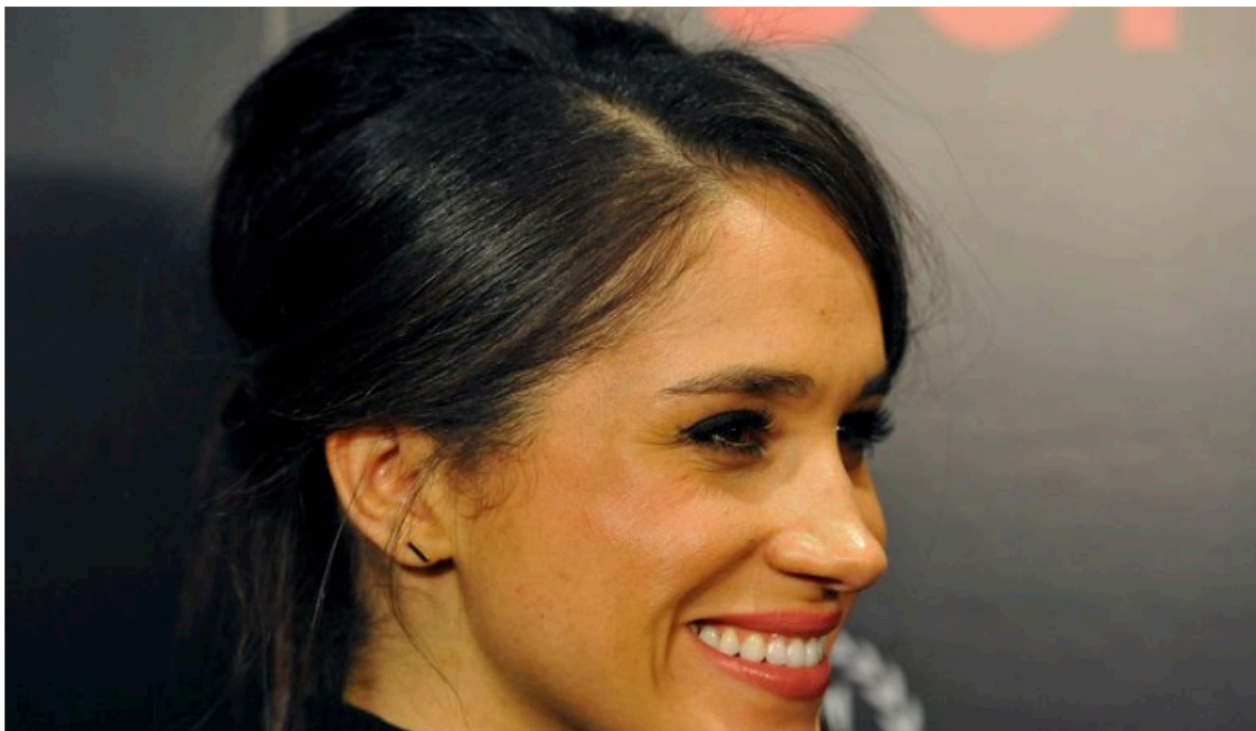


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"I do facial exercises from one of my favourite aestheticians, Nicola Joss, who basically has you sculpt your face from the inside out," she explained. "I swear it works, as silly as you may feel. On the days I do it, my cheekbones and jawline are waaaay more sculpted. There's a reason she is in high demand around awards season when every actress wants to look A-plus."





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Leading face yoga expert, Danielle Collins, says that the right facial exercises can “strengthen muscles attached to the skin, improve lymph flow and relax lines caused by holding tension in the face for long periods of time”. This could, therefore, reduce wrinkles and puffiness, lift sagging skin and allow the skin to look healthier.



Collins has created her own method featuring key facial exercises (below) to be performed in combination with skin massage which work the lower, middle and upper layer of skin. She believes that “by working all these layers correctly, it will increase the blood circulation, allowing more oxygen and more nourishment to reach the cells of the skin”. Hello glow.