

- Aesthetics

## FACE YOGA: SAY HELLO TO A SCULPTED VISAGE

Face and neck muscles, facial Be it for healthy, glowing skin or relaxed workouts should be a part of your health regime

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e have all heard about the benefits of yoga — how it helps you become more flexible, improves strength and contributes to your mental well-being. But have you heard of face yoga?

A beauty trend that has recently caught the fancy of people on the internet, face yoga is the use of gentle hand movements to work out the face and neck muscles. The result? A glowing and youthful appearance! While its origins are debated, certified face yoga coach Aditi Shorewal says, “Face yoga is a confluence of eastern practices and modern science that target both health and aesthetics. It taps into the ancient wisdom of Ayurveda and marma points as stimulating specific points on the face can enhance your health and beauty.”

This science-based beauty treatment has influences of ancient India along with traditional Chinese and Japanese techniques, says Vibhuti Arora, face yoga expert. She believes that face yoga became popular as “there was a gap in the market between traditional dermat treatments and salon facials”.

#### A BEGINNER'S GUIDE

The best time to practise face yoga is in the morning, as soon as you wake up. To achieve a healthy complexion and see visible results, you can exercise once a day for 20-30 minutes, six days a week. Ensure you use a moisturiser, serum or facial oil while practising these facial workouts as it makes it easier to do the movements, helps in better absorption of the product and also avoids wear and tear of the skin.

#### HOW DOES IT HELP?

If done correctly, face yoga can help stimulate the muscles around your cheeks, jawline, neck, eyelids, eyebrows and forehead and tone your face to make you look youthful by lifting sagging or loosening skin. “It activates the lymphatic system to reduce puffiness, drain toxins, improve collagen production and skin elasticity,” says Dr Rinky Kapoor, dermatologist.

“Just like regular yoga helps you stay fit and sculpted, face yoga can help tighten facial muscles, and contour the cheekbones. When toggled and nudged in the right direction, these muscles increase blood flow, improve fine lines and reduce early signs of ageing while strengthening your jawline and neck,” says Dr Sushma Yadav, dermatologist.

Experts caution that you won't see results overnight and these exercises need to be done for at least a month for any visible differences. Setting unrealistic expectations of a botoxlike lift or being inconsistent won't give you the desired results.

#### ARE THERE ANY NEGATIVE EFFECTS?

With any exercise, if you do not get the technique right or overdo it, it can have repercussions. This applies to face yoga as well. “If not done correctly, face yoga can cause more wrinkles and lines,” Kapoor adds. “It can also cause self-inflicted facial sagging if you use the wrong techniques or tug the wrong muscles or skin,” warns Arora.

Shorewal, however, believes everyone can enjoy it as the exercise can be adapted to a person's skin requirements. “Even if you get out of the habit and stop doing it, you won't experience any damage,” she adds.

Learning the correct movements from an expert and focusing on not just your face but your entire body are two factors every expert emphasise on.