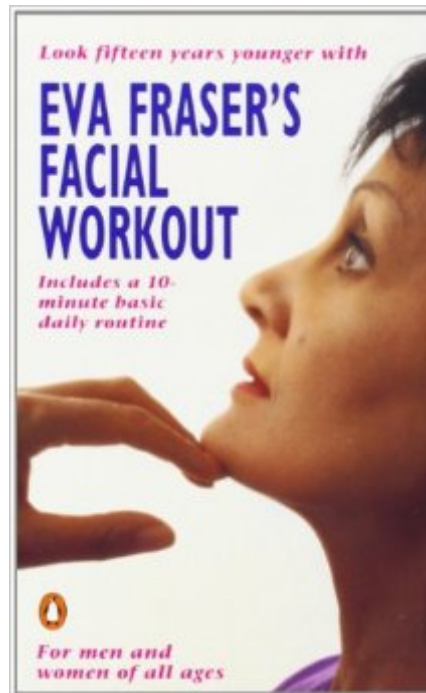


The book was found

Eva Fraser's Facial Workout (Penguin Health Care & Fitness)



Synopsis

For years, Eva Fraser has been practicing her facial workout techniques on private clients with remarkable success. This book includes information on why the face ages, how skin works and what can be done about it, it also includes Eva Fraser's exercise plan.

Book Information

Series: Penguin Health Care & Fitness

Paperback: 160 pages

Publisher: Penguin Books, Limited (UK) (January 1, 1997)

Language: English

ISBN-10: 0140147136

ISBN-13: 978-0140147131

Product Dimensions: 4.4 x 0.4 x 7.1 inches

Shipping Weight: 0.8 ounces

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (35 customer reviews)

Best Sellers Rank: #67,440 in Books (See Top 100 in Books) #78 inÂ Books > Crafts, Hobbies & Home > Crafts & Hobbies > Needlecrafts & Textile Crafts > Fashion #151 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style

Customer Reviews

I have worked hard to keep my body slim and trim. My body does not look my age at all. However, my face looked about 15 years older because I lost about 20 lbs. and my face looked saggy. I was quite dismayed with the appearance of my face, as I looked like I had suddenly aged when I lost the weight. I never liked the idea of plastic surgery...or any type of surgery for that matter, but because my jowls were saggy and I had marionette lines, I was feeling tempted!! I stumbled across Suzanne Summer's micro-current device while shopping for collagen stimulating cream and was thrilled to see that there was something out there that could help! I did a lot of research and saw that this device was not the answer. As I read skin care forums, I read posts about facial exercises. Wow! Could there be something all natural out there that could really work? So, I researched extensively about facial exercises and watched many youtube videos by the various facial exercise gurus. I saw Eva and was shocked that she looked so young in her 80s!! So, I decided to try Eva's book, as it was a minimal expense. When I received the book, I was surprised that it was a small size. The drawings looked out-dated and it looked like it would be complicated to try to decipher what was being said, since I do not like to read directions. I am a visual person so I do much better with

videos than with written instructions. So I did not bother with the book for about a week. One night, I thought that I would try reading it to see if I could follow it. I found that the instructions were pretty clear. I thought, "What do I have to lose? I will give it a few weeks." After a few of weeks, I could see a difference! Wow!! This really works!! That encouraged me to continue!

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