

6 Week Lift & Sculpt Course by FaceYogaMonna

WARM WELCOME TO WEEK 1: FOREHEAD AREA

DAY 1	Wauw!	Forehead & Scalp Massager	Relax & Glow - Upper Face	O style - With Hands	The Forehead Freeze
DAY 2	Detox - With Hands	Forehead Freeze	No More Tired Eyes - Hands Free	Stay Awake!	The Feel Good
DAY 3	Chest Opener	11 Lines Smoother	O Style - With Hands	11 Lines Relaxer	Forehead Acupressure Point Push
DAY 4	The Shoulder Rotation	Forehead Acupressure Point Push	The V Pose	Stay Awake!	Forehead Tapping
DAY 5	11 Lines Smoother	The Forehead Lift -With Hands	11 Lines Relaxer	Blink Blink!	Forehead & Scalp Massager
DAY 6	Forehead Freeze	The Feel Good	Stay Awake!	No More Tired Eyes - With Hands	Forehead Tapping
DAY 7	Wauw! Detox Combo	Relax & Glow - Upper Face	Forehead Freeze	The V Pose	The Forehead Lift - With Hands

Remember to perform your FOREHEAD BONUS MESSAGES

Congratulations! You did it! Ready for Week 2?

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WARM WELCOME TO WEEK 2: EYE AREA

DAY 1	The Feel Good	No More Tired Eyes - Hands Free	Eye Flex - With Hands	Forehead Freeze	Blink Blink!
DAY 2	Relax & Glow - Upper Face	The Squinter	Eye Bag Toner - Hands Free	Stay Awake!	No More Tired Eyes - With Hands
DAY 3	11 Lines Smoother	Stay Awake!	The Squinter	Blink Blink!	The Under Eye Smoother
DAY 4	Forehead & Scalp Massager	Stay Awake!	Forehead Freeze	The V Pose	Eye Bag Toner - Hands Free
DAY 5	Relax & Glow - Upper Face	The Eye Focus	Eye Bag Toner - With Hands	Eye Flex - With Hands	No More Tired Eyes - Hands Free
DAY 6	Forehead Freeze	Eye Bag Toner - With Hands	Stay Awake!	Creating Eye Symmetry - With Hands	Eye Flex - With Hands
DAY 7	Relax & Glow - Upper Face	The Squinter	Creating Eye Symmetry - With Hands	The Forehead Lift- With Hands	Blink Blink!

Remember to perform your EYE BONUS MASSAGES

Congratulations! You are doing such a good job!

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WARM WELCOME TO WEEK 3: CHEEK AREA

DAY 1	The Cheek Releaser	The Cheek & Face Line lifter	Nasolabial Lines Lifter - Adjust!	Swan Neck - With Hands	Super Cheek Pose
DAY 2	Acupressure Push - Cheek Area	Swan Neck - Hands Free	The Cheek Lifter	O Style - With Hands	Super Cheek Pose
DAY 3	The Tumbler - With Hands	Cheeky Face - Hands Free	Super Cheek Pose	Blow! - Cheek Slimmer	Relax & Glow - Lower Face
DAY 4	Relax & Glow - Full Face	The Fuller Cheek	Swan Neck - Hands Free	Cheeky Face - With Hands	O Style - Hands Free
DAY 5	Wauw! Detox Combo	The Smile Lifter - With Tool	Super Cheek Pose	The Tumbler - With Hands	The Fuller Cheek
DAY 6	The Cheek & Face Line lifter	Symmetrical Mouth	Cheeky Face - With Hands	Model Cheek - Cheek Slimmer	Swan Neck - Hands Free
DAY 7	Acupressure Push - Cheek Area	Swan Neck - With Hands	The Fuller Cheek	Blow! - Cheek Slimmer	Nasolabial Lines Lifter - With Hands

Remember to perform your CHEEK BONUS MASSAGES

Congratulations! You are half way now! Way to go - Keep up the motivation and spirit.

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WARMLY WELCOME TO WEEK 4: MOUTH & LIP AREA

DAY 1	The Buzz	The Smile Lifter - With Tool	O Style - With Hands	Plumpy	Super Cheek Pose
DAY 2	The Cheek Releaser	Cheeky Face - Hands Free	Symmetrical Mouth	The Hiss	The Tumbler - With Hands
DAY 3	Wauw! Detox Combo	The Buzz	The Kiss	Symmetrical Mouth	The Smile Lifter - Hands Free
DAY 4	Acupressure Push - Cheek Area	The Kiss	Plumpy	Nasolabial Lines Lifter - Adjust!	Mouth & Jawline Tapping
DAY 5	Wauw! Detox Combo	The Smile Lifter - With Tool	Cheeky Face - With Hands	The Hiss	Acupressure Push - Jawline Area
DAY 6	The Buzz	Cheeky Face - Hands Free	Swan Neck - With Hands	O Style - With Hands	Super Cheek Pose
DAY 7	Relax & Glow - Full Face	The Smile Lifter - Hands Free	The Cheek & Face Line lifter	Symmetrical Mouth	Cheeky Face - With Hands

Remember to perform your MOUTH & LIP BONUS MASSAGES

Congratulations! Are you starting to see a difference?

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WARM WELCOME TO WEEK 5: NASOLABIAL LINES AREA

DAY 1	Super O Style	The Cheek Releaser	The Tumbler - Hands Free	The Beautiful Profile	Nasolabial Lines Lifter - Adjust!
DAY 2	The Puffer Face	Nasolabial Lines Lifter - With Hands	O Style - With Hands	Plumpy	Relax & Glow - Lower Face
DAY 3	The Tumbler - With Hands	Plumpy	The Puffer Face	Super Cheek Pose	Relax & Glow - Lower Face
DAY 4	Relax & Glow - Full Face	The Neckline Toner - With Hands	O Style - With Hands	The Tumbler - With Hands	Swan Neck - Hands Free
DAY 5	Swan Neck - With Hands	Nasolabial Lines Lifter - With Hands	The Puffer Face	Super Cheek Pose	Relax & Glow - Full Face
DAY 6	Wauw! Detox Combo	Nasolabial Lines Lifter - Adjust!	Swan Neck - Hands Free	The Cheek & Face Line Lifter	O Style - With Hands
DAY 7	Super O Style	The Cheek Releaser	Blow! - Cheek Slimmer	Acupressure Push - Cheek Area	The Beautiful Profile

Remember to perform your NASOLABIAL BONUS MASSAGES

Congratulations! How do you feel?

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WARM WELCOME TO WEEK 6: NECK & JAWLINE AREA

DAY 1	The Neck Smoother	Swan Neck - With Hands	The Beautiful Profile	Acupressure Push - Jawline Area	The Neckline Toner - Hands Free
DAY 2	Chest Opener	The Fun One - Hands Free	Acupressure Push - Jawline Area	Swan Neck - Hands Free	Relax & Glow - Full Face
DAY 3	Super O Style	The Relaxed Jaw	The Neckline Toner - With Hands	Swan Neck - Hands Free	Mouth & Jawline Tapping
DAY 4	The Shoulder Rotation	Catching Snowflakes - With Hands	Mouth & Jawline Tapping	Relax & Glow - Lower Face	The Fun One - With Hands
DAY 5	Wauw! Detox Combo	The Neck Stretch	The Neckline Toner - With Hands	The Fun One - Hands Free	Catching Snowflakes - With Hands
DAY 6	The Shoulder Rotation	The Relaxed Jaw	Catching Snowflakes - Hands Free	The Beautiful Profile	The Neckline Toner - Hands Free
DAY 7	Chest Opener	Catching Snowflakes - Hands Free	Swan Neck - With Hands	The Neck Smoother	Tapping - Head to Hips

Remember to perform your **NECK & JAWLINE BONUS MASSAGES**

Congratulations! You have just lifted and sculpted yourself toward a better you!