Slide 1

Younger By Tonight
BETTER THAN BOTOX
Younger By Tonight
Better than Botox Level 1
Module 1 Part 4
Self Care Program
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Slide 2

Review: First Steps to Younger Looking Skin or Simply Preventing Aging

- Hydration
- Nutrition
- Breathe
- Stress

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Slide 3

Posture Matters

- Forward head position and clenched jaw increases the speed at which your skin ages as well as your brain

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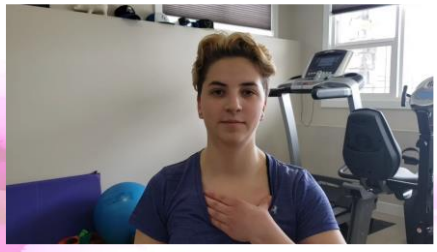
Slide 4

Everything you Do Influences your Skin

- Protocol 1
- Fascia Skin Pump – get the lymph moving
- This protocol can be done at any time. Especially if you have been sitting for long periods of time.
- The faster the lymphatics move the healthier you are



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Slide 5

Protocol 2- Tension Be Gone

- Open and close your jaw 5 times. At a pace of open 1, 2, 3, 4 and close 1, 2, 3, 4
- Increases oxygen to the brain
- Releases fascial lines of tension on the skin

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Protocol 3 – Saggy Skin Release

- Open up the fascia
- Tuck chin down places fingers under chin, engage and gently move look towards the ceiling.
- Flushes the skin

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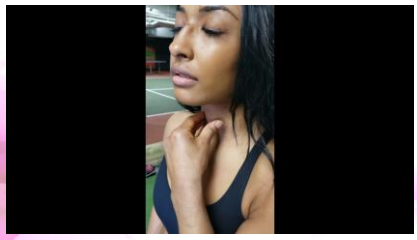
Slide 7

Protocol 4 - Double Chin Release

- This one is one of my favorites, I do all day long, helps to reduce the wrinkles in your neck.
- Using your right hand grab gently and roll towards the left once you have done the entire neck. Begin with your left hand and gently roll towards the right



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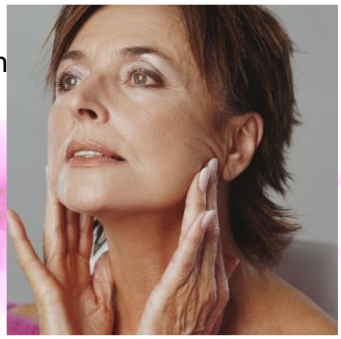
Protocol 5 – Jaw Definition

- Use your pointer finger and glide un
  your chin.



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Slide 9

Thank you
Any questions please post in Younger By Tonight Facebook Group
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Slide 10

Younger By Tonight
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Simone Fortier
www.simonefortier.com
www.fasciatraininginstitute.com
info@simonefortier.com
Instagram: fasciatraininginstitute
Facebook: Fascia Training Institute
Twitter: @simonefortier
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