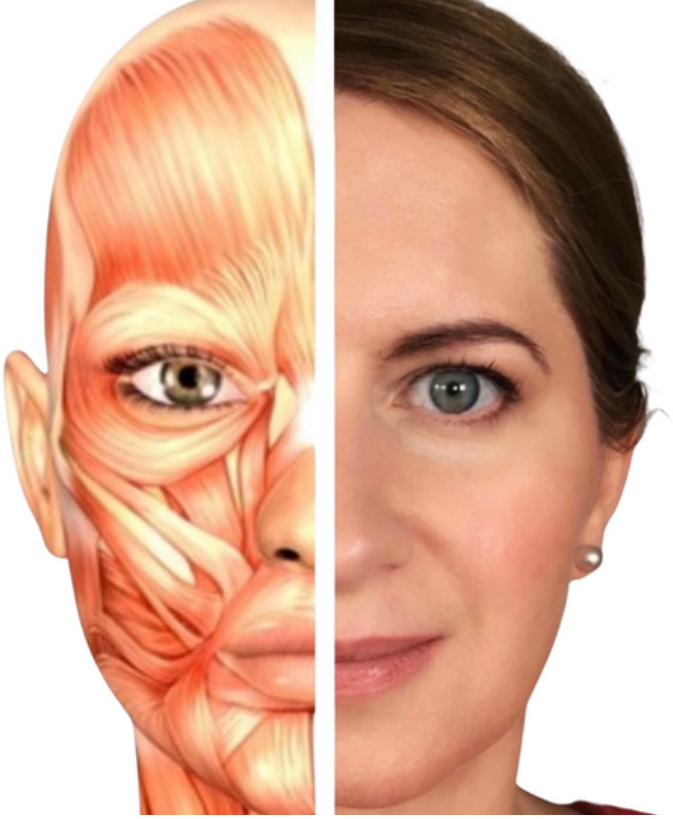
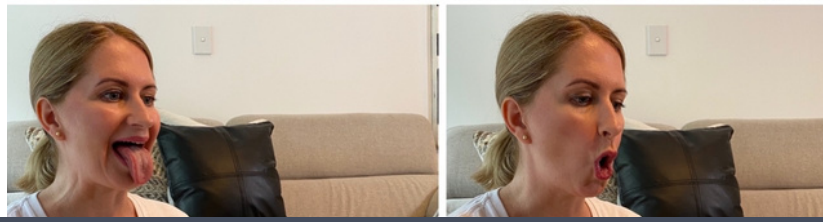


The 5 mistakes you're making that make you age faster

Face Yoga Clinic
BE FACE CONFIDENT



5 TIPS HOW TO SLOW DOWN THE VISIBLE SIGNS OF AGEING

YOUR AGEING MISTAKES

1

YOU SIT TOO MUCH

New research has found that a sedentary lifestyle without regular exercise make your cells age faster. Prolonged times of sitting are connected to slow blood circulation and lymph flow.

Sitting with rounded shoulders starring down at your devices, with the body hunched forward, neck bending downwards, head pressed forward, chin pushed forward while having a frowned facial expression... Is this you?

The head weighs around 4-5 kg. The forward head posture puts lots of pressure on your neck and in this position it is like 27 kg for your neck to carry.

The poor head posture results in deepening the 11 lines and horizontal lines on your neck, creating double chin, causing sagging of the entire face and puffiness due to decrease in the lymph flows.

My tip:

Get up to walk around for two minutes every half hour, do upper body stretch and opt for the stairs.

YOUR AGEING MISTAKES

2

YOU DON'T GO GREEN

Green tea neutralizes the damaging effects of free radicals that can cause fine lines and wrinkles and fights premature ageing.

Green tea contains good amounts of vitamin E to help to boost immunity, promote healthy, glowing skin and protect the eyes and the heart.

The tannin in green tea offer further benefits for the eyes, as they act as an anti-inflammatory to relieve puffiness.

The antioxidant bioflavonoids in green tea are said to rev up the metabolism and promote weight loss.

My tip:

When making a cup of green tea, steep it for at least 3 minutes to gain its full benefits.

YOUR AGEING MISTAKES

3

YOU LACK A GOOD NIGHT'S REST

New study has found that the lack of the quality of your sleep affects your eyes, mouth and skin.

When you're sleep-deprived, you look fatigued and have redder eyes, droopy eyelids, swollen eyes, dark circles under the eyes, paler skin, more fine lines and wrinkles and you look sadder as the corners of your mouth are more droopy.

The lack of sleep increases stress level in your body, decreases blood circulation and harms the integrity of the collagen in your skin.

My tip:

Keep up your sleep hygiene to promote a good night's rest, ideally sleep between 7-9 hours.

YOUR AGEING MISTAKES

4

YOU'RE UNDER CONSTANT STRESS

Stress significantly impacts how fast of slow you age. Prolonged stress can lead to premature ageing.

If you're constantly stressed out, you can appear 5 years older. If you don't manage your stress level or make changes in your lifestyle, you may even appear 10 years older.

Work related stress or stressful relationships age you.

You may spend money on expensive anti-ageing skin care products and treatments... but if you feel stressed out, it will show on your face in a form of dark circles, deeper wrinkles, rosacea, eczema, under eye bags, damaged teeth due to grinding, adult acne, hormonal mood swings and changes in skin moisture.

My tip:

Find ways to gain the upper hand on your stress level and ensure that you keep all those potential changes on your face in check.

YOUR AGEING MISTAKES

5

YOU IGNORE EXERCISE

If you don't bother with exercise, your muscles weaken and lose bulk including the muscles you need for breathing.

You'll become more breathless as you do less activity.

Did you know... you can tone your face like you can tone your body? The same principles apply.

A face has over 50 muscles.

By training these muscles, contracting and releasing them correctly and regularly, the muscles become stronger and firmer, skin becomes tighter and lifted up and skin complexion is brighter and more radiant resulting in a more youthful look.

Face yoga practice makes you look and feel rejuvenated, happier and healthier.

My tip:

When you feel exhausted, the best way to get your energy up is to exercise. You may begin with face yoga and walking.

HEY LOVELY,

I'm Martina Theo, internationally certified face yoga teacher and beauty and spa therapist. I help health conscious women transform their faces through face yoga so they can like what they see in the mirror more than they used to.

You can learn more about the Face Yoga Clinic's program on the website www.faceyoga.com.au.

If you'd like to connect with me, I welcome you to follow me on Facebook "Martina Theo" so we can take care of ourselves together the natural way.

Martina Theo | Face Yoga Clinic

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