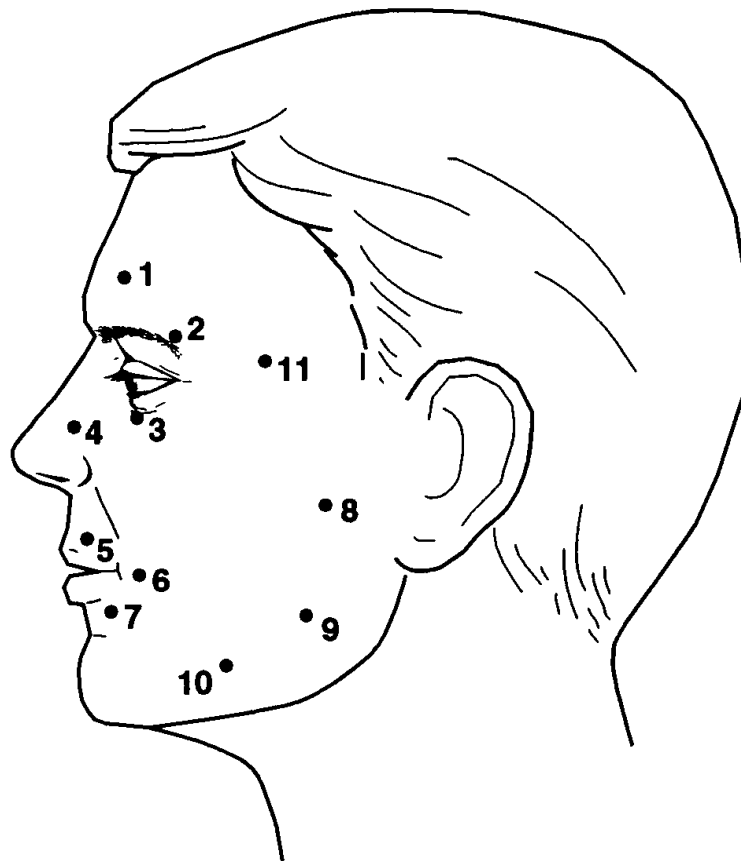


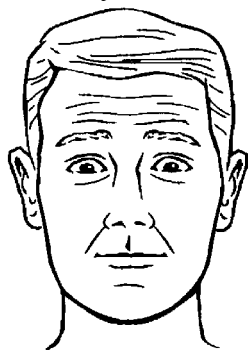
# Stimulating Your Face Muscles

1. Put the **black** switch handle firmly over one of the numbered areas of the face. See the diagram below.
2. Stimulate each of the eleven areas about 10 times each.
3. After you stimulate **each** numbered area, do the face exercise of the same number 10 times each. Number 11 does not have a face exercise.

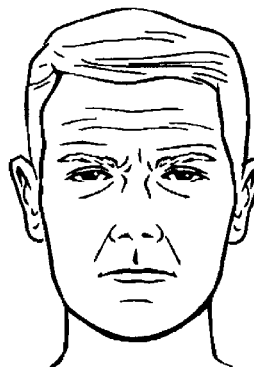


## Facial Exercises

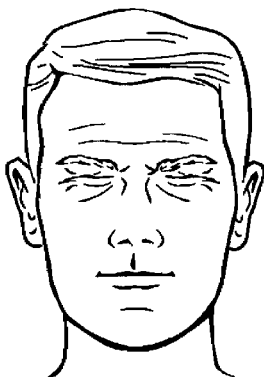
1. Raise your eyebrows to make wrinkles in your forehead.



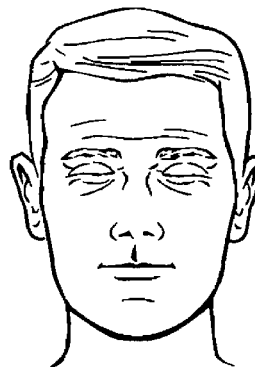
2. Frown.



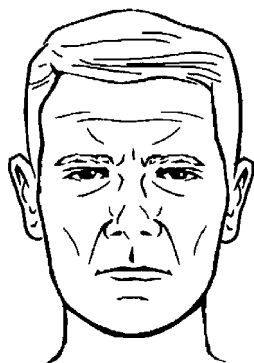
3. Close your eyes very tightly.



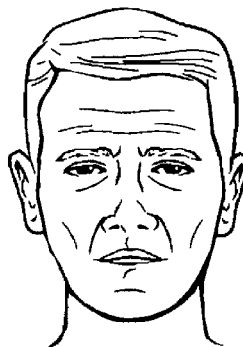
4. Keep your eyelids closed, then open your eyes as wide as possible.



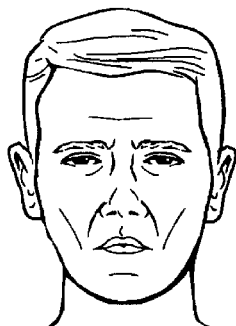
5. Wrinkle your nose.



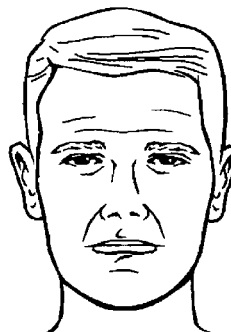
6. Stick out your upper lip.



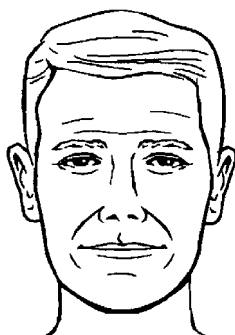
7. Purse your lips as if to whistle.



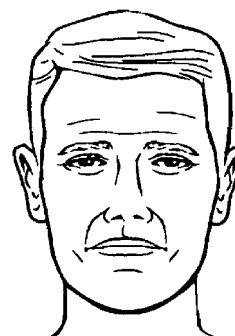
8. Pout by making your lower lip stick out.



9. Smile.



10. Tighten your lips across your teeth. Draw the corners of your mouth to the sides.



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