

The Face of Stress

Why What You See in the Mirror Is Not Just Aging

Understanding how stress, tension, lifestyle, and recovery shape your face

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Introduction

Many people come to me because one day they look in the mirror and realize something has changed.

Sometimes they say they look tired. Sometimes they think it is age. Sometimes they worry it is their skin. Sometimes they cannot explain it properly at all - they just know that their face does not look the way it used to. It looks heavier. More tense. Less fresh. Less like them.

This book is about that moment.

It is about the things people see on the face, but very often do not fully understand. Because what shows up on the face is often much bigger than the face itself. It is not always just skin. It is not always just age. Very often it is stress, tension, lifestyle, lack of recovery, and the slow accumulation of everyday life written across the body.

For over fifteen years I have worked with the body and the face, and over time I started noticing that many people come with different complaints, but very often the same patterns sit underneath them. The same tensions. The same blind spots. The same misunderstandings about what is really going on.

This book came from those conversations.

From the things I explain to clients. From the things I keep seeing. From the patterns that repeat so often that after a while I felt it made sense to gather them in one place.

Not as a rigid manual but as a way to look more clearly at what your face may be trying to tell you, and what might deserve your attention first. If you have ever looked in the mirror and felt that something was changing, but you wanted to understand more deeply what was really behind it, then this book is for you.

Chapter 1: You're Not Just Tired

I think almost everyone has had that moment in life when they met someone they knew and heard, *“You look tired. You must be working too much.”* Or they looked in the mirror and saw something that felt strangely familiar and distant at the same time, like a tired version of themselves, a shadow of who they usually are. Or maybe they just sat down one day and thought, *“God, I’m tired.”*

And usually, when people say things like that, they are not talking about the kind of tiredness you feel after a gym session, a run, or a day of physical work. It is not that clear, honest fatigue that makes sense because your body did something demanding. It is something much more general. The kind of state people describe in very simple words - **“I feel drained,” “I feel flat,” “I’ve got no spark.”**

Very often we explain it away in the usual ways. We say we work too much. We have too many responsibilities. Family, work, weather, poor sleep, a busy week, a busy month. And of course all of that matters. But the real problem is often more complex than that, because this is usually not about one bad day or one poor night of sleep.

It is more like this: day after day, you keep functioning on reserve. You still go to work. You take care of your family. You do what needs to be done. You stay responsible. You keep the machine moving. But by the end of the day, you feel completely emptied out. You do not want to go out, you do not want to read, sometimes you do not even want to watch a film. And instead of ending the day with any real sense of rest, you are already looking at the next morning with a little bit of dread, because you know the whole cycle will begin again.

And after some time, you start seeing it on your face.

Usually that is the first place where it becomes visible, the first place that tells you something is not right.

That is when thoughts start showing up like: *I need a holiday. I need rest. I need a break. I need to get away for a few days.* Because even before you fully understand what is happening, your face is already carrying the message.

For me, the mechanism is actually very simple. Whatever is happening in the body, the face becomes an expression of it. People say the eyes are the mirror of the soul. I would say the face is a reflection of what is happening in the whole body.

If you hit your leg, your face reacts instantly. There is a grimace, a flash of pain, tension, surprise. Your face expresses what the body has just experienced. If something pleasant happens, that shows too. Someone touches you gently, makes you laugh, catches you off guard in a nice way - the face reacts again. It expresses the event, the feeling, the internal response. And in the same way, it also expresses fatigue, overload, and exhaustion.

The difference is that this process is not sudden, and that is what makes it both important and easy to miss. It works more like water wearing down stone. Drop by drop. If you compare yesterday to today, you probably will not notice very much. But if you could compare today to two years ago, the difference might be obvious.

This is the moment when another thought often appears automatically, and I hear it from clients all the time: *I'm just getting older.*

And of course, yes, time passes. We do not get younger. Recovery changes with age. I see that in myself too. Twenty years ago I could stay up too late, sleep badly, eat badly, push too hard, and somehow still bounce back much faster than I would now. Today, if I stretch one evening too far and go to sleep too late, I feel it the next day immediately. So yes, the body changes. Recovery changes.

But this kind of tiredness is not always proportional to age.

I see this every day in my work. Not only in face massage, but in bodywork in general. The vast majority of people do not come because

they simply want a nice routine treatment to maintain themselves and feel a little pampered. They come because something already feels wrong. Their back hurts. Their head hurts. Their jaw hurts. Their neck is tight. Their body feels heavy. They feel uncomfortable enough, or tired enough, or tense enough, that they have finally decided they need help.

And what I try to do is not only help them feel better, but also help them understand what is happening.

Sometimes clients ask me, *“When should I come again?”* and I answer half-jokingly, *“The day before you start feeling bad.”* Because by the time you can clearly feel that something is wrong, by the time you can clearly see it, you have often already gone past the moment when your body and face first started asking for care.

That is one of the things people find most surprising during treatment. The jaw is a big one. Sometimes the neck too. I start working there and suddenly they say, *“I had no idea this was so tight.”* Or, *“I thought everything was fine until you started working on it.”* Then a little later they say something like, *“I feel like I can open my mouth twice as wide,”* or, *“It feels like I suddenly have more space in my mouth.”* For them it is shocking, because until that moment they genuinely thought everything was normal.

But that is exactly how this kind of tension works. It builds slowly. Quietly. Over years. So slowly that it starts to feel normal.

Even recently I had a client who said she was worried about her wrinkles. But while she was talking, I could see immediately that she was speaking through clenched teeth. That was the first thing I noticed. Not the wrinkles. The tension. Then after nearly two hours of treatment, she looked in the mirror and said, **“Now I look like myself again. For the last year and a half I couldn’t recognize myself. I was looking at some strange woman in the mirror.”**

That stayed with me, because I think it captures something very real. Sometimes what people think they are seeing is ageing, but what they are

really seeing is tension, overload, strain, the slow accumulation of stress written across the face over time.

So when we hear the words, You look tired, it is often not just about the eyes. It is the posture. The dropped shoulders. The way the body is carrying itself. The slight collapse inward. The tension in the mouth. The heaviness in the expression. The face is not separate from the rest of you. It is showing the cost of the life you are living.

And that is why I believe stress can have a face.

Chapter 2: Stress Has a Face

In my conversations with clients, one interesting thing comes up again and again. Most people think of stress as an emotional state. They think of it as being nervous, irritated, under pressure, angry, overwhelmed. In other words, something happening in the mind. Something you feel.

What people rarely think about is stress as a physiological process. Something physical happening in the body. Something that changes the body, shapes the body, and eventually becomes visible on the outside.

And that is exactly why the face matters so much.

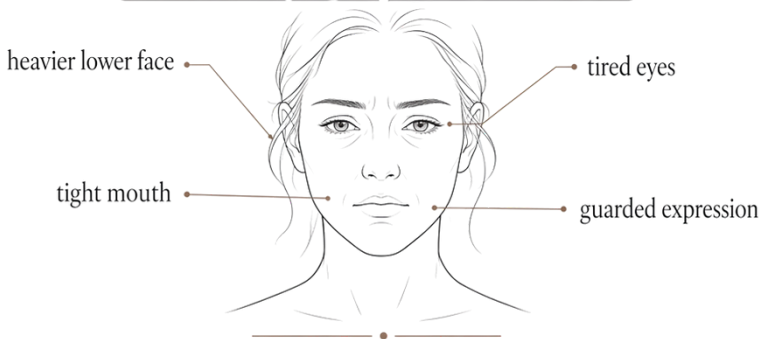
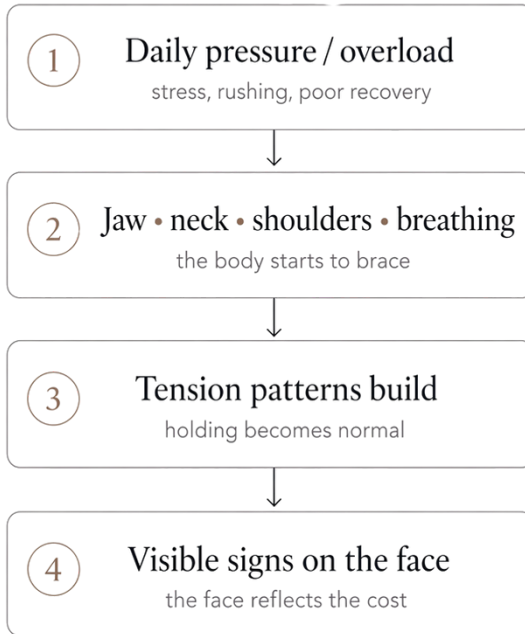
The face is often one of the first places where stress becomes visible, because when we live under tension, the face reacts. The expression changes. The resting face changes. The way a person carries their mouth, eyes, jaw, and forehead starts to shift.

Of course, many people try to hide it. We even have expressions for that. *Poker face. Putting on a brave face. Making a good face for a bad game.* People try to hold themselves together, to keep their face neutral, to not show too much. But outside of the rare case of someone being an excellent actor, it still shows. Maybe not in exactly the same way in every person, because people are different, but it shows.

For me, one of the biggest signs is the jaw.

When someone is clenching their teeth, you can often see much more than tension. You can see effort. Restraint. Pressure. We even say things like, I had to grit my teeth and get through it. That expression exists for a reason. The jaw starts to carry that whole inner state. And visually, it can make a person look angry, irritated, closed off, or ready to fight, even when that is not actually what they are feeling.

How Stress Shows Up on the Face



Stress does not stay hidden. It becomes posture, tension, expression, and eventually the face you see in the mirror.

The mouth is another one. Very often there is tightness around the lips, as if the person is holding something back, stopping themselves from saying something, swallowing reactions in real time. It creates a look that is difficult to describe if you only think in terms of beauty or ageing, but once you see it, you recognize it immediately. The face looks guarded.

Then there are the eyes.

That kind of dullness, heaviness, that dimmed look people get when they are exhausted for too long - you see it most clearly around the eyes. Sometimes the eyes look sad. Sometimes they look switched off. Sometimes someone is listening to you, but their eyes seem to arrive a second too late, as if the expression is lagging behind the moment. It is a very specific kind of tiredness, and once you start noticing it, you realize how common it is.

These are the kinds of signs that, in one form or another, are visible in almost everyone. Some more, some less. But what makes this even more interesting is that most people do not really think about it.

Most people are focused on tasks, routines, deadlines, problems, and responsibilities. They do not pause in the middle of the day to do a self-scan. They simply treat the way they feel as normal, because it is how they usually feel.

That is also why, when stress becomes prolonged enough, people start saying things like, Life is weighing them down. The posture changes. The shoulders drop. The body folds in a little.

During treatments, I always notice how much can change once some of that tension begins to let go. One of my favorite moments is what happens after the treatment. That feeling of lightness people suddenly have. The smile, especially. That smile of relief. That moment when the face softens and, for a second, they look almost surprised by their own expression. That really motivates me, because it shows how much a person can change when stress stops holding the face so tightly.

And the changes I am talking about - in the face, in the expression, in the overall look - can create a completely false impression of the state the person is actually in.

It has happened to me personally too. Someone once asked me, **Why are you angry?** And I said, ***I'm not angry. I'm just tired.*** or ***I'm focused.*** But then I thought about it and realized that, yes, I had become so tense and concentrated that all the muscles in my face tightened up and made me look like I was about to attack someone, when in reality I was simply focused on whatever I was doing.

And that is only one simple example of how long-term stress sitting in the body can slowly turn us into a completely different-looking version of ourselves.

That is why I think it is important to say this clearly: stress is not only emotion. It is not only nerves. It is not only something happening “inside.” It creates physical, visible changes in the face and in the body, and we carry those changes with us every single day.

The good news is that we are not helpless in this. We do have influence. But before you can change anything, you first have to see it.

And once you start seeing it, it becomes much harder to pretend that stress is invisible.

Chapter 3: It's Not Just Skin

If I had to bet nuts against stones, I would say that almost all of us have the same instinct when we look in the mirror and think about our face - we look mainly at the skin.

And that makes complete sense.

The skin is what we see. So if wrinkles start appearing, if there are changes in color, little marks, dullness, uneven tone, or anything like that, then naturally we assume that the problem is in the skin, because that is where we can see it. And once we think like that, the next step is usually obvious. We go to the pharmacy, the beauty shop, the aesthetic clinic, or the beautician, looking for something that will solve the skin problem.

And to be clear, skin is important. Very important. It is the largest organ in the body. So I am not dismissing it at all.

But skin is only one part of the story.

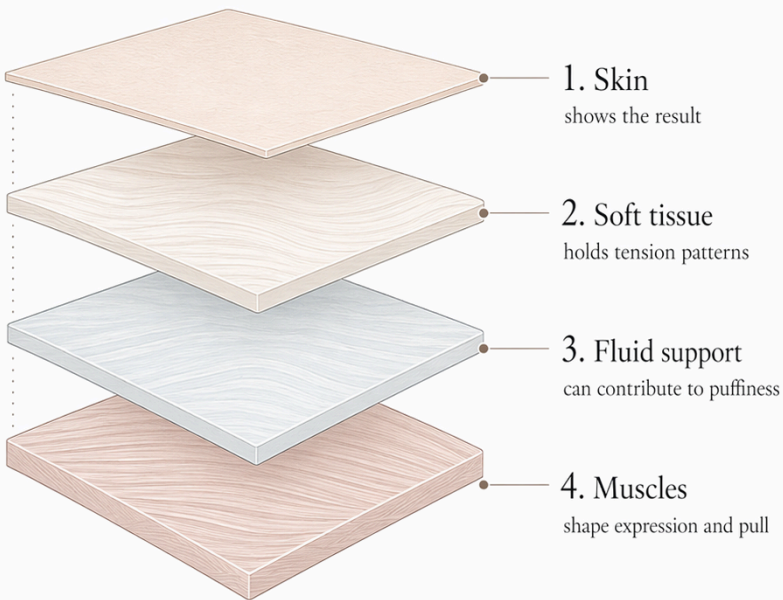
In the same way that the face is not an isolated thing, separate from the rest of the body, the skin is not some independent surface where everything begins and ends. When you take care of the skin, you are doing something good for yourself, absolutely. But you also need to understand that the skin is resting on something. It sits on a whole framework - muscles, fascia, tendons, bone, posture, tension patterns, habits. All of those things work together.

And because they work together, they affect each other.

A face with relaxed muscles will not look the same as a face held in chronic tension. Skin sitting over clenched jaws, tight cheeks, a stiff neck, and constant strain will not present itself in the same way as skin resting on a face that is softer, looser, and better recovered.

It's Not Just Skin

What you see on the surface is influenced
by deeper layers too.



KEY IDEA

The visible layer is real
but it is not always where the story begins.

Looking only at the surface can make us miss
the deeper mechanisms behind how the face changes.

Jaw clenching is a good example. A lot of people associate it mainly with the teeth. Grinding. Wearing the teeth down. Night guards. Dentists. Protecting the bite. And of course that is part of it. But what many people do not think about is that this same clenching also changes how the face looks. It changes the whole visual impression.

The same applies more broadly. If we are overstimulated, exhausted, run down, or living under too much pressure for too long, all of that will affect the way the skin looks. If we do not recover properly, the body wears down. Even very ordinary daily habits matter here - how we sit, how we rest, how we work, what position we spend hours in, how we breathe, how we carry ourselves. That is why I want to say again that skin care, cosmetics, serums, masks, and treatments - all of that is fine. More than fine. It can absolutely be worth doing. But it is not the same thing as solving the whole problem.

The comparison I sometimes think of is a car. You can wash it, polish it, take care of the paint, make the outside shine. That is not pointless. It matters. But it does not automatically mean the engine is healthy, the brakes are in good shape, or the whole machine is working properly.

And that is more or less what I mean here.

Very often my clients are surprised by this. They tell me, *“But I do take care of my skin. I use masks, I’ve had treatments, I go to a beautician, I use good products. Why are the wrinkles still there? Maybe now it’s only Botox or surgery.”*

And I also want to be very clear here: I am not saying the skin itself cannot have problems. Of course it can. Sometimes the issue really is in the skin. Sometimes the skin is exactly where the problem is. What I am saying is something much simpler and much more important than that - it is not always the skin.

That is a possibility, not a rule.

This is one of the reasons why I find face massage so interesting, and also

why I think it is often misunderstood. Treatments like Kobido Touch™ or face yoga are usually marketed as lifting treatments, anti-ageing treatments, things that smooth wrinkles and firm the face. And yes, of course they can have that effect. But in my view, that effect is more the result of what the treatment changes underneath than the only thing the treatment is doing.

Marketing likes romance. *“Lifting massage”* sounds much nicer than *“releasing fascia and reducing tension.”* I understand that. But it also shows something important. When you work on deeper levels - the muscles, the fascia, the tension patterns - the skin on the surface changes too.

People say, *“Kobido Touch™ smoothed my wrinkles.”* I would put it differently. Kobido Touch™ did not smooth the wrinkles directly. Kobido Touch™ helped release the tension and holding patterns that were helping to create them.

And that difference matters.

I really love that moment when someone comes for their first treatment, gets changed afterwards, looks in the mirror and says something like, “Oh my God.” Not because they suddenly look twenty years younger, but because they look like themselves again. Softer. Brighter. Lighter. More alive.

And that is really the point of this chapter.

What you see on the skin is not always where the story begins.

Chapter 4: The Jaw, the Neck, and the Tension You Stop Noticing

People usually focus on what they can see first. But in my experience, a lot of the real story begins deeper - especially in the jaw and neck.

The face is often just the tip of the iceberg. What we see there very often starts much deeper in the body. If I had to name the number one place where tension collects, it would be the jaw.

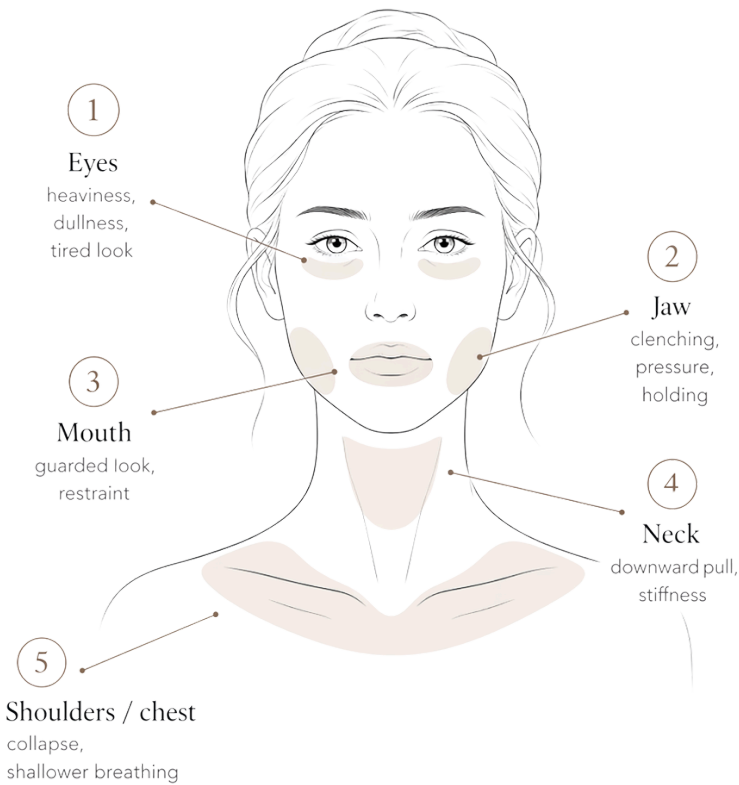
Clenching the teeth, grinding, bruxism, even speaking through clenched teeth - this is incredibly common. People tell me they feel stiffness, numbness, or a sense that the jaw is not moving freely. Sometimes they cannot open the mouth properly. Sometimes even yawning causes discomfort or pain. And what makes it more difficult is that many people still think their jaw is completely fine, simply because they have lived with that tension for so long that it feels normal.

I had a case like that just a few days ago. I suggested a buccal massage to a client, and she immediately said, *“No, my jaw is fine. It feels loose. It feels normal.”* But once I actually started working with the jaw and those muscles, her reaction changed completely. Suddenly it was, *“Oh wow. Now I can feel the difference. I didn’t even realize.”*

That is exactly the problem. People often do not know how much tension they are carrying until something contrasts it.

Right after the jaw, the next major area is the neck, especially the front of the neck. The **platysma (fig. p.22)** is very important here, because in simple terms it pulls downward. Gravity is already working in one direction. Then on top of that we spend hours moving the head forward, looking down at

The Areas That Carry Stress First



These areas often carry more stress than people realize - and the face reflects all of them.

phones, typing emails, scrolling, leaning into one hand, and staying in one posture for too long because that is what work demands. All of that becomes another domino in the chain that shapes the face.

Then there are the shoulders, the upper chest, the arms, the whole upper frame of the body. Most people do not really sit upright anymore. They collapse forward. The shoulders come in. The chest tightens. Breathing gets shallower. Less space, less ease, more tension. And all of that shows up on the face as well.

Sometimes people are surprised that relaxing muscles far away from the face can change the face itself. But it makes perfect sense once you stop thinking in isolated parts and start thinking in connections.

These tensions do not appear overnight. They do not arrive suddenly with one dramatic click. They build slowly, gradually, over time. And that is exactly why they are so easy to ignore.

If I had to explain tension in the simplest possible way, I would say this: tension is a muscle that stays shortened for too long.

Every muscle that creates movement in the body is attached somewhere. But when a muscle remains in chronic tension, it stays in that shortened state again and again, for so long that the body starts accepting it as normal.

And that tension affects the face in at least two different ways:

First, it creates discomfort, pressure, fatigue, and all of those things change facial expression. If you feel strained, your face will show strain. If you feel compressed, your face often looks compressed. If you live with constant low-level discomfort, your expression starts carrying that story.

But second, the tension also changes the mechanics of the face itself. Take the platysma again. If those neck muscles are pulling downward all the time, that affects the cheeks too. It can contribute to that heavier lower-face look, what people sometimes call jowls or **“hamster cheeks.”** So

now we are no longer talking only about emotion or mood. We are talking about physical pulling and actual mechanical influence.

I remember one treatment in particular where I worked in a very comprehensive way, and afterwards the client burst into tears. She said she had felt trapped in her own body, as if she had been tied up inside herself, and only after the treatment did she feel that release.

Moments like that stay with me.

Because the reactions people have after treatment can be so different - laughter, tears, deep relief, that blissful heavy calm, sometimes even snoring on the table - but for me they all point to the same truth. These tensions run deep. They are not superficial. They affect people more than they realize, and they often shape daily life much more than people understand.

And that is why this whole topic has to be seen as a system.

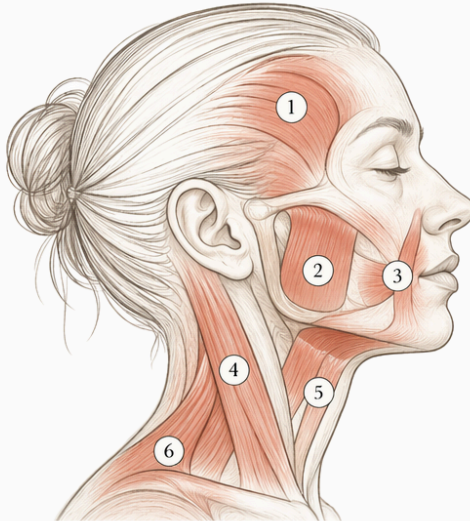
The body and the face are connected. If something is happening in one place, it affects another place. You cannot isolate one single piece and pretend it functions completely independently, because the body does not work like that. It is one connected machine, and it has to be understood that way.

That is why I see the face as a kind of window - a visible place that lets you notice what may be happening in the rest of the body. But that is also why I always say it is not enough to focus only on the skin or only on the face, because the real problem may be sitting somewhere much less obvious.

And very often, it is.

The Face–Stress Connection

Chronic stress creates tension in specific muscles of the face, jaw, neck and scalp. Over time, this leads to visible changes, discomfort and accelerated aging.



1

TEMPORALIS

Tension here can cause forehead lines, tightness around the eyes and headaches.

2

MASSETER

Clenching and grinding lead to jaw tension, square jaw and pain.

3

ORBICULARIS ORIS

Chronic tension contributes to fine lines around the mouth and a downturned expression.

4

STERNOCLEIDOMASTOID

Stress shortens this muscle, affecting posture and creating neck tension.

5

PLATYSMA

When tight, it pulls down on the lower face and neck, creating visible bands.

6

UPPER TRAPEZIUS

Carries stress from the neck and shoulders, contributing to facial tension and fatigue.



KEY TAKEAWAY

Tension is not random.
It follows predictable patterns.



HOW IT WORKS

Stress activates the fight-or-flight response → muscles contract → blood flow decreases → tissues receive less oxygen and nutrients → tension becomes chronic → structure and appearance change.

Chapter 5: What Daily Life Is Doing to Your Face

One of the most common questions I get from clients is, “*What is actually causing this?*” And I always try to give the clearest answer I can, even though it is not an easy question to answer, because in reality it is almost never just one factor. It is usually the sum of many things happening in a person’s life at the same time.

Of course, age plays a role. Genetics play a role too. But those are the things we do not really control. They were given to us. What we do have influence over is the way we live, the habits we build, and the way we function from day to day. And that set of factors has enormous, often decisive importance.

One of the biggest ones is simply the speed at which we live.

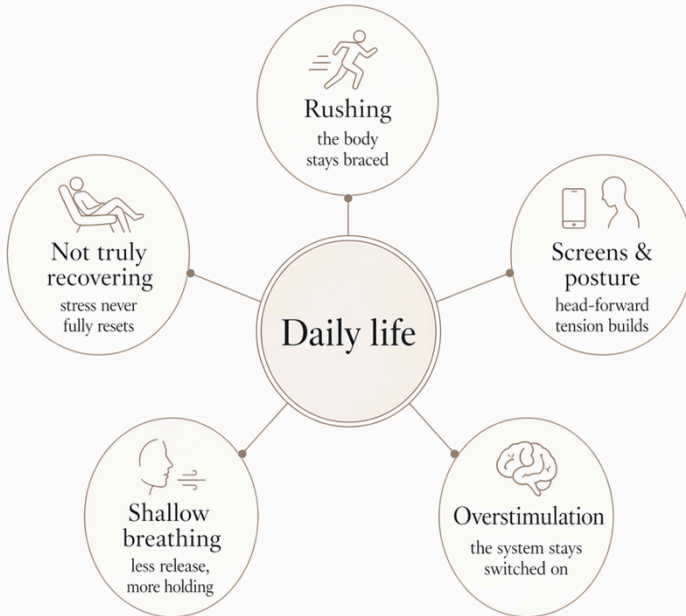
I love Italy and I often go there, even just for a few days, to recover and recharge. And every time I do, I notice how huge the difference is between the south of Italy and this northern part of Europe where we live. We are always rushing. I am not even talking about punctuality. I mean the whole philosophy of life. Here in the colder north, we are constantly running, constantly ticking off the next thing on the list. We rush through the day and in a way we are not even fully living it. We are doing tasks, getting through duties, but mentally we are already in the next hour, the next day, the next meeting, the next obligation.

And when you live like that, the body never really gets the message that it is safe to let go.

That kind of hurry very often means stress. It means pressure. It means tension. And that is exactly the kind of environment in which facial tension begins to build and collect.

What Daily Life Is Doing to Your Face

The face often reflects accumulation, not one single cause.



COMMON RESULT

tension → poor recovery → heaviness / puffiness → tired expression

KEY IDEA

Small daily patterns can shape the face over time – not because one thing is dramatic, but because the body repeats them every day.

Then there is over-stimulation.

We live in an era where we are being bombarded from every direction. Social media, phones, emails, messages, noise, information - there is always something coming at us. From the moment we wake up to the moment we fall asleep, we are surrounded by input. And unless we consciously create moments of quiet, they do not really happen by themselves.

For me, this is one of the biggest reasons why so many people live in permanent stress without always recognizing it as stress. Because it is not necessarily one dramatic event. It is not one crisis, one argument, one bad day. It is the accumulation of micro-stresses. Small pressures. Small tensions. Small alerts. One after another, all day, every day, without enough space to release them.

That is what makes it so dangerous. It does not feel dramatic. It just becomes normal.

And once that happens, the body can slip into a constant state of low-level readiness. A kind of ongoing fight-or-flight mode. Always a little bit braced. Always a little bit prepared. Always a little bit tight.

I see this during treatments as well. Sometimes when I work on the chest area and release some of the tension there, people suddenly feel as if they can take a breath twice as deep as before. Not because I have given them some magical new lungs, but because the tension in the body was physically limiting how freely they could breathe. And once breathing becomes more restricted, the whole spiral feeds itself - less ease, more tension, more stress, and again the face carries the result.

Then there is the screen-based way we live now. Phones, scrolling, laptops, emails, sitting for hours, looking down, looking forward, holding the same position again and again. For the face, and for the whole system around the face, this is a killer.

I have one client who spends hours every day replying to emails.

She comes to me regularly, every week, and because I know her body so well by now, I can often tell from the tension in her neck and shoulders how busy her week has been. I can also see the difference when she comes back from holiday. Everything is softer. Then over the next two or three weeks, I watch the tension begin to build again. That is how visible daily life can become in the body.

Sitting in one position for too long is one of the worst things for this whole system.

But if I had to name the most destructive factor of all, it would be the inability to relax.

People sometimes rest. But rest is not always the same as relaxation.

A person can sit down and still not let go. They can stop working and still remain in a state of internal readiness. They can lie on the sofa and still be mentally and physically braced. There is no real switch-off, no true release. And when that happens, the tension does not come and go in a healthy rhythm. It simply layers itself on top of what was already there.

I hear this all the time from clients. *“I just need to finish this one thing.” “I’ll rest after this week.” “I know I need a break, but first I need to get through this.” “Maybe in a few days.” “Maybe next week.”* Always one more thing. Always another task. Always one more stretch before permission to stop.

It is a constant chase.

And the worst part is that this way of living has become so deeply woven into modern life that many people treat it as normal. Just part of adulthood. Part of work. Part of responsibility. Something unavoidable. They accept it because they do not really know anything else.

So when you take all of that together - rushing, micro-stress, screens, unnatural positions, lack of true rest, constant stimulation - and then stand in front of the mirror and think, Life is weighing me down, what else would you expect to see?

This is exactly what I deal with in my work every day.

The people who come to me are usually not ill in any obvious medical sense. They are people with very full lives. People carrying a lot. Sometimes not only their own lives, but the weight of other people's lives too. And at some point the body starts saying, *enough*.

That is why I think it is so important to understand that your face shows you where you are.

Because you do not look the same when you are rested, relaxed, and genuinely well as you do when you are running on reserve. The expression changes. The skin changes. The quality of the face changes. The whole face tells a different story.

And that is the real point here.

Your face does not only show your age. Very often, it shows the life you are living.

Chapter 6: Sleep, Food, Movement, and Recovery

Now we come to something extremely important, because in a way the whole idea of taking care of the face, the body, and ourselves at all is built on one thing: regeneration.

The human body regenerates. Cells wear out and are replaced. Tissues get used, repaired, rebuilt. Athletes know this very well - after effort, muscles rebuild, energy stores are restored, the body recovers and adapts. And in exactly the same way, we can either support or undermine the regeneration of our own face and body.

And the face is one of the best mirrors of how good that regeneration really is.

The simplest example is sleep. A well-rested person looks different from someone who spent the night drinking, partying, or barely sleeping at all. Those are two different faces, two different realities. You do not need a microscope to see it. One face looks alive, fresh, settled. The other looks duller, heavier, less present.

And I mention sleep first because sleep is one of the most important parts of the whole day, really of our whole life. We spend around one third of our lives sleeping, and during sleep the body does its deepest repair work. Without good quality sleep, there is no real regeneration. And without regeneration, the body simply wears down.

Of course, I am not saying that if you stay up late once because of a party, a film, or the new season of your favorite series, disaster will happen. That is not the point. The point is whether something is occasional or whether it has become a habit.

I noticed this in myself. I once did a small experiment. For about a month I kept staying up late, watching pointless things online, breaking my own rhythm night after night. Then at some point I thought, right, enough - for the next three weeks I'm going to do the opposite. Every day, by nine or ten in the evening, I was already in bed.

After the first week of that, a very good friend of mine looked at me and said, "***Your face looks much better. Your skin looks much better.***" And that was after changing only one thing. Nothing else. That alone shows how powerful sleep is.

But even if the body regenerates during sleep, the body needs proper nourishment. And by that I do not mean huge amounts of food. I mean quality, balance, and giving the organism what it actually needs.

There is no one magical formula here. It is not as simple as, "***Eat cabbage and garlic and you'll be healthy forever.***" It does not work like that. People are different. We live in different places, different climates, different conditions. We have different demands and different rhythms. So the balance of what the body needs has to match the life that body is living.

Right after food comes another thing I often bring up with clients, especially women who come to me saying, "***I have puffiness here, bags under my eyes, swelling, I don't know what's going on.***" And I ask them, "***Have you actually had any water today?***" And very often the answer is something like, "***Well... I meant to, but I forgot. I was rushing. I had to pick up the kids. I had this, then that, then something else happened.***"

And it turns out that some of them had maybe a few sips of water in the morning, maybe a coffee, maybe tea, and that was basically the whole story.

If that is how someone goes through the day, of course it affects circulation. Blood moves less easily. That is already not ideal. But blood at least has a pump - the heart. Lymph does not. And when lymph flow gets sluggish, that is when you begin to see swelling, puffiness, stagnation, and all sorts of things people later read only as a "**face problem.**"

Then there is movement.

A few years ago I lived in Norway for some time, and I used to speak with a lot of older people there. I remember one woman in particular. She was ninety-two years old and incredibly alive. Very social, very engaged, going out, meeting people, playing bingo once a week, full of energy. I asked her what her secret was. I half-jokingly wondered if she had some kind of magical herbs or some forgotten traditional formula that was keeping her in such good shape.

And she said one thing to me that stayed with me to this day: *“You just have to stay active. You have to keep moving. Because as long as you keep moving, you keep going on momentum. But once you stop, that’s the end.”*

And there is a lot of truth in that.

The body functions differently when it is used. And I do not mean competitive sport or some extreme training lifestyle. I just mean not spending life sitting and collapsing into stillness all the time. Because the moment we stop moving completely, everything else slows with us. Flow slows. The body becomes stiff, heavy, stagnant. Energy drops. And then the strange thing happens - we want to get up and do something, but we feel like we have no strength.

So regeneration is a process we can influence. We can support it. It is not just about sitting down and doing nothing and calling that rest. Real recovery is built from things like good sleep, movement, proper fuel, and proper hydration. There is nothing magical about it. No secret ritual. No trick. These are simple things. But simple does not mean unimportant.

Small changes matter because they work together. There is a synergy there.

I see that very clearly in my clients. I have one client who is already in her fifties, and whenever we talk about age and she tells me how old she is, I look at her and it simply does not match what I see. She works hard, very hard, but she is also very active. She takes care of her food, practices yoga,

exercises, swims. For me it is almost unbelievable how much difference that makes, but you can see it in her immediately. She looks fantastic. And many people much younger than her could honestly take her as an example.

So this is another layer that becomes visible in the face. Not only the pace of life, the habits, the stress, the overload - but also whether the body is being allowed to recover properly, and whether it is being given what it needs to do that.

Because in the end, the face does not only show what is draining you.

It also shows whether you are rebuilding.

Chapter 7: Why Most People Start in the Wrong Place

At this point, someone could easily think that people are just careless, lazy, or not very smart. But no - definitely not.

The problem is something else entirely.

Most of us were simply never taught how this system works. We may have general knowledge from school - biology, chemistry, physics, history - but very few people ever learn enough about how their own body actually functions in everyday life. We are not really taught how tension builds, how recovery works, how the face reflects the body, or how one part of the system affects another.

So naturally, most people act in the direction of what they can see.

If I look in the mirror and think, *Something is wrong with my face*, then of course my instinct is to do something to the face. I buy a cream, I apply it to the face, I try to improve what I see. That is a perfectly understandable reaction.

But in many cases it is a little bit like repainting a car instead of changing the oil, doing the inspection, or replacing the brake pads. You can make the outside look better for a while, but that does not mean you have addressed what is happening underneath.

And very often we choose quick solutions simply because they are easier.

It is much easier to get an injection and see an immediate effect than to change eating habits, improve sleep, or stay consistent with something as simple as daily walks. It is easier to buy an expensive product than to build a better daily rhythm. Easier to reach for something fast than to

look honestly at the deeper pattern.

And then, of course, there is marketing.

So again, I am not saying that using good skincare or good products is wrong. Absolutely not. But skincare is only one element of the picture. The solution has to be more systemic than simply patching the holes we happen to notice first.

That is what I encourage people to do most when they begin to notice something in their face they do not like. Go a little deeper.

Do not stop at, *I see this wrinkle, so I'll buy a cream.* Or, *I look tired, so I'll do something quick on the surface and hopefully that will fix it.* Pause for a moment and ask a better question. *What is happening in my body? Am I carrying more tension? Am I more stressed than usual? Have I been sleeping badly? Has my routine changed? Is something deeper feeding this?*

Because it may turn out that the reason your face looks more tired is not that you need another cosmetic product. It may be that you have not slept properly for two weeks. And if sleep is the cause, then another cream is not the real answer.

That is the problem with surface-level solutions. They can give a temporary sense of control. They can make you feel as if you are doing something, fixing something, improving something. Sometimes they even create a visible change for a while. But then you wake up the next morning and you see the same thing again. And that is where frustration begins.

In my mind it is a little like trying to get from point A to point B. It is not enough to move fast. You also have to be moving in the right direction. Because if you are running at full speed, but in the wrong direction, then after an hour, after a day, after weeks of effort, you suddenly realize: *I've been trying so hard, but I'm no closer to where I wanted to go.*

That is exactly what happens to many people.

And I see it very often during conversations in my studio. Once we start talking - if the client is interested, because not everyone is, and that is also fine - and I begin explaining what influences what, what is connected, what may actually be driving the visible issue, I can often literally see something opening in their face. Their eyes widen. A little door opens in the mind. It is that moment of, *I never even thought that this could matter.*

And that moment matters, because it changes the whole direction.

A person who came in focused on one visible problem starts looking more broadly. Different routines. Different habits. Sometimes just very small ones. And that is often where the first real shift happens - not when someone tries harder, but when they finally start in the right place.

Because defining the problem correctly matters, but defining the direction matters just as much. In fact, it is critical. Without that, disappointment is almost inevitable.

How many times have you heard someone say, I've tried everything. *Nothing works.*

But have they really tried everything?

If the real reason a face looks worse is lack of sleep, but someone keeps changing diet plans while still sleeping badly, then no - they have not tried everything. They have tried many things, just not the thing that actually matters most in their case.

And that is exactly why understanding the mechanism is so important. Not so you can become obsessive, not so you can analyze every detail of yourself, but so that you can stop wasting effort in the wrong place.

Because every person is different. There is no single universal formula that works in exactly the same way for everyone. But if you understand

the relationships inside your own body - what affects what, what drains you, what restores you, what changes your face - then it becomes much easier to recognize where your real starting point is.

And that is the real shift.

Most people are not failing because they are not trying.

They are failing because they are trying in the wrong place.

Chapter 8: What Actually Helps - and Where to Start

So now that we have gone through the system step by step, now that we have talked about what is actually happening, what factors are involved, and what is worth paying attention to, we already know a few very important things.

We know that the face is not just skin.

We know that stress becomes visible.

We know that lifestyle affects how we look.

And we know that regeneration is a key part of all of this.

So taking care of the way we look and the way we feel is not just a matter of putting cream on the face. It is systemic work.

And I want this to be very clear, because it really matters: none of this means that you now need to turn your whole life upside down, launch some massive revolution, and wake up tomorrow as a completely different person.

No.

I am a big believer in small steps.

Do one thing first. Let it work. Then, if you feel ready and want to go further, do the next thing. Start by asking yourself what you actually need most right now.

Do a kind of self-check. A scan.

Because if you can see that something is changing in your face, and it is not changing in a way you like, then there are a few things worth

checking.

Are you sleeping enough, and are you sleeping well?

Are you carrying tension that needs releasing? Do you need more rest, more space in your day, more room for your body to come down a little?

Pay attention to the jaw, the shoulders, the neck, the upper body. Are you holding tension there without even noticing?

Maybe what you need most right now is more movement. More circulation. More oxygen. A bit more life in the body.

Or maybe the issue is simpler than people think. Water.

Are you actually drinking enough water?

From experience, I can tell you that most people are not. I solved this for myself in a very simple way. I take three pint glasses, fill them with water, and leave them where I can see them during the day, especially between clients. And because those glasses are there in front of me, I keep remembering to drink. It stops the whole “I forgot” problem before it starts. So even if the day is busy and I have other drinks along the way, I know that at the very least those three glasses are going in.

Maybe what you need right now is to improve how you eat.

Not in some dramatic, punishing way. I do not mean a complete diet overhaul overnight. Maybe it is just eating better food more consistently. Maybe it is more vegetables. Maybe it is not eating heavily right before bed. Maybe it is managing alcohol a bit better if that is something that affects you.

More than anything, what matters is awareness. You need to know what is actually happening in you.

If you put too much on yourself too quickly, that can become another source of stress. And then instead of solving the problem, you just add another layer to it. That is not the goal.

So if sleep is your weak point, start there.

If you sit in front of the television until midnight every night, ask yourself honestly whether that is really giving you anything, or whether those extra hours would serve you better in bed. Better sleep often means a better next day, more energy, better recovery, and eventually a different face looking back at you in the mirror.

If jaw tension is one of your biggest issues, start there.

A very simple thing you can do is slightly part the lips and gently place the tongue on the roof of the mouth. That alone can create an immediate release in the masseter muscles. And the more aware you become of when you are clenching, the easier it becomes to work with it.

So check the basics.

Sleep.

Hydration.

Food.

Movement.

Tension.

Pace of life.

But again, I want to insist on this because it really matters, start with small steps.

Then choose one thing.

If you are not sleeping, begin with sleep.

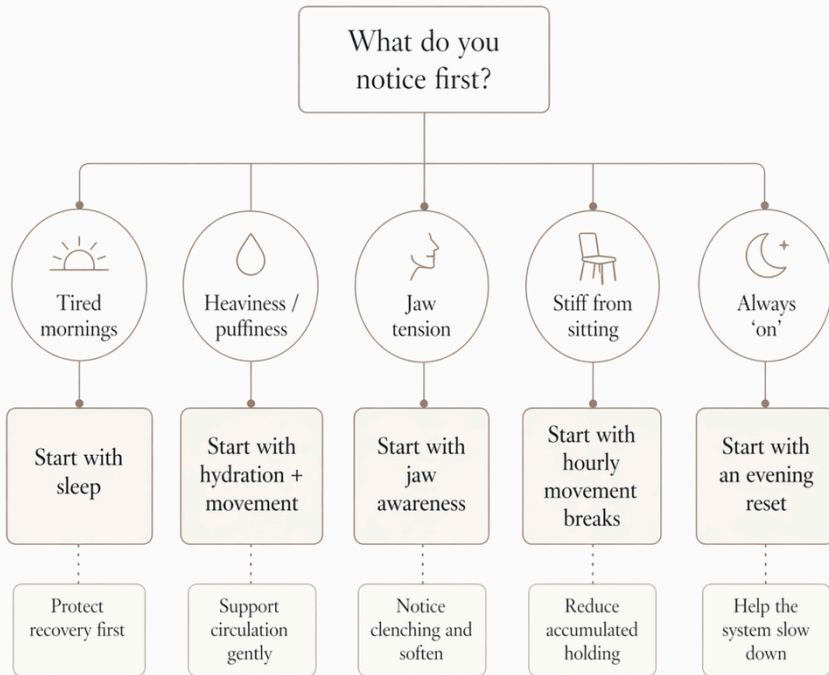
If you are dehydrated, begin with water.

If you clench your jaw every time you concentrate, begin by noticing it.

If you sit at a desk all day, stand up every forty-five minutes or every hour and take a few steps. Do not let your body freeze into one shape.

Where to Start

Do not try to change everything at once.
Start where the signal is strongest.



KEY IDEA

Choose one thing. Stay with it. Notice what changes.

The goal is not perfection.
The goal is choosing the right starting point.

And I would really encourage you to stop looking at the face as the goal in itself. Start seeing the face more as a monitor. A signal. A guide.

What is your face showing you about how you live?

What might need support?

What could help you feel lighter, calmer, stronger, more alive?

Because once you begin taking better care of yourself, the better appearance often comes as a natural result.

I have seen that in myself too. Once I started drinking more water and taking sleep more seriously, those were probably the two biggest changes for me. Food was never really my weak point, because eating well has always been one of my interests. But even then, I started adjusting things like meal timing more consciously. Not all at once. One thing at a time. One real issue, one real solution. Then when that settled, the next thing.

That is the pace that works.

One problem. One solution. One step at a time.

And you also need to remember that there is no universal magical formula that works the same way for everyone. People are different. They live different lives, in different places, with different habits, different preferences, different rhythms. It makes no sense to force yourself to eat broccoli because someone says it is good for you if you hate broccoli. That only turns self-care into another burden. It makes no sense to force yourself into a gym if you hate gyms but love dancing. Then go dancing. If you want movement, find movement that feels natural enough that you will actually keep doing it.

That is the whole point.

Once you understand the system, the rest can be adapted to you.

So take time from time to time to stop and check in.

How is my jaw?
How am I breathing?
Am I tired or truly depleted?
Do I need to keep pushing, or do I need to pause?
What helps me?
What only masks the effect for a while?

Observe yourself softly. Without pressure. Without trying to become perfect. Pay attention to the small things. After a while you will begin to see what brings real relief, what supports you, and what only covers the surface.

Because if the real problem is that you are exhausted, then the answer is not another coffee. The answer is sleep.

And I want to leave you with one more thing.

There is nothing “wrong” with your face in the sense that you are broken. You are not broken. Your face is not broken. What you are seeing is information. It is communication. It is the visible result of many things interacting at once.

So instead of fighting your face, try understanding it.

The goal is not to become perfect. The goal is to become more aware and more supported.

If you want to go deeper into working with the face, there is a lot more to explore. There are books, methods, techniques, and of course you are always welcome to reach out to me as well.

So treat this book as a first step. Test it on yourself.

See what changes.

And if at some point you feel ready to go further, I will be very happy to walk that road with you.

Outro

If you have reached this point, then I am very glad, because from this moment on you will understand much more.

You will understand that the face is not just a face. It is not only about age. It is not only about skin. It is a whole spectrum of information, a reflection of what you do, how you live, and in many ways, who you are.

And I hope that everything I have shared with you in this book gives you a certain sense of relief. I hope it helps you feel that nothing is “wrong” with you, that you do not need some dramatic revolution, and that you do not have to turn your whole life upside down overnight.

Very often, what matters most is something much simpler.

Awareness.

Stopping from time to time. Looking at yourself a little more honestly. Asking what you really need in this moment. Not what sounds impressive. Not what promises the fastest result. But what is actually right for you now.

And once again, I want to repeat something that matters a lot: there is no single universal formula, no one perfect method that works in exactly the same way for everyone.

I hope this book has made that clear.

Because you are unique, and that uniqueness gives you much more room than you might think. It means you do not have to copy someone else’s exact path. You can understand the system, observe yourself, and then

choose the things that truly support you.

So take it slowly - one thing at a time, consistently, gently, without panic.

That is enough.

And if this book helps you look at yourself differently, understand your face better, or notice even one thing that starts changing the way you feel, then it has done its job.

If you want, let me know what you think. Let me know what changes for you. At the end you will find links to my social media, and you are always welcome to send me a message. I do my best to reply whenever I can.

And remember this above all:

Your face is not your enemy. - It is a window into the whole of you.

Good luck.

Bonus Chapter: Toolbox.

Now that we have gone through the foundations and built the framework for how to understand the face, the body, and the factors that influence them, I wanted to end this book with something practical.

For the reader's convenience, and so that you do not have to go back through the whole book page by page trying to remember where a certain idea or suggestion was mentioned, I have prepared this set of tools.

The purpose of this section is simple: to help you start putting some of these ideas into practice, in a way that fits your own life, your own needs, and your own priorities.

I would strongly recommend starting with one thing.

Let that one thing settle. Let it work. See what it changes. And if it feels right, then you can think about adding the next one.

Each tool is described separately, and I hope this section will be genuinely useful to you.

What Might Need the Most Support Right Now?

Use this page to notice which area may need the most support right now. Not eventually. Not in theory. Right now.

Sleep

- I wake up tired
- I stay up later than I mean to
- I sleep, but do not feel restored

Hydration

- I often forget to drink water
- I drink coffee or tea more easily than water
- I often feel puffy or heavy
- I know I do not drink enough during the day

Tension

- I clench my jaw
- I lift my shoulders without noticing
- My face often feels guarded or hard

Movement

- I sit too long
- I feel stiff when I get up
- I do not move enough during the day

Overload

- I rush all day
- I rarely switch off properly
- I feel “on” even when I stop working
- I often feel like I am running on reserve

Recovery

- I do not really know how to recover well
- I rest, but I do not feel replenished
- My body feels like it is always trying to catch up

Circle one area to begin with this week. - One is enough.

My Starting Point

After reading this book, you do not need a perfect plan.

You only need a clear place to begin.

The one thing I want to work on first is:

Why this matters to me:

The smallest step I can take this week is:

What I want to notice over the next 7 days:

I: Start with a 30-Second Morning Scan

The first tool I would like to offer you is probably the easiest one to implement.

You can do it at any point in the day, and it takes about thirty seconds. Literally thirty seconds. But I would especially recommend doing it in the morning, because that is often the best time to notice certain patterns or trends that may be showing up in your body and face.

This tool is simply a short morning scan of yourself.

Look at your face in the mirror.

Do your eyes look heavy or slightly dropped?

Does your jaw already feel tight?

Do your shoulders lift automatically as soon as you get up?

And most importantly - do you actually feel rested, or do you feel like you have only switched yourself on by force?

If you want, you can even make a quick note somewhere on paper or in your phone.

For example:

Monday - eyes okay, energy okay, jaw tight.

The reason this matters is very simple. Once you start noticing a pattern in yourself, it becomes much easier to choose another tool that can help you work with it.

Because the better you can see what is really happening, the easier it becomes to respond to it in the right way.

2. Make Water Hard to Forget

The next tool I want to suggest is a very simple way to make sure you actually drink enough water.

It is also a method I use myself, because I have a problem with this too. I get busy with clients, treatments, work, home responsibilities, and everything else that fills the day. And when that happens, drinking water easily drops to the bottom of the list, not because it does not matter, but because you simply stop thinking about it.

So I solved it in a very practical way.

I put three large glasses of water - about half a litre each - in a place where I can see them all the time.

Not a bottle. A bottle can stay closed, get pushed aside, or disappear into the background. Glasses are different. They are open, visible, and much harder to ignore.

If you work at a desk, place them somewhere near your desk, somewhere safe, somewhere you will keep seeing them throughout the day. If you move around more, put them in a place you pass often and naturally notice.

And then just keep one simple thing in mind: **those glasses need to be empty by the end of the day.**

That can make a huge difference for the body and for the face, and often you can notice that difference within a few days.

Do not count on memory. Do not count on motivation. Build a system.

That is what works best.

3. Catch the Jaw Before It Takes Over

This next tool is probably one of my favorites, because I use it very often myself - especially if, during the morning scan, you notice that your jaw already feels tight.

There are a few situations in which people most often clench their jaw without even realizing it:

when they are concentrating,
when they are stressed or irritated,
when they are driving and mentally “on alert,”

That is when the jaw often starts locking down.

If you notice that this is something you do, try a very simple reset. It is one that works for me every time.

Slightly part the lips, or simply separate the teeth. Let gravity do its work a little. Then gently place the tip of the tongue on the roof of the mouth. Just pay attention to one thing: do not press the tongue. Do not force it. The movement should feel light, soft, and easy.

When you do that, the masseter muscles naturally begin to let go, and very often you feel relief almost immediately.

The key is turning it into a habit.

Because the more often you catch the jaw in the moment it starts tightening, the less power that pattern has over the rest of the day.

And that can make a surprisingly big difference, both in how you feel and in how your face carries itself.

JAW RESET – REST POSITION

1.

Lips closed



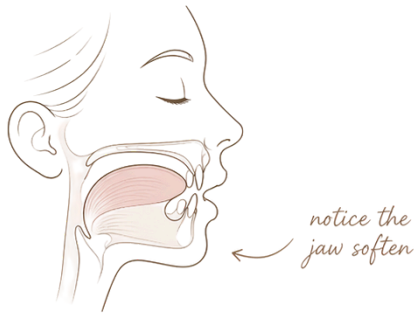
2.

Lips slightly parted



3.

Tongue lightly on roof of mouth



A small change in resting position
can reduce unnecessary jaw holding.

4. Do Not Let Your Body Freeze in One Position

This next tool will be especially useful if you work at a desk or spend a lot of time in one position.

That kind of stillness puts a huge load on the body. Muscles begin to stiffen. The whole system starts to feel heavy, stale, and switched off. And the longer you stay like that, the harder it becomes to feel light and free again.

The solution is very simple: **Set yourself a reminder.**

It can be on your phone, on your watch, on your computer - anywhere you will actually notice it. Because if you rely on memory, you will usually forget, especially once you get pulled into work.

At least once an hour, get up.

Take a few steps, even if it is just around the chair. Move your shoulders. Roll them a few times. Gently move your head and neck. Wake the body back up.

Do not let the muscles cool down so much that you end up in that familiar situation where you stand up and everything feels stiff, frozen, or reluctant to move, as if the body needs a moment just to switch itself back on.

It does not need to be a full workout - You just need to interrupt the freeze.

And if you do that consistently throughout the day, your body will carry much less of that heavy, stagnant tension by the evening - and your face will often reflect that too.

5. Find the Time You Are Stealing from Sleep

This next tool is also something I tested on myself, and it works very well for me.

It is about sleep.

I am not naturally the kind of person who loves sleep. For a long time, I used to think of sleep as wasted time. Now I know that the opposite is true.

So if sleep is one of your weak points - not only sleep itself, but the way you manage your evenings and your time - then I would suggest something very simple.

For one or two weeks, start observing your habits in the evening and again in the morning.

Look for the places where your sleep is quietly being stolen.

For example, I noticed in myself that I had a habit of sitting at the computer late at night, scrolling, clicking around, switching from one thing to another, or just drifting through nonsense before bed. And at some point I realized that I was not doing anything useful. I was not properly relaxing. I was not enjoying that time in any real way. I was just wasting it.

And when I gave some of that time back to sleep, something interesting happened.

I started waking up earlier, with more energy. And suddenly I had that time again - but this time in a much better state. I could use it for

reading, watching something, thinking, or doing whatever I wanted, but now I was doing it with energy and enjoyment, not half-dead and out of habit.

So try this for a week or two:

Pay attention to what happens before sleep, and pay attention to how you feel when you wake up.

You may discover that there is a time-waster hiding there - something that looks harmless, but is quietly taking away recovery that your body desperately needs.

And if that is the case, then maybe the solution is not more discipline in the morning.

Maybe the solution is simply giving the night back to sleep.

6. Choose Movement You Will Actually Do

This tool matters because a lot of people hear the word movement and immediately think of effort, discipline, and another obligation they will probably fail to keep.

That is not what I mean here.

I do not mean that you need to become a gym person. I do not mean you need a complicated workout plan, special clothes, or a sudden new identity. What I mean is something much simpler: your body needs regular movement if it is going to stay alive, responsive, and free.

When the body moves, circulation improves. Breathing improves. Muscles stay more awake. Tension does not settle so deeply. The whole system functions differently. And the face feels that too, because the face is part of that same body.

The mistake many people make is choosing a form of movement they hate, and then feeling bad when they cannot stay consistent.

If you hate the gym, do not force yourself to love the gym. If you hate running, do not build your whole plan around running. If dancing makes you feel good, dance. If walking clears your head, walk. If swimming relaxes you, swim. If yoga helps you breathe and loosen your body, do yoga.

The best movement is not the one that looks the most impressive on paper. It is the one you will actually keep doing.

That is what makes the difference.

So ask yourself a very simple question:

What kind of movement feels realistic for me, not ideal, not perfect, but realistic?

Then start there.

It does not have to be drastic. It can be a walk three times a week. Ten minutes of stretching. A short dance session in the kitchen. A swim once in a while. What matters is that the body stops living in only one mode: sitting, holding, and freezing.

Make this simple experiment: try to repeat it for 3 weeks and then do a revision of the results.

If you give the body movement regularly, it will usually thank you very quickly.

And the face often shows that too.

7. Make a Simple Priority List and Track What Changes

This tool is very simple, but it can be surprisingly useful.

Take a piece of paper, a notebook, or the notes app on your phone and make a short list of what, in your case, feels most important right now.

Not everything - Just the things that seem most relevant.

For example:

sleep
water
jaw tension
movement
evening habits
screen time
stress
lack of rest

Then choose the one that feels like the biggest priority and put it at the top. Once you do that, spend a week or two paying attention to what happens when you work on that one area.

You do not need a complicated journal. A few words are enough.

For example:

Monday - drank more water, felt less heavy in the afternoon
Tuesday - jaw still tight while working
Wednesday - slept better, face looked fresher in the morning
Thursday - shoulders tense all day at desk

That is enough.

The point is not to create perfect notes. The point is to start seeing connections more clearly.

Because once you begin tracking small changes, you often notice something important: what helps, what makes no real difference, and what keeps coming back.

And that makes your next step much easier.

Instead of guessing, you start learning from your own body.

8. Create a Short Evening Reset

This last tool is very simple, but it can make a real difference.

A lot of people go to bed with the whole day still sitting in the body. The jaw is tight. The shoulders are raised. The breathing is shallow. The mind is still running, even if the body is already tired.

So before sleep, give yourself two or three minutes of deliberate release.

Slightly part the lips.

Let the jaw soften.

Drop the shoulders.

Take a few slower breaths.

Notice whether your body still feels like it is holding the day.

That is enough.

You do not need to turn this into some complicated ritual. You do not need candles, music, or a perfect evening routine. The point is much simpler than that.

Do not go straight from tension into sleep without any transition at all.

Sometimes the body needs a small signal that the day is over.

And this can be that signal.

If you do this regularly, even in a very simple way, you may notice that it becomes easier to fall asleep, easier to let go, and easier to wake up feeling a little lighter.

It only takes a moment, but moments like this can change more than people think.

YOUR DAILY TOOLBOX

8 Simple Habits

FOR A BETTER FACE & LESS STRESS

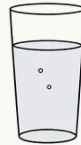
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MORNING SCAN

Check. Feel. Notice.

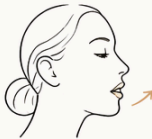
2



WATER

Hydrate. Always.

3



JAW RESET

Relax. Tongue up.

4



MOVE EVERY HOUR

Stand. Stretch. Reset.

5



PROTECT SLEEP

7–8 hours. Consistency.

6



REALISTIC MOVEMENT

Daily. Simple. Enjoyable.

7



PRIORITY LIST

Focus. Finish. Let go.

8



EVENING RESET

Release. Calm. Prepare.

— Start with *one*. Let it work. Then add the next. —

A Simple Weekly Check-In - Page 1

This is not about being perfect.

It is simply a way to notice what changes when you start supporting yourself differently.

Use as much or as little of this page as you want. A few words are enough.

Monday

Sleep:

Water:

Jaw / shoulders / tension:

Movement:

How I looked / how I felt:

Tuesday

Sleep:

Water:

Jaw / shoulders / tension:

Movement:

How I looked / how I felt:

Wednesday

Sleep:

Water:

Jaw / shoulders / tension:

Movement:

How I looked / how I felt:

Thursday

Sleep:

Water:

Jaw / shoulders / tension:

Movement:

How I looked / how I felt:

A Simple Weekly Check-In - Page 2

Friday

Sleep:

Water:

Jaw / shoulders / tension:

Movement:

How I looked / how I felt:

Saturday

Sleep:

Water:

Jaw / shoulders / tension:

Movement:

How I looked / how I felt:

Sunday

Sleep:

Water:

Jaw / shoulders / tension:

Movement:

How I looked / how I felt:

At the end of the week, ask yourself:

- What helped most?
- What kept coming back?
- What felt lighter?
- What still feels heavy?

You are not trying to write a report.

You are trying to notice a pattern.

What Changed This Week?

Even small changes matter.

In fact, very often the first signs of change are subtle. A lighter face in the morning. Less tension in the jaw. Less heaviness around the eyes. A little more energy. A slightly softer expression.

Use this page to notice what shifted.

Ask yourself:

- Did my face feel lighter or heavier this week?
- Did I wake up looking more rested?
- Was my jaw less tight?
- Did I notice any change in puffiness, expression, or energy?
- Did my shoulders or neck feel any different?
- What helped most?
- What made no real difference?
- What still feels like a problem?

A few lines for your own notes:

Last few words from me

You do not need to use all of these tools at once.

In fact, I would strongly recommend that you do not.

Choose one. Try it. Stay with it long enough to notice what changes. Then, if it helps and feels right, you can add another.

The point of this section was never to give you more pressure or more things to perform perfectly. It was simply to give you a few practical ways to start supporting yourself in everyday life.

Some of these tools will suit you more than others. That is normal. We are different. We live differently. We carry different tensions, different habits, and different demands.

So use what helps. Leave what does not. Come back to these tools when you need them.

And most of all, remember this:

Real change does not usually begin with something drastic.

It begins with noticing.
With one first small step.
And with repeating what works.

Let's Stay in Touch

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Continue Further

If you would like to go deeper, you can explore
my Kobido Touch™ Essential Course

My Kobido Touch™ Essential Course



A Note to the Reader

This book is intended for educational and informational purposes only. It is based on professional experience, observation, and general knowledge about the body, tension, stress, and recovery.

It is not medical advice and is not a substitute for diagnosis, treatment, or care from a qualified healthcare professional.

If you have persistent pain, significant symptoms, a medical condition, or any concerns about your health, please seek appropriate professional support.

Use the ideas and tools in this book thoughtfully, gently, and in a way that respects your own body and situation.

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