New Faces

A FACIAL POWER PACK THAT COMBINES NUTRITION, AND EXERCISE TO REVITALIZE YOUR FACE

FULLY ILLUSTRATED TONE-UP TECHNIQUES AND DIET TIPS FOR SUPER-FAST FACIAL RENEWAL

LINDA CLARK
author of KNOW YOUR NUTRITION—MORE THAN 450,000 COPIES SOLD

Foreword by BARBARA MIELE
author of EVERYWOMAN'S EVERYDAY EXERCISE AND NUTRITION PLAN

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Synopsis
Foods that produce a healthy complexion are described as well as facial massage techniques for removing wrinkles and toning muscles.

Book Information
Paperback: 124 pages
Publisher: Keats Pub; 2nd edition (August 1990)
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Customer Reviews
I love this book. The instructions for the facial exercises are clear and easy to follow, though, the line drawings may not be the best. But, this really works if you follow it to the letter and you are consistent (that is the key word - consistency). If you start early on, say in your 20s, you may never need a face lift. I bought the book when it first came out and had great success with the exercises. Unfortunately, I lent it to a “friend” and I never saw it again. As it's been out of print for years I was so glad to find a used one on .

Great book! Clear instructions!

This is great
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