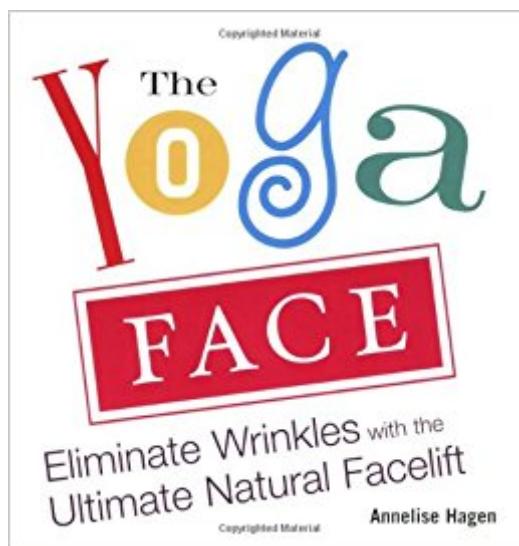


The book was found

The Yoga Face: Eliminate Wrinkles With The Ultimate Natural Facelift



Synopsis

View our feature on Annelise Hagen's The Yoga Face. To keep their faces looking younger, women today try everything from invasive procedures such as plastic surgery and Botox to expensive cosmeceuticals. The Yoga Face is a new and completely natural alternative anti-aging regimen that women can do anytime and anywhere-and in just minutes. The exercises, developed by yoga expert and instructor Annelise Hagen, are based on a simple principle: The muscles of the face are no different from the muscles of the rest of the body. If you don't exercise the muscles below the neck, they become weak and flabby, and the same thing will happen to your face with age. Just as yoga routines work the muscles in the body, the stretches and movements in The Yoga Face tighten and tone the face muscles-and combat wrinkles. "Working out" with fun facial exercises such as the Louis Armstrong "Satchmo," the Marilyn Monroe "kiss," and the "Lion Face," readers will notice changes quickly; and over time, the results are dramatic. Illustrated with more than seventy-five instructive photos throughout, The Yoga Face offers an easy, safe, and effective solution to help women turn back the clock and have beautiful, young-looking skin.

Book Information

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Customer Reviews

Annelise Hagen has taught yoga for eight years in New York City in fitness clubs and yoga studios, such as Equinox, New York Health & Racquet Club, Reebok Sports Club/LA, Crunch, David Barton Gym, Laughing Lotus Yoga Center, and Levitate Yoga. She also teaches private clients. Her "Yotox" class, which she conducts at New York Health & Racquet Club, has been featured on NY1

news, the WB11, and Fox 5 Morning News. She lives in Brooklyn.

I was just about to order a copy of this for my mom - she saw mine while she was visiting and loved it. One of the reasons I like this approach so much is that it acknowledges that there are many factors that contribute to how you look. And I love yoga. I can't comment on the effectiveness of this specific program yet, but I do notice that practicing yoga regularly improves my overall appearance - I look younger and my skin tone is better. It does have some shortcomings. I wish there were diagrams of some of the locations the author describes as acupressure points or are related to meridians in the massage section. Others have expressed disappointment in the pictures, but I thought they were fine, possibly because I am familiar with some of the yoga poses. I have read there is a DVD available now that will walk you through the exercises, so that might be more helpful for some. I'm writing this review partly because I saw some of the very negative reviews (1 star) and was surprised. A couple of them may be people who honestly didn't like the book, but few or none are "certified" purchasers. Two of them were written on the same day, right after a competing book was released, and recommend that book. And several are proponents of a long-time competitor's work; I have seen them submit unkind review after unkind review simply to damage the reputations of other books and programs. I truly think you'll like this book if you give it a chance. The program recognizes that you are a lot more than just your facial muscles!

This instructional guide was an easy read and very informative. The instructions are very easy to follow. If one invests the time the techniques really work. I'm pleased with my purchase.

I have looked through this book. It looks good, but I haven't done the face exercises because I can't see them properly the pictures are really small and it's hard to make out exactly what she is doing in the picture even with the explanation. All the yoga is good, but to be honest you really need to go to a class to learn with a teacher, unless you are very experienced already with yoga. It's a nice book but I didn't find it easy to use. It wasn't simple enough. But I like her message to just let go and relax.

I should have listened to some other people who brought up that it was very hard to repeat the "mechanics" or "exercise" of what the author was describing. It is not easy to see her pictures of the exercise and her directions are pretty limited

Read the book and started the facial exercises. It is specific and easy to follow. My face feels better

and looks better. I can see my facial muscles working with continued use. Very good book and have recommended it to other women.

I saw an interview on a morning show about this book. I have known about yoga facial toning for years and thought this book may add some insight. However, I feel it lacks in-depth quality of exercises and close-up examples of how to perform the exercises for the face and/or neck area. It is more about yoga and its beneficial affects (which is okay, but not what I expected the book to be promoting). If you want to learn about facial exercises, this is not necessarily the most appropriate book for that. On a whim, I also ordered another book (Facial Fitness by Patricia Goroway) at the same time, and am very surprised in the quality and quantity of worthwhile exercises, examples, and quality photos. Surprising, it also includes a DVD and the book is less money! This book may offer insight to someone who is not already familiar with yoga and facial 'health', but overall, I am not impressed.

I was disappointed in this book- I expected far more focus on facial muscles exercises, but this book spent a lot of time on body poses, nutrition, psychology, the author venting her own stuff etcHowever , her reminder about jaw clenching was helpfulÃÂÃÂ

I had read and used this book from my library and decided I needed to purchase it to have my own copy . I would recommend this book highly.

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