Slide 1

Younger By Tonight
BETTER THAN BOTOX
Younger By Tonight
Better than Botox
Module 3 Part 4
Self Care Program
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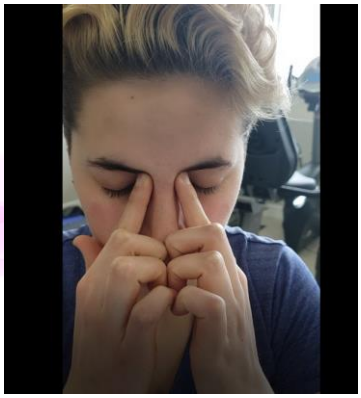
Slide 2

Bonus Protocol - Brain Release

- Pointer finger
- Pressure points hold with less than 5 grams of pressure
- Helps with headaches
- Helps with sinus pressure
- Helps to drain the lymphatics
- Less stress reduces wrinkles



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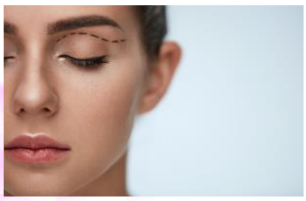
Slide 3

Bonus Protocol - Eye Lid Release

- Helps with vision and eyelid drooping
- Less than 5 grams of pressure fascial stretch for eyelid
- From midline of eye to nose, the direction goes towards the nose



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Slide 4

Bonus Protocol - Eye Lid Release

- From midline towards ear, the flow goes towards the ear
- Isometric stretch and hold
- Add a pump to lymphatic drainage

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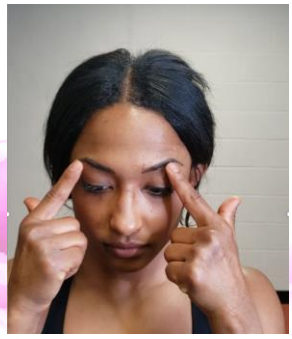
Slide 5

Bonus Protocol - EyeBrow Lift

- Less than 5 grams of pressure
- Fascia stretch over the eyebrow
- Isometric stretch and hold
- Work into hairline



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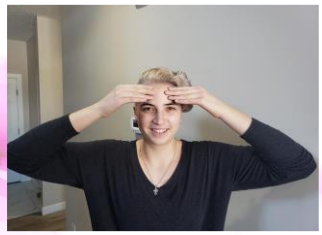
Slide 6

Bonus Protocol - Forehead Release

- Fascia stretch and lymphatic pump
- Fan out over forehead
- Start at the midline on the right side and fan out
- Meridians and positive points are located on forehead as well to
- Switch on your brain



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Slide 7

Bonus Protocol - Hair Growth

- Fascia hair stretches
- Thick aponeurosis over the cranium affects the pull and tension of the fascia of the face and neck

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Slide 8

Thank you
Please add your questions to the YBT Facebook group
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Slide 9

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