



FACE YOGA & JAWLINE ROUTINE

TONE. LIFT. RELEASE. GLOW.

Simple daily exercises to sculpt, tone, and release for a strong, defined face and jawline.

1 NECK LENGTHENER



Lift crown of head upward to elongate neck.
3 x 15 sec

2 LIP PUCKER



Pucker lips forward and relax slowly.
3 x 15

3 JAW RELEASE



Open mouth wide then relax jaw muscles.
3 x 15

4 NECK RESISTANCE HOLD



Press hands to neck while lifting head slightly.
3 x 15 sec

5 SMILE HOLD



Hold big smile engaging jaw and cheeks.
3 x 20 sec

6 JAW RESISTANCE PRESS



Press fist under chin while opening mouth.
3 x 15

7 NECK SIDE STRETCH



Tilt head to side stretching neck muscles.
3 x 20 sec each

8 CHEEK PUFF HOLD



Puff air into cheeks and hold.
3 x 20 sec

9 CHEEK SWITCH



Move air from one cheek to the other.
3 x 15

10 SIDE JAW SLIDE



Slide jaw slowly side-to-side with control.
3 x 15

11 CHIN LIFT HOLD



Tilt head back and hold stretch under chin.
3 x 20 sec

12 LIP PULL SMILE



Pull lips back into smile stretching cheeks.
3 x 15

13 NECK KISS LIFT



Tilt head back and pucker lips upward.
3 x 15

14 LION FACE



Open mouth wide, stick tongue out strongly.
3 x 10

15 CHEEK LIFTER



Smile while lifting cheeks upward.
3 x 15

16 FISH FACE



Suck cheeks inward and hold tight.
3 x 20 sec

ABOUT YOUR ROUTINE

Consistency is the key to visible, lasting results. These exercises help tone facial muscles, improve circulation, and support skin elasticity—especially after 30.



DAILY RITUAL TIP

Practice this routine 3–5 times per week. Always move intentionally and gently. Pair with deep breathing, hydration, and restorative habits for lasting results.