

Younger By Tonight
BETTER THAN BOTOX

Younger By Tonight Better than Botox

**Module 2 Part 5
Self Care Program**

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Fascia Is Anchored at the Ear

- This protocols has a profound affect on the entire fascia over the cranium.
- 1. Lifts the Fascia
- 2. Calms the nervous system
- 3. Stimulates all the meridian points
- The ears are key to releasing tension in the facial fascia.



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Fascial Facial – Face Lift Your Skin Protocol 6

- Ear pull – Pull in all directions
- Pull back – Hold for 5 to 10 seconds
- Pull up – Hold for 5 to 10 seconds
- Pull down - Hold for 5 to 10 seconds
- Pull forward - Hold for 5 to 10 seconds



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Thank you

Please add your question to the
YBT Facebook group

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