Slide 1

Younger By Tonight
Better than Botox Level 1
Module 1 Self Care Program
Sub-Module 7
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Slide 2

Double chin Release

- Step 1. Start at midline under your jaw. With right hand, gently grab the skin on your neck and move towards the left side
- Make several passes until you go from under the jaw to the bottom on your neck.
- Step 2. Repeat using the left hand rolling towards the right.
- Full video is located in this module

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Slide 3

Slide 4

Follow your Jaw line

- With your pointer finger follow the jaw line
- Tightness here is from forward head position
- Restricts blood flow to the brain
- Creates tightness in the jaw
- Decreases the angle of your jaw – leading to jowls, releasing jowls is the focus of Module 2

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Slide 5

Thank you
Any questions please place in Younger By Tonight Facebook Page
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Slide 6

Younger By Tonight
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