



SMILE

Draw the corners of your mouth upwards as in smiling.

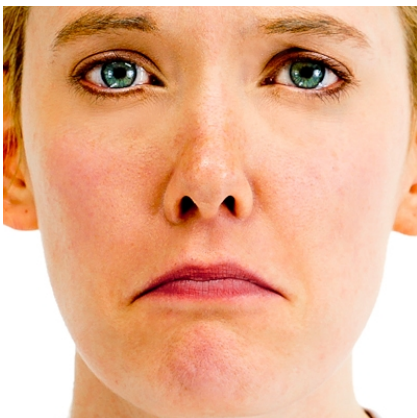
Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



ANGRY FACE

Draw your eye brows together as in making an angry face.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



FROWN

Draw the corners of your mouth downward as in making a sad face.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



RAISED BROW

Draw your eyebrows upward as in surprise.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



PUCKER

Draw your lips together firmly as in puckering for a kiss.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



UPPER LIP ELEVATION

Draw your upper lip upwards as shown.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



LOWER LIP DEPRESSION

Draw your lower lip downward as shown.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



WRINKLED NOSE

Draw your nose upward as in disgust.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day