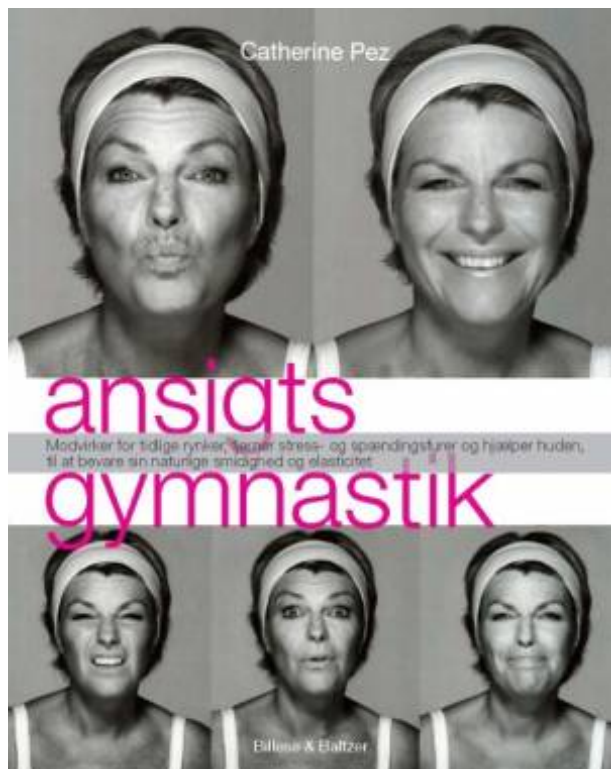


Ansigtsgymnastik



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Catherine Pez begyndte at interessere sig for ansigtsgymnastik, fordi hun ønskede at finde et middel, der var mindre drastisk end plastikkirurgiske indgreb.

Hun opdagede, at ansigtet og de enkelte ansigtstræk bliver holdt oppe og støttet af ca. 50 muskler, og at man ved at foretage nogle simple øvelser kan styrke disse muskler, gøre huden mere glat og sund og modvirke rynker på de steder, hvor de ofte viser sig først: rundt om øjnene og munden, på halsen, i panden etc. Forfatteren beskriver, hvordan øvelserne skal udføres og illustrerer dem med fotografier og tegninger.

Nogle få minutters øvelser om dagen er nok til at holde plastikkirurgen væk.

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