



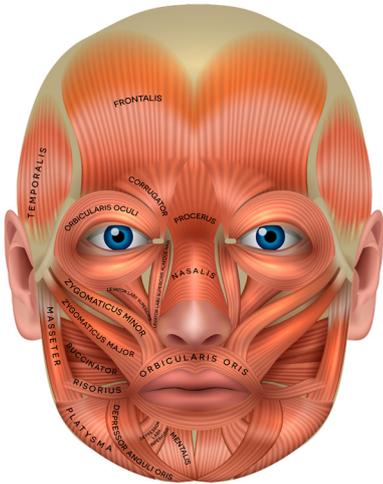
MODULE 02

Anatomy and Philosophy

- Understanding the Main Muscles in the Face and Neck
- Exploring Each Muscles in the Face
- Neck and Shoulder Muscles
- The Philosophy and Breathing in Face Lift Yoga



Understanding the Main Muscles in the Face and Neck



The face contains around 60 muscles, including those in the neck, head, tongue, and ears, all situated just beneath the skin.

These muscles play a crucial role in enabling a wide range of expressions, such as smiling and frowning. Starting from the bone and attaching to the skin, they are essential for our self-expression.

Unlike body muscles, which connect bone to bone, facial muscles attach from the bone to the skin, allowing for the creation of subtle expressions.

In everyday life, only about 30% of these facial muscles are used, leading to reduced usage during expressionless moments or as a result of aging.

Weakened facial muscles can disrupt the balance of facial tension, leading to wrinkles, sagging, and more pronounced droplet-shaped pores, all of which contribute to an aged appearance.

Face Lift Yoga focuses on these muscles to promote overall well-being. Among these facial muscles, some should be trained for lifting the face, while others, if overused, can lead to tightness or sagging. Areas with poor blood flow indicate muscles are not being used correctly, making them more prone to aging.

Parts that are painful when pressed often have poor circulation, leading to a buildup of fatigue toxins. When muscles are properly utilized, they become firmer and lifted. Additionally, improved lymphatic and blood circulation from these exercises aids in flushing out unnecessary waste, thereby promoting facial lifting and skin rejuvenation.

Grasping the Basics of Facial Anatomy for Face Lift Yoga

Face Lift Yoga is all about understanding the complex web of muscles beneath our skin. To effectively lift and tone the face, it's essential to have a good knowledge of facial anatomy.

Getting familiar with the chart of facial muscles is key to providing targeted and personalized help to your clients. Knowing the structure of the face helps you identify specific areas your clients might need to work on, allowing you to customize their Face Lift Yoga routines.

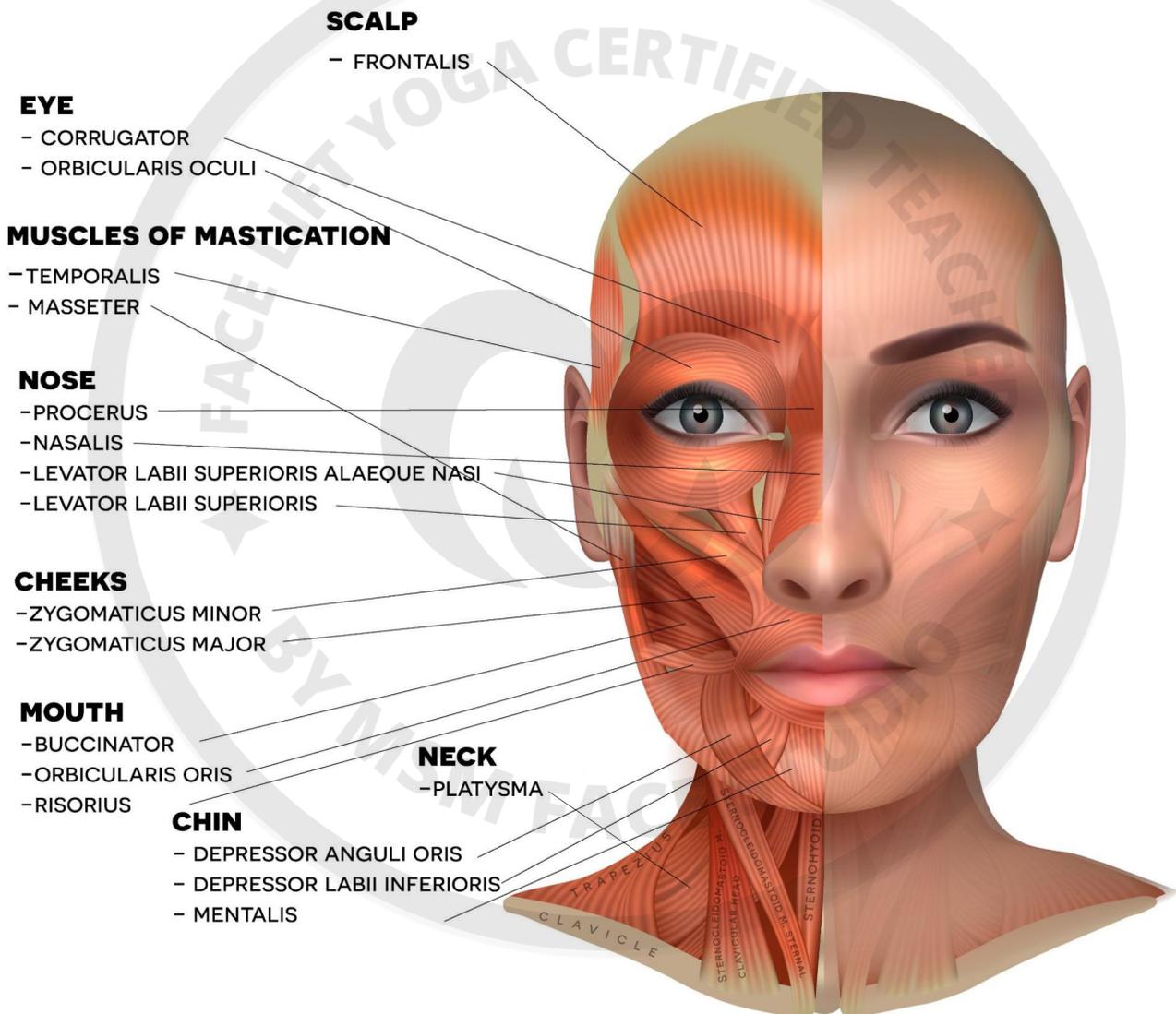


A Visual Introduction to Facial Muscles

You'll find diagrams below that show the important muscles in the face and neck used in Face Lift Yoga. These illustrations are a basic guide to help you in your practice.

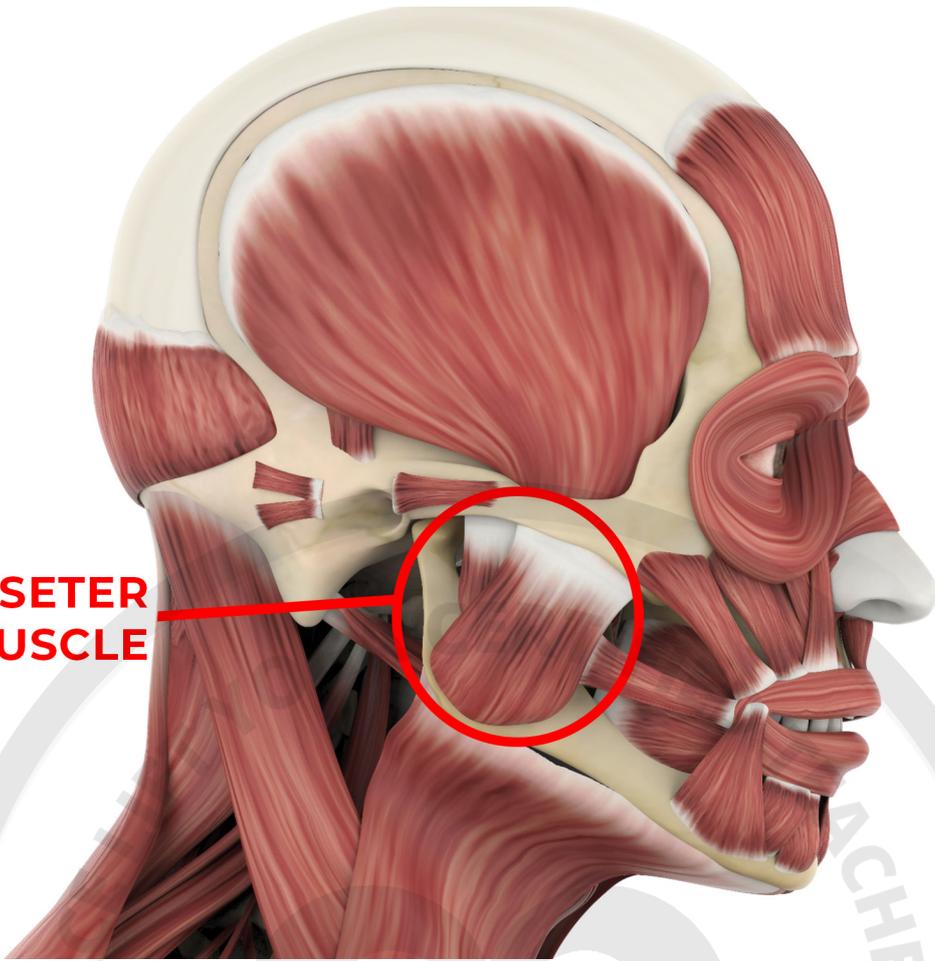
Each key muscle is described in detail, explaining what role it plays in facial expressions. This information is vital for creating Face Lift Yoga routines that precisely target different muscle groups for various expressions and movements.

MUSCLES OF THE FACE

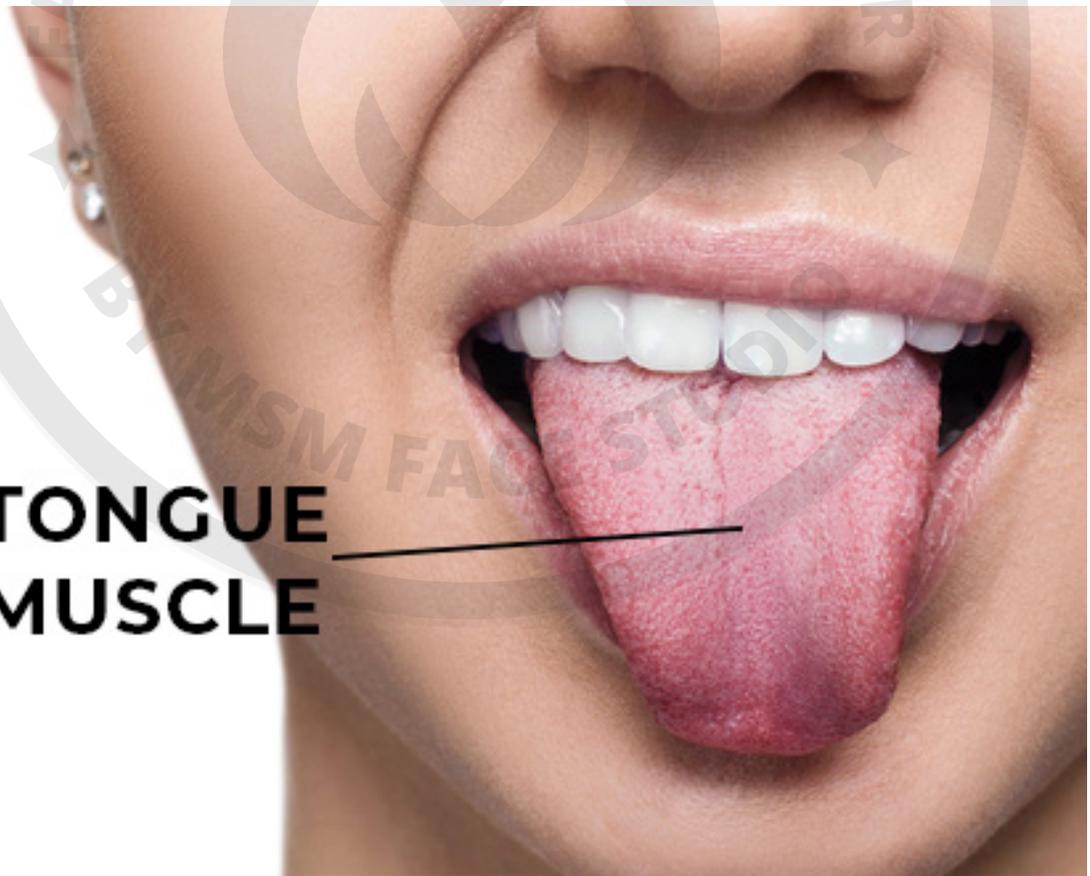




**MASSETER
MUSCLE**



**TONGUE
MUSCLE**





Exploring Each Muscles of the Face

Forehead

1. *Frontalis Muscle (Frontalis, 前頭筋)* :

- **Simple English Name:** Forehead Muscle
- **Features:** Located on the forehead, activates when raising eyebrows.
- **Function:** Creates horizontal forehead wrinkles during expressions of surprise or questioning.
- **Ageing Risk:** Potential for visible forehead wrinkles and sagging without exercise.

Temple

1. *Temporalis Muscle (Temporalis, 側頭筋)* :

- **Simple English Name:** Temporal Muscle
- **Features:** Situated on the sides of the head, involved in chewing.
- **Function:** Assists in moving the lower jaw up and down.
- **Ageing Risk:** Neglecting exercise may result in overall facial sagging, including the development of nasolabial folds, though its direct impact on the temples is minimal.

Between the Eyebrows

1. *Corrugator Supercilii (Frowning Muscle, 皺眉筋)* :

- **Simple English Name:** Brow Furrowing Muscle
- **Features:** Positioned between the eyebrows.
- **Function:** Draws the eyebrows inward, creating vertical wrinkles.
- **Ageing Risk:** You may feel tired around the eyes or that your eyelids feel heavy. It also creates wrinkles on the forehead

Eyes

1. *Orbicularis Oculi (Eye Surrounding Muscle, 眼輪筋)* :

- **Simple English Name:** Eye Ring Muscle
- **Features:** Encircles the eyes.
- **Function:** Closes the eyes, blinks, and creates wrinkles when smiling.
- **Ageing Risk:** Reduced ability to close eyes tightly and it will cause sagging and puffiness around the eyes, wrinkles, and forehead lines.



2. **Inferior Palpebral Muscle (Lower Eyelid Muscle, 下眼瞼筋)**:

- **Simple English Name:** Under Eye Muscle
- **Features:** Located under the eye, controls the lower eyelid.
- **Function:** Adds depth to eye expressions during closing or squinting.
- **Ageing Risk:** Less expressive eye movements and wrinkles under the eyes without exercise. Dark circles, eye bags under the eyes

Nose

1. **Levator Labii Superioris (Upper Lip Elevator Muscle, 上唇挙筋)**:

- **Simple English Name:** Upper Lip Muscle
- **Features:** Located above the upper lip.
- **Function:** It lifts the area between the upper lip and the sides of the nose.
- **Ageing Risk:** Smile wrinkles, Middle cheek lines.

2. **Procerus Muscle (Nose Muscle, 鼻根筋)**:

- **Simple English Name:** Nose Muscle
- **Features:** A small muscle located between the eyebrows, extending to the bridge of the nose.
- **Function:** furrowing horizontal lines between the eyebrows, and it moves when focusing the eyes, in bright light, or when feeling mental strain.
- **Ageing Risk:** Frequent use can result in deep wrinkles between the eyebrows and on the bridge of the nose, contributing to an aged or stern facial appearance. forehead wrinkles

Cheeks

1. **Zygomaticus Minor (Minor Cheek Muscle, 小頬骨筋)**:

- **Simple English Name:** Minor Cheek Muscle
- **Features:** Adjacent to the Zygomaticus Major.
- **Function:** Lifting the upper lip towards the temple direction.
- **Ageing Risk:** This can lead to sagging cheeks and drooping corners of the mouth.

2. **Zygomaticus Major (Major Cheek Muscle, 大頬骨筋)**:

- **Simple English Name:** Major Cheek Muscle
- **Features:** Extends from the cheeks to the mouth.
- **Function:** Muscles important for lifting the corners of the mouth to create a smile.
- **Ageing Risk:** Causes facial sagging and nasolabial folds.



Mouth

1. **Buccinator Muscle (Buccinator, 頬筋)**:

- **Simple English Name:** Cheek Muscle
- **Features:** Located inside the cheeks.
- **Function:** Used for chewing and puffing the cheeks.
- **Ageing Risk:** Their ability to lift the corners of the mouth diminishes, resulting in a drooping appearance around the mouth. The force to tighten the cheeks also weakens, leading to an overall saggy look on the face, which can affect the perceived age.

2. **Risorius Muscle (Laughing Muscle, 笑筋)**:

- **Simple English Name:** Smile Stretching Muscle
- **Features:** Located at the outer side of the mouth corners. which is from masseter muscle toward the mouth corner
- **Function:** The role of pulling the corners of the mouth sideways.
- **Ageing Risk:** The corners of the mouth may turn downward, forming a “frown,” and can also become a cause of sagging.

3. **Orbicularis Oris (Mouth Ring Muscle, 口輪筋)**:

- **Simple English Name:** Mouth Ring Muscle
- **Features:** A circular muscle around the mouth.
- **Function:** Controls mouth closing, whistling, and kissing actions. Stop snoring.
- **Ageing Risk:** It can lead to a downward shift of facial muscles in tandem, causing facial sagging. As the orbicularis oris muscle makes it harder to close the teeth and mouth, there is also a risk of health issues due to mouth breathing, such as cavities, periodontal disease, bad breath, and worsening dental alignment.

Mouth Corners

1. **Levator Anguli Oris (Mouth Corner Elevator Muscle, 口角挙筋)**:

- **Simple English Name:** Mouth Corner Muscle
- **Features:** Located at the mouth corners.
- **Function:** Raises the mouth corners during smiling or expressions of joy.
- **Ageing Risk:** It causes droopy mouth corners, laugh lines.



2. **Depressor Anguli Oris Muscle** (**Mouth Corner Lowering Muscle**, 口角下制筋):

- **Simple English Name:** Mouth Corner Lowering Muscle
- **Features:** A muscle located at the corners of the mouth.
- **Function:** Used primarily to pull down the corners of the mouth, often involved in expressions like frowning or showing sadness.
- **Aging Risk:** The corners of the mouth may turn downward. When this happens, the expression can appear stiff and unnatural, making one look older or displeased, and preventing the creation of a positive impression.

Tongue

1. **Tongue Muscles (Tongue Movement Muscles, 舌筋):**

- **Simple English Name:** Tongue Muscle
- **Features:** A group of muscles located inside the tongue.
- **Function:** Controls tongue movements, essential for speaking, eating, and tasting.
- **Aging Risk:** The imbalance of muscles beneath the skin of the face in all directions can lead to facial asymmetry, double chin, nasolabial folds, and other issues. Mouth breathing may result, leading to snoring. Additionally, there can be a decrease in taste sensation.

Chin

1. **Mentalis Muscle (Chin Muscle, オトガイ筋):**

- **Simple English Name:** Chin Muscle
- **Features:** Located at the center of the lower jaw, extending towards the chin.
- **Function:** Protrudes the lower lip and emphasizes expressions by projecting the chin forward.
- **Aging Risk:** The strength to lift the lower jaw weakens, leading to a saggy appearance around the chin area. Furthermore, when the flow of lymph in the face stagnates, the inability to properly eliminate waste and fluids can cause facial puffiness, making the face line appear bloated.



Facial Muscles and Their Consequences if Left Untrained





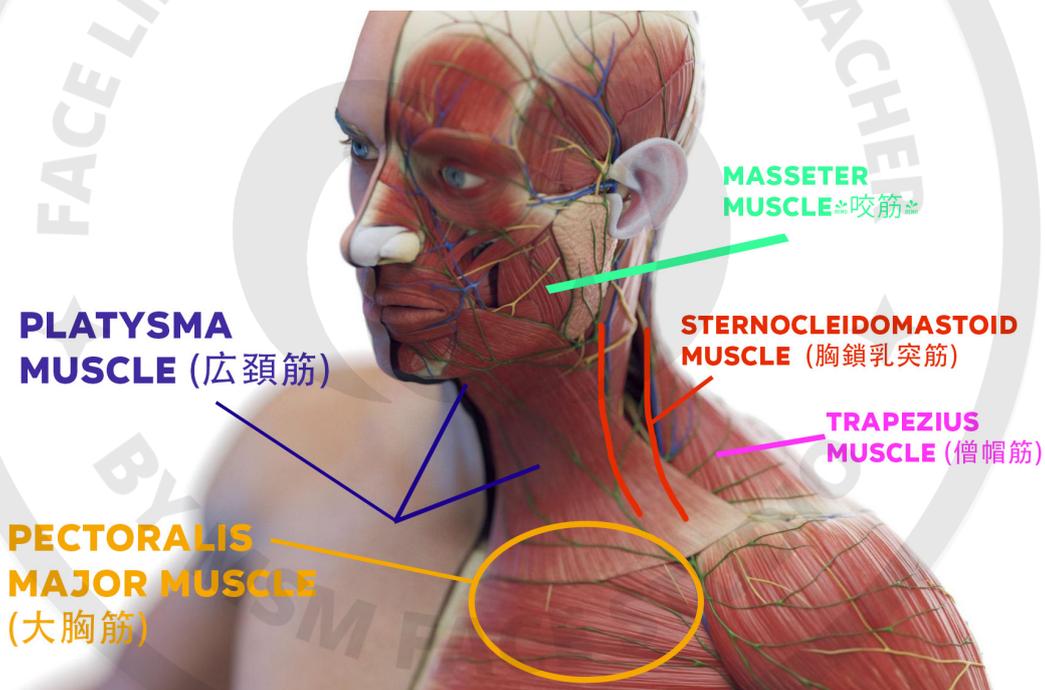
Neck and Shoulder Muscle

The muscles in the shoulders, neck, chest, and back play a pivotal role in our body. These muscles are deeply involved in maintaining our everyday posture and movements, and keeping a correct posture is crucial in preventing sagging and wrinkles in our facial muscles.

When the muscles in the shoulders and neck become tense and stiff, it can adversely affect the muscles in our face, leading to sagging and wrinkles. Moreover, strengthening the muscles in the chest and back is essential for aligning the overall balance of the body and supporting a beautiful posture.

Therefore, deepening our understanding of the muscles in the shoulders, neck, chest, and back is vital for maintaining overall health and beauty.

By understanding the correct usage of these muscles and engaging in appropriate exercises, we can maintain a healthy and youthful appearance.



1. Masseter Muscle(咬筋)

English Name: Masseter Muscle

Features: A facial muscle located near the rear of the jaw, primarily responsible for chewing.

Aging Risk: Making it unable to support the skin and fat, leading to the fat flowing towards the chin. This is also one of the major causes of sagging in the face line.



2. Sternocleidomastoid Muscle (胸鎖乳突筋)

English Name: Sternocleidomastoid Muscle

Features: Extends along the neck from the sternum and clavicle to the mastoid process of the temporal bone.

Aging Risk: Poor circulation and stagnation of lymph flow can lead to swelling and sagging, leading to a double chin and the deterioration of the face line.

3. Platysma Muscle (広頸筋)

English Name: Platysma Muscle

Features: A superficial muscle that extends over the neck to the lower jaw. It's involved in facial expressions like frowning or surprise.

Aging Risk: It can lead to a sagging face line, causing wrinkles and sagging in the neck.

4. Trapezius Muscle (僧帽筋)

English Name: Trapezius Muscle

Features: A large muscle extending from the back of the neck and upper spine to the shoulder.

Aging Risk: Weakness in this muscle may result in poor posture and rounded shoulders, contributing to an aged and less energetic appearance.

5. Pectoralis Major Muscle (大胸筋)

English Name: Pectoralis Major Muscle

Features: A large muscle in the chest responsible for movements of the shoulder joint.

Aging Risk: Weakening can cause sagging of the chest muscles, impacting overall posture and potentially leading to an aged look with altered body contours.

Please note that some of the muscles described here are repeated to facilitate comparison with images in the educational materials.



The Philosophy and Breathing in Face Lift Yoga

In our daily lives, we express a wide range of emotions on our faces, including smiles, anger, and sadness. These facial expressions directly reflect our inner world, the emotions we feel, and the thoughts we have. Our faces can be seen as canvases that depict the joy, pain, love, and fear experienced by our hearts. A simple smile can convey happiness, while a furrowed brow may signify inner turmoil.

Our facial expressions not only reveal our emotions to ourselves but also communicate our emotional state to those around us. People often read emotions through facial expressions more effectively than through words. Therefore, it is important for us to pay attention to how we use our faces to consciously create expressions. Proper use of expressions can help us understand and control our emotions, and it can serve as a key to better communication with others.

In this way, our facial expressions carry meaning beyond mere physical movements. They represent the connection between our hearts and bodies, significantly influencing our own emotions and our relationships with others.

Self-Love and Self-Acceptance

Self-love and self-acceptance are the foundations for living a fulfilling life. We often find ourselves evaluating our worth based on societal standards and the perceptions of others. However, Face Yoga encourages us to break free from external pressures and cultivate a deep understanding and acceptance of ourselves. Self-acceptance means recognizing the inherent value in both our inner selves and our outward appearance. It entails embracing every aspect of our bodies, faces, emotions, and life journeys with comprehensive love.

When we embrace self-acceptance, true transformation begins. Self-love stems from kindness, tolerance, and self-care. Face Yoga helps us pay positive attention to our physical appearance while nurturing inner peace and contentment. Through this practice, we discover our true beauty and embark on a journey of self-acceptance.



Consistency and Confidence

Consistent daily practice goes beyond routine; it signifies a commitment to self-improvement and a display of self-trust. By incorporating Face Yoga into our daily lives, we invest in ourselves. Small steps accumulate, leading to significant changes. This ongoing dedication forms the foundation of self-confidence.

The improvements in skin brightness and elasticity gained through practice are not mere external changes. They are manifestations of inner confidence and fulfillment. Increased pride and self-assurance enable us to lead life with more boldness and self-assuredness. Consistency fosters trust in oneself and builds self-esteem, deepening our relationship with ourselves.

Face Yoga is a powerful tool not only for enhancing external appearance but also for boosting inner confidence and satisfaction. This practice equips us with the means to value ourselves, believe in our potential, and walk through life with confidence.

Serotonin and Emotional Expression

Serotonin, often referred to as the “*happiness hormone*,” plays a significant role in influencing our emotional well-being. In Face Yoga, the practice of creating smiles naturally stimulates the release of serotonin, leading to a brighter and more positive outlook. Our faces act as mirrors of emotions, and a single smile can transform our emotional state and positively impact those around us.

This remarkable phenomenon enables us to control our emotions, restore emotional balance, and bring joy to our daily lives. Face Yoga harnesses the power of serotonin, helping us regain emotional equilibrium and adding happiness to our daily routines.



Conscious Nasal Breathing Practice

Conscious nasal breathing is more than just a breathing technique; it is a profound practice that strengthens the connection between our body and mind. This breathing technique enhances deep relaxation and mental clarity.

In Face Yoga, nasal breathing alleviates stress and promotes inner peace. By calming the mind and increasing concentration, it effectively manages everyday stress and anxiety. Through this practice, we enhance self-awareness and acquire a powerful tool for supporting both our physical and mental well-being.

Establishing a Lifestyle

Face Yoga aims to establish more than just a means of improving appearance; it strives for a balanced lifestyle. This practice emphasizes not only physical well-being but also mental happiness, bringing harmony and peace to daily life.

When combined with conscious nasal breathing, we experience heightened concentration and cultivate resilience against stress. Face Yoga is a guiding light to help us discover our radiant inner selves and transform each day into a meaningful journey.