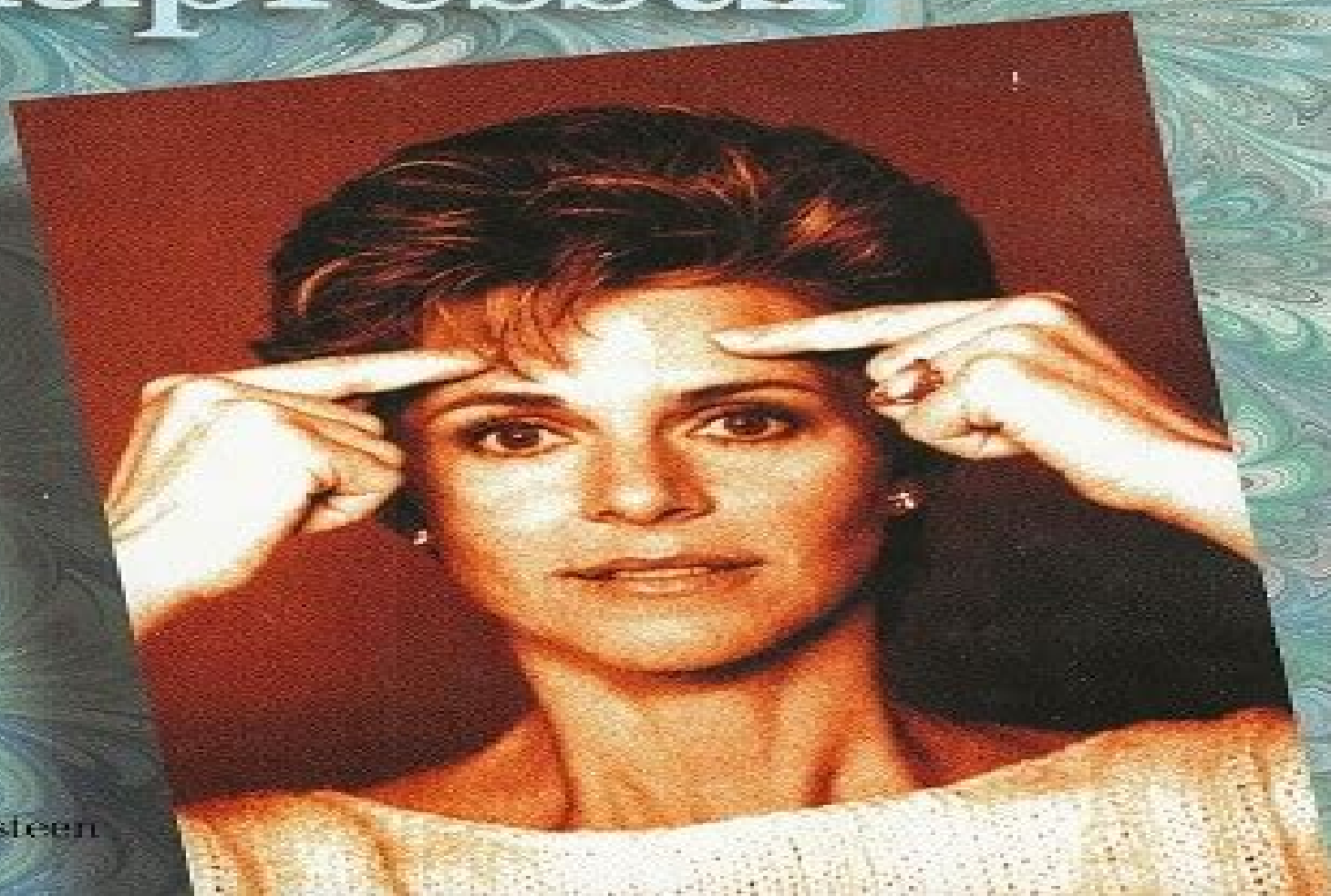


Naturlig ansiktsløftning VED HJÆLP AV akupressur

Lindsay Wagner
Robert M. Klein



Hilt & Hansteen

Naturlig Ansiktsloftning Akuprebur

Victoria J. Mogilner



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Lindsay Wagner's New Beauty Lindsay Wagner, Robert Melvin Klein, 1987 Outlines a system of massage applied to specific points on the face by the fingers which can result in a younger looking face *Ancient Secrets of Facial Rejuvenation* Victoria Mogilner, 2006 This natural skin care program is designed around the principle that the face reveals what the body feels It incorporates whole body healing to prevent and counteract signs of aging without surgery or harsh chemicals and at no cost Derived from massage aromatherapy acupressure and traditional Chinese healing arts these gentle techniques produce a more youthful face and lead to a healthier lifestyle The book describes the layers of the skin and its function as one of the body's major organs and shows how to use touch and massage on the facial pressure points to improve the appearance of the skin and the health of the other organs The simple techniques take just minutes to do and are easy to include in regular morning routines like putting on makeup or shaving Breathing exercises routines for specific problems and affirmations to rid the body and mind of toxins round out the book *Your Best Face Now* Shellie Goldstein, 2012

Ancient Secrets of Facial Rejuvenation Victoria J. Mogilner, 2010-08 Presents a holistic alternative that nourishes the entire body This natural skin care program provides simple techniques that help counteract signs of aging through facial acupressure an ancient practice derived from Chinese med The Acupressure Facelift which involves lightly pressing certain points on the face takes only minutes a day and can easily be incorporated into morning routines Presents strategies for attaining outer beauty and inner well being including Acupressure techniques for conditions from stomach cramps to sinus pain Healthy nutrition from the Chinese perspective Simple ways to live in harmony with the seasons Essential oils and aromatherapy for younger skin and vitality and Info about tai chi qigong and self massage to stay energized *The 30-day Natural Facelift Programme* Lindsay Wagner, Robert M. Klein, 1988

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