



# **Ultimate Facercise: The Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance**

*Carole Maggio*

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**he Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance**

Carole Maggio's Facercise program has helped many thousands of women and men look younger and more vibrant without surgery, chemical peels, or Botox.

Now, using the most advanced face technology, Carole has devised Ultimate Facercise, a program that is even faster and more efficient than the original. By working the muscles with more intensity, using body posturing and precision movements, the results are even more dramatic.

In just eight minutes, twice a day, you can open up your entire eye area, reduce puffiness and eliminate hollows, lift your eyebrows, define your cheeks, plump up your lips, turn up the corners of your mouth, smooth out lines, and firm your entire neck and jawline.

Carole also gives advice on the most advanced (nonsurgical) beauty treatments and even describes how to get rid of the hard lumps left under the skin by collagen or fillers and how the Ultimate Facercise program can help smooth out the effects of botched cosmetic surgery.

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