

REDUCE PUFFINESS & *Reveal a Clearer Jawline*

A 7-Day Gentle Facial Reset for
a Fresher, More Defined Look

Includes:

- 7-day guided facial mini-course
- Step-by-step video demonstrations
- Daily habit tracker



By Wonderfacefit

ABOUT MYSELF

Hi, I'm Danefa

I created this 7-day gentle facial reset based on my personal experience and passion for soft, natural skincare.

I noticed how small daily rituals, combined with mindful movement and gentle stimulation, transformed my face — reducing puffiness, softening tension, and revealing clearer contours. I've shared this guide with care, so you can enjoy the same refreshing results at home.



I learned how to soften the signs of time — gently, naturally, consistently.

Now I want to guide you through the same journey.

READ THIS FIRST

If you notice:

- morning puffiness
- a softer jawline
- tired facial expression
- the feeling that your face is aging faster than you'd like

...THIS GUIDE IS FOR YOU

The truth is:

Most facial changes are not about age. They are about lymph flow, muscle tension, posture, and daily habits.

When you gently support these systems, the face begins to look fresher, lighter, and more defined — naturally.

And this can start in just 7 days

THE 10-MINUTE RULE

*YOU DON'T NEED LONG WORKOUTS
OR COMPLICATED PROGRAMS*

What truly changes the face is:

consistency + correct technique
+ gentle lymphatic stimulation.

*That's why this method is
built on one simple rule:*

10 minutes a day for 7 days



*SMALL DAILY ACTIONS
CREATE VISIBLE CHANGE*

WHAT YOU MAY NOTICE IN 7 DAYS

Day 2–3

You may see less morning swelling
and a lighter feeling in the face.



Day 4–5

The jawline can appear a bit clearer,
and facial tension begins to soften.

Day 6–7

Skin looks fresher, the face feels more “awake,”
and you understand how to support it naturally.

This is not magic.

It's gentle, physiological support of your face.

DAY 1

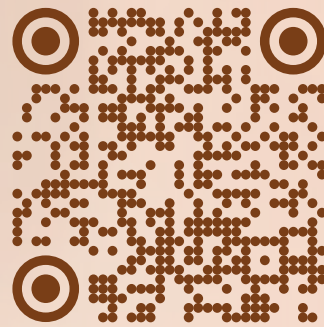
10 minutes of practice

Short explanation:

Begin gently to awaken your facial muscles

Focused exercise:

Soft jawline massage using fingertips.



download the telegram app for watching the videos

Scan the QR code here to watch the video demonstration

Move slowly, breathe calmly, avoid strong pressure

- ☐ Did the exercise
- ☐ Smiled at myself in the mirror, noticed small changes
- ☐ Drank 1.5L water
- ☐ Ate a balanced meal
- ☐ Applied SPF
- ☐ Did scalp massage
- ☐ Did a short breathing exercise (1–2 min)

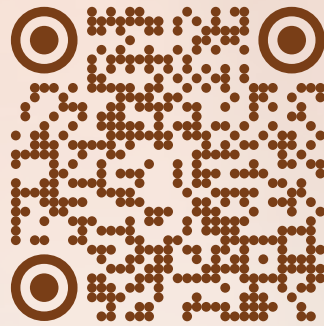


DAY 2

10 minutes of practice

Short explanation:

Focus on reducing morning puffiness



download the telegram app for watching the videos

Focused exercise:

Lymphatic cheek sweep using gentle upward strokes.

Scan the QR code here to watch the video demonstration

Scan your face in the mirror to notice small changes

- ☐ Did the exercise
- ☐ Smiled at myself in the mirror
- ☐ Drank 1.5L water
- ☐ Ate a balanced meal
- ☐ Applied SPF
- ☐ Did scalp massage
- ☐ Did a short breathing exercise



DAY 3

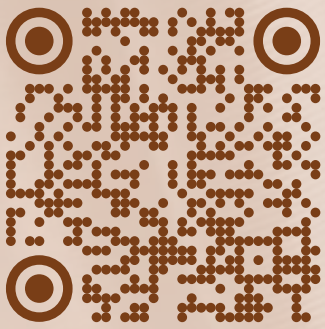
Short explanation:

Relieve tension along the jawline

Focused exercise:

Gentle jaw stretches and circular massage around ears

10 minutes of practice



download the telegram app for watching the videos

Scan the QR code here to watch the video demonstration

Breathe calmly and feel the muscles relax



- ☐ Did the exercise
- ☐ Smiled at myself in the mirror
- ☐ Drank 1.5L water
- ☐ Ate a balanced meal
- ☐ Applied SPF
- ☐ Did scalp massage
- ☐ Did a short breathing exercise

DAY 4

Short explanation:

Start shaping and supporting the jawline

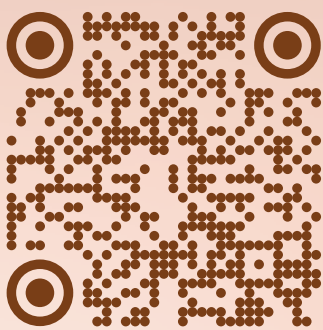
Focused exercise:

Light jawline sculpting massage using fingers

- ☐ Did the exercise
- ☐ Smiled at myself in the mirror
- ☐ Drank 1.5L water
- ☐ Ate a balanced meal
- ☐ Applied SPF
- ☐ Did scalp massage
- ☐ Did a short breathing exercise

*Move slowly,
focus on gentle
stimulation, not
pressure*

10 minutes of practice



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telegram app for
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video demonstration*



DAY 5

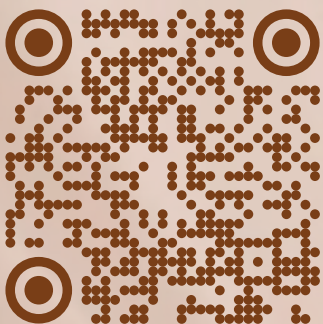
Short explanation:

Reduce swelling and
enhance facial definition

Focused exercise:

Soft lymphatic sweep
from chin to ears

- ☐ Did the exercise
- ☐ Smiled at myself in the mirror
- ☐ Drank 1.5L water
- ☐ Ate a balanced meal
- ☐ Applied SPF
- ☐ Did scalp massage
- ☐ Did a short breathing exercise



10 minutes of practice

*Scan the QR code
here to watch the
video demonstration*

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Notice subtle changes in the mirror

DAY 6

Short explanation:

Refresh the facial contours

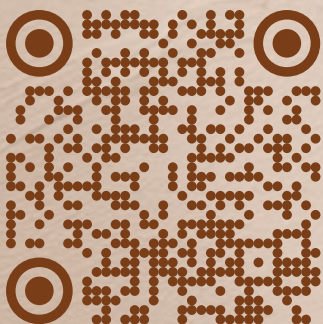
Focused exercise:

Gentle cheek lift with fingertips

- ☐ Did the exercise
- ☐ Smiled at myself in the mirror
- ☐ Drank 1.5L water
- ☐ Ate a balanced meal
- ☐ Applied SPF
- ☐ Did scalp massage
- ☐ Did a short breathing exercise



*Breathe deeply,
feel your face
awakening*



10 minutes of practice

*Scan the QR code
here to watch the
video demonstration*

download the telegram app for watching the videos

DAY 7

Short explanation:

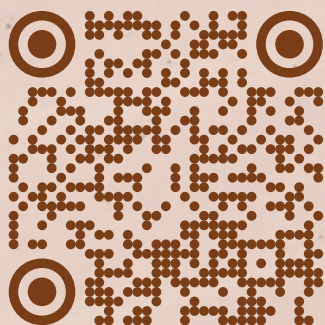
Support all changes and feel the new contours

Focused exercise:

Full-face gentle massage, ending at lymph nodes

Scan your face carefully, notice the softening, the clearer contours, and freshness

- ☐ Did the exercise
- ☐ Smiled at myself in the mirror
- ☐ Drank 1.5L water
- ☐ Ate a balanced meal
- ☐ Applied SPF
- ☐ Did scalp massage
- ☐ Did a short breathing exercise



10 minutes of practice

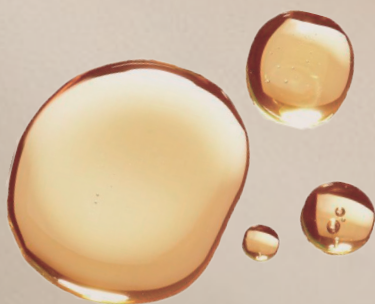
Scan the QR code here to watch the video demonstration

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WEEKLY GOLD TRACKER

Track your daily habits
across all 7 days:

Habits	day 1	day 2	day 3	day 4	day 5	day 6	day 7
Did the exercise	☐	☐	☐	☐	☐	☐	☐
Smiled at myself in the mirror	☐	☐	☐	☐	☐	☐	☐
Drank 1.5L water	☐	☐	☐	☐	☐	☐	☐
Ate a balanced meal	☐	☐	☐	☐	☐	☐	☐
Applied SPF	☐	☐	☐	☐	☐	☐	☐
Did scalp massage	☐	☐	☐	☐	☐	☐	☐
Did a short breathing exercise	☐	☐	☐	☐	☐	☐	☐



YOUR NEXT STEP

You finished your 7-Day Face Reset

Repeat this 7-day cycle anytime you need.

Small daily work creates visible change.

Consistency creates change.

*Your face does not lift
without fixing your
neck and posture.*

Neck tension, posture and upper-body tightness keep your face looking puffy, heavy and tired.

If you want a stronger face lift, more definition, a sharper jawline, fewer wrinkles and a more contoured face, your next step is the

**NECK & POSTURE
PROGRAM.**

CONTINUE WITH NECK & POSTURE >

Already purchased? Combine both.



PERSONAL FACE DIAGNOSTIC

A more personal step

What you get

- You send me your photos
- I assess the patterns I see
- I show what may be contributing to puffiness, heaviness, tension or asymmetry
- I show which areas need more attention

Why you need this

- So you *stop guessing*
- So your routine becomes *more targeted*
- So you can get *faster visible change*
- And work toward *a lighter face, sharper jawline and more definition*

40% OFF

Valid for the next 7 days

40% discount is activated after purchasing **Neck & Posture**.

UNLOCK YOUR 40% BONUS >