Facial Muscle Exercises: Self-Help Video #5 Part 3

<https://youtu.be/oOsnWkpPCsU>

(start at 1:05 minutes to bypass Medical Disclaimer)

Proceed downward from the top of the head. Move in a slow, gentle, fluid manner, not jerky or breath-holding. Keep a group “relaxed” as you focus on the next group. Never force the activity. Do five cycles, in each direction, of any exercise.

This book shows how to isolate muscles:

<https://www.amazon.com/5-Minute-Facial-Workout-Exercises-Naturally/dp/0778804712>

The scalp muscles work with our facial expressions. Give yourself a massage by rubbing in circular motions above the ears, followed by the front of your head, and then the back. Continue with 4-8 breath pattern with sighing on exhale. Craniosacral Therapy readjusts the biodynamics which arise from this body part.

[www.cranialtherapycentre.com/a-beginners-guide-to-craniosacral-therapy/](http://www.cranialtherapycentre.com/a-beginners-guide-to-craniosacral-therapy/)

On the 4-count inhale, tense forehead muscles by raising eyebrows as high as possible as you open eyes wide. Exhale and sigh for 8-count, lower eyebrows, relax forehead, and gently close your eyes.

<https://ifioque.com/nonverbal-communication/nonvocal_signals_of_the_eyebrows>

Place your three middle fingers on the two points on your forehead. On the 4-count inhale, apply gentle pressure. Exhale and sigh for 8-count and release pressure.

<https://www.icpkp.com/Story?Action=View&Story_id=1238>

Muscles expand (dilate) the nostrils. On the 4-count inhale, spread open your nostrils. On the 8-count exhale and sigh, let them relax. Do for five cycles.

Wrinkle your nose. Use Cheeks and upper lip area. Do not wrinkle between the eyes. If your olfactory memory is not activated, then use an actual odor, such as a strong lemon to create an automatic nose wrinkle response. Wrinkle with 4-count inhale. Then relax and sigh on the 8-count exhale.

<https://youtu.be/mF9BgCV6YTM>

You might initiate a cough or sneeze response. Do not stop this automatic response to stimuli. Coughing and sneezing use the muscles of the ribs, not the throat, and both come out on the exhale. Keep the throat open so that the sound comes from the chest. Both cough and sneeze can tell if you have tension in your chest muscles. A loud sound involves the entire body in its response and can be felt as an expansion and contracting in the chest muscles, without pain.

After a cough or sneeze response, do five deep breath cycles to allow the body to reset itself. Such automatic responses are similar in nature to yawning episodes and indicates a deep and unconscious response to your exercises.

The mouth can smile, pout, or frown. The lips can open to ‘bare the teeth’ or they can purse. The corner of the mouth can be drawn back on one side, the other side, or both. Inhale on 4-count as you perform the tensing portion of any mouth/lip movement. Exhale, sigh, and relax the mouth/lips on 8-count.

 During inhale 4-count, move your jaw as far as possible to the right without strain and hold gently. Do not clench your teeth, and leave the mouth slightly opened. During 8-count exhale with sigh, return jaw to center position. During inhale 4-count, move your jaw as far as possible to the left without strain and hold gently. During 8-count exhale and sigh, return jaw to center position.

With your head upright and face forward, inhale 4-count and push head forward; exhale and sigh 8-count and allow head to relax to center position. Then inhale 4-count and push head (face forward) to right side; exhale and sigh 8-count and allow head to relax to center position. Then inhale 4-count and pull head (face forward) backwards; exhale and sigh 8-count and allow head to return to center position. Then inhale 4-count and push head (face forward) to left side; exhale and sigh 8-count and allow head to return to center position. Now continue to inhale 4-count and exhale and sigh 8-count as you move head in a slow circle movement, without stopping or returning to center position: head forward, head to right, head backwards, head to left, head forward. Then reverse the direction. The inhale-exhale cycle does not need to correspond to any specific head position.

 [https://youtu.be/2IHloM33Qyk](https://www.youtube.com/watch?v=2IHloM33Qyk&t=0s)

Inhale 4-count and lean your head forward, chin touching chest, or as far downwards as you are comfortable. Do not strain in any direction, just to comfort point. Go slow. Exhale and sigh 8-count and return head to upright center. Inhale 4-count and lean your head to the right shoulder. Exhale and sigh 8-count and return head to upright center. Inhale 4-count and lean your head backwards. Exhale and sigh 8-count and return head to upright center. Inhale 4-count and lean your head to the left shoulder. Exhale and sigh 8-count and return head to upright center. Head Roll: Face is always forward. Go slow. Now continue to inhale 4-count and exhale and sigh 8-count as you move head in a slow circle movement in the forward downward, right shoulder down, backwards, left shoulder down, forward downward. Then reverse the direction of the head roll.