


Slide 1



# Younger By Tonight Better than Botox Level 1

**Module 1 Part 2  
Self Care Program**

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## Set up

- Wash your hands
- Your face should be clean with minimal moisturizer
- To work directly with the fascia its best no oils or lotions
- If you start to slide you have too much lotion on



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## Hand positions

- These protocols can be done standing, sitting or laying down
- While laying down – you can use gravity to support your arms
- While sitting down, you can place you elbows on a counter to support your arms
- While sitting down you can also develop your biceps if you do not rest on your elbows.



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## Finger Positions

- You will be using primarily your pointer finger, thumb, and middle finger
- Rolling – practice rolling on your arm – pick up the skin with your thumb and first 3 fingers and begin to roll
- Rolling is to be performed with less than 10 grams of pressure
- No bruising



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# Skin Grab

- Using the pads of your thumb and fingers you grab and pull the skin away from your face.
- Be gentle - you should not see your fingerprints in your skin.
- If you do an you are being gentle, it means your skin is congested.



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## Skin Traction

- Myofascial release – Use pointer finger of left hand and pointer finger of right hand. Gently traction away from each other



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## Lymphatic Pump

- Create a rhythm a dance, start the flow, with your fingers, with ease and less than 5 grams of pressure, press down lift up press down lift up



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