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[PDF] The 5-Minute Face: The Quick Easy Makeup Guide for

The Face Yoga Method Take Five Years Off Your Face FaceYoga Method (FYM) is a blend of yoga-like body postures and facial ... Take 5 years off your face in just 6 minutes a day! ... I have proven to myself that if I do just these 5 exercises for 6 minutes a day I get noticeable results. 3. Method 1 The Forehead Area This pose reduces ...

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In The 5-Minute Face "now with an all-new updated Shopping Guide" Carmindy shares her positive beauty philosophy. She offers a practical, easy, fast, and mistake-proof makeup routine that works for all ages and skin types.

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The 5 Minute Face Beauty Tutorial. Next, apply a cream blush or cheek stain to the apples of your cheeks, and blend back towards the sides of your face using your fingers. Try Tarte's Cheek Stain in "Natural Beauty". 7. Fill in any sparse eyebrow spots, using an eyebrow pencil in a shade one or two shades lighter than your hair color.

The 5 Minute Face Beauty Tutorial - Once Wed

Wrinkles Be Gone: Give Your Face a 5-Minute Workout. Let's face facts: There are 50 (count 'em, 50!) muscles that make up the structure of your face. And according to the new book The 5-Minute Facial Workout: 30 Exercises for a Naturally Beautiful Face, putting those muscles to work with some facial exercises can drastically improve your...

Wrinkles Be Gone: Give Your Face a 5-Minute Workout

I am just starting with the 5 minutes face lift. I love it. It's being about 7 days and I am starting to have positive results. I am very interesting in knowing the right diet to follow, the food that I am suppose to eat to enhance the beauty of the skin. Thank you so much for your generosity, God bless, Lucy

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