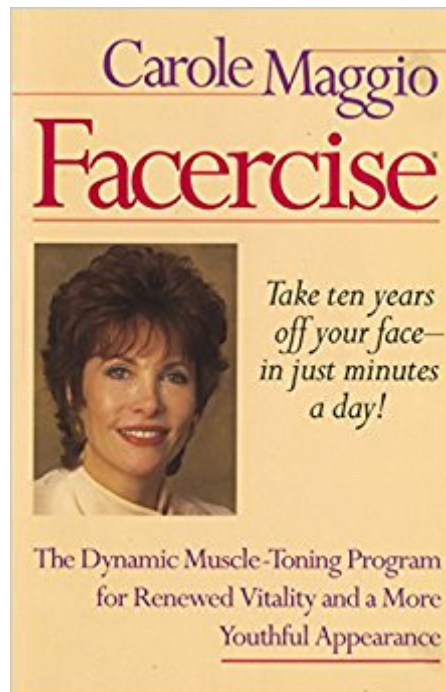




The book was found

Facercise



Synopsis

Internationally known skin care specialist Maggio has helped hundreds of her clients improve their appearance with her dynamic muscle-toning program. Now she offers this revolutionary approach to readers with 14 exercises that can be done in just minutes a day, offering a visible difference in less than a week. Photos.

Book Information

Mass Market Paperback: 85 pages

Publisher: Perigee Trade; 1st edition (May 1, 1995)

Language: English

ISBN-10: 0399519602

ISBN-13: 978-0399519604

Product Dimensions: 6.4 x 0.3 x 9.2 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.3 out of 5 stars 104 customer reviews

Best Sellers Rank: #1,231,135 in Books (See Top 100 in Books) #47 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care](#)

Customer Reviews

Carole Maggio has been teaching Facercise for fifteen years and thousands of people throughout the world have enjoyed the rejuvenating benefits of her program through her videotapes, books, and personal instruction. She has received wide-ranging attention from the international press for her work, including The New Yorker, Harpers & Queen, Town & Country, Elle, and Marie Claire.

I had to write to say how wonderful the Facercise program really is. I'm a 37 year old single woman who has lost 10 years off her face thanks to Carole Maggio! When I first purchased her book I didn't think it was possible to realize these results, but thankfully -- time has proven me wrong! The exercises are easy to do and very portable. When I travel, I just bring along my "Walkman" and do them in my hotel room or where ever I'm staying. The new me has created quite a stir in my personal life, as well as in my business career. I'm constantly complimented on how great I look even when I DON'T have on makeup -- now that's telling you something. Anyone who has had a bad experience with this program is someone who either a) didn't follow the program to a tee (doing the exercises 2X a day, each day and using proper form) or b) overworked their facial muscles by doing the exercises too many times each day, thereby seeing some bad results. When personal

trainers train people in weight lifting, they have them rest certain body parts by alternating their routines. This way, the body has time to rest and repair and build larger stronger muscles. Facercise works the same way, only the muscles of the face are much smaller.

Just like the stock market. I put in a small investment and got a great return. I purchased Carole's book and read it from cover to cover. I really didn't expect to get the quick results in a few short weeks. But seeing is believing. I apply the exercises every morning before I go to work following the illustrations in the book. I am so impressed with the results, that I plan to purchase the video. I read in the review section here that the video greatly enhances the program. I also want to point out that I am a hairdresser in Beverly Hills, CA, and I thought I had seen everything when it came to plastic surgery, and all the new techniques that are out there. I saw a few of my clients and thought they had had their faces done. Not so. They were doing FACERCISE. That is how I was introduced to the program and have been doing it myself, and many of my clients have noticed a difference. I'm sold and so are many of my clients.

I am a salon owner in Los Angeles and I have had a number of clients that have been talking about starting this program called Facercise. I thought it sounded a little strange at first until one of my clients came in after I hadn't seen her for about two months, I thought she had plastic surgery and asked about it. (she is a friend) She was excited to see that I could see a huge change in her face, and said that she has been getting compliments on how she looks from people in her workplace and everyone keeps asking her if she got a new haircut, new makeup, what did you do? This is proof enough for me that if you work out properly and consistently, your body looks great, so why not your face muscles too? I am starting the program immediately and am ordering the video as well. My salon now has the Facercise book on our reception table so all my clients can start to look and feel their absolute best. I know you can to.

I use this book a lot. I've had it for several years now and I still dig it out to use the facial exercises. I am 60 years old and my neck doesn't sag and bag like my older sisters!!!!!!

Best book ever written about facial exercises, in my opinion, and easy to read with pictures to demonstrate.

Exercises are wonderful and easy to do. Some people thought I had a facelift when I was doing the

exercises. It really works!!

I tried this book after my husband saw on TV talkback that women were having better results doing face exercises than with plastic surgery, especially taking into account the risk of complications etc. We took 2 "before" photos, front and side. My complexion looked sallow, with dark rings around the eyes, sagging cheeks and the beginnings of a double chin. I am 40 and having recently lost about 37 pounds was starting to look a bit saggy, although I have few wrinkles. I took 2 similar photos two weeks after doing the exercises every day and the results are incredible. The sagging jowls have all but disappeared, the double chin has smoothed over, the rings under the eyes gone and the complexion is now light and dewy. If I hadn't taken the candid "before" photos, I don't think I would have recognized the dramatic changes that were taking place, as they happen a little day by day. If anything, these changes after 2 weeks were even more dramatic than the photos of clients in Ms. Maggio's book. The exercises are very scientifically formulated to exercise the muscles and not create more wrinkles. I send the photos to my mother, an active woman in her sixties. She said they were amazing and almost unbelievable. Now I am going to send her a copy of the book!

Good book, easy to understand and practice. Arrived in time and in good condition. A definite must for the middle aged woman trying to maintain her attractiveness.

[Download to continue reading...](#)

Carole Maggio Faceercise (R): The Dynamic Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance, Revised and Updated Ultimate Faceercise: The Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance Ultimate Faceercise: The Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance Faceercise

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)