



# MODULE 03

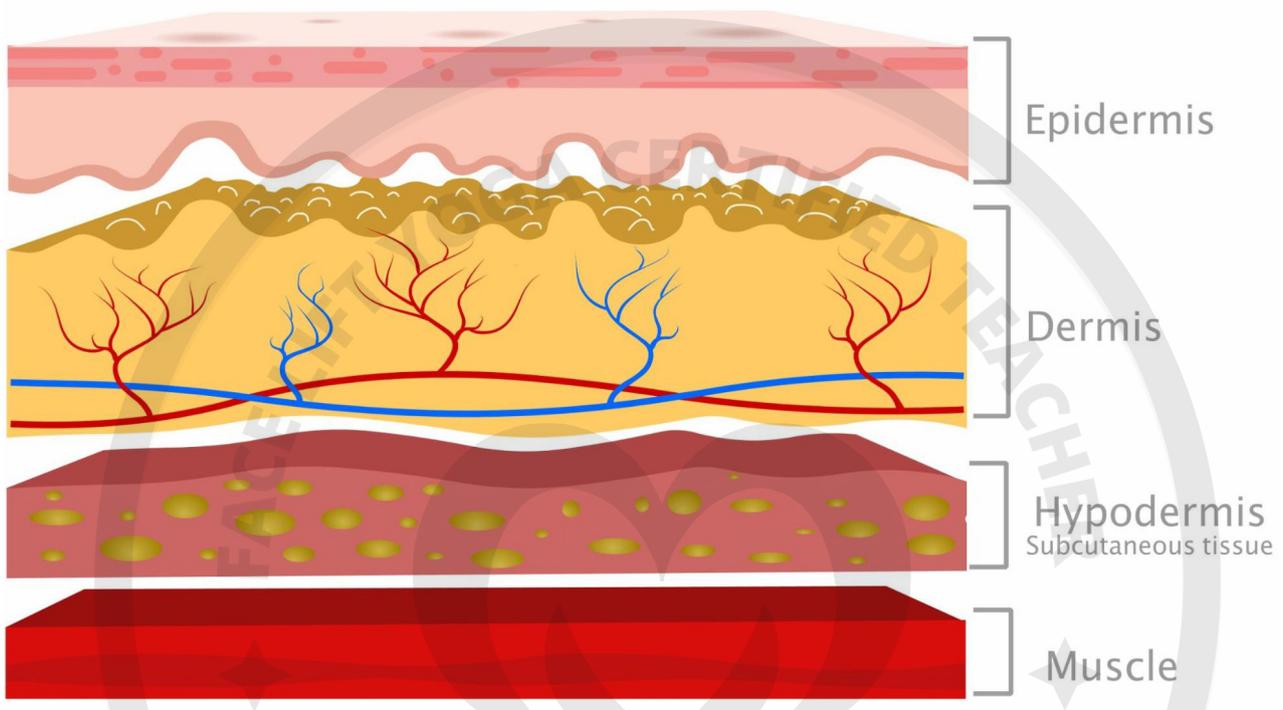
## About Skin, Body and Food

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- Understanding Your Skin Layers
- Breathing
- Face Lift Yoga and Nutrition
- Face Lift Yoga and Body



# Understanding Your Skin Layers



## Three Layers of Skin:

### 1. **Epidermis:**

- Composed of many layers of cells.
- The outermost layer of the skin.

### 2. **Dermis:**

- Composed of nerve endings and connective tissue.
- Made up of collagen and elastin.
- Positioned between the epidermis and subcutaneous tissue (muscle layer).

### 3. **Subcutaneous Tissue:**

- Mainly composed of muscle and fatty tissue.
- The deepest layer of the skin.

## The Importance of Harmony:

- The epidermis (outer layer) is connected to the subcutaneous tissue (muscle layer) by the dermis (middle tissue layer).
- These three layers need to cooperate for maintaining a healthy and youthful appearance.



## Approach of Face Lift Yoga (Masumi's Method)

- Face Lift Yoga, based on Masumi's approach, synchronizes the movement of the outer skin and the underlying muscles.
- This synchronized movement strengthens the tissue in the middle layer (dermis).
- Moving only the outer layer may potentially break down the connective tissue in the middle layer and weaken the muscles in the bottom layer.

## Results of Face Lift Yoga (Masumi's Method)

- Tension and expressions can lead to the formation of lines and wrinkles.
- Masumi's Face Lift Yoga method, also known as Face Lift Yoga, reduces and prevents the formation of lines and wrinkles by maintaining harmony and cooperation among the three skin layers.



# Breathing

In Face Lift Yoga, breathing plays a central role and offers numerous benefits. Incorporating proper breathing techniques while adopting poses stimulates facial muscles, restores elasticity, and enhances blood circulation, lymph flow, and metabolism.

By integrating appropriate breathing methods, you can effectively train the facial muscles, promote relaxation of the mind and body, and enhance overall well-being.

## Benefits of Breathing

- **Mental and Physical Relaxation:** Reduces stress, lowers heart rate and blood pressure, and promotes a relaxed state.
- **Improved Oxygen Supply:** Enhances blood circulation, increases oxygen levels in the body, and optimizes oxygen supply to all cells.
- **Enhanced Concentration and Cognitive Function:** Improves focus, strengthens memory and learning abilities, and boosts cognitive functions.
- **Support for Physical Health:** Strengthens immune function, promotes recovery from fatigue, and relieves muscle tension.
- **Emotional Control:** Reduces anxiety, stabilizes emotions, and promotes positive feelings.
- **Increased Energy Levels:** Activates the body, increases energy, and provides vitality for daily activities.

In the practice of Face Lift Yoga, it's essential to primarily use nasal breathing while incorporating mouth breathing depending on the pose and situation. This approach optimally trains the facial muscles and balances the mind and body. Breathing is not just a physiological process, but a key to unlocking self-awareness and inner peace.



## Benefits of Nasal Breathing

- **Air Purification and Warming:** Air passing through the nose is naturally purified and warmed, providing cleaner and temperature-regulated air to the lungs.
- **Reduction of Heart Rate and Stress:** Nasal breathing stabilizes the autonomic nervous system, reduces heart rate, and promotes relaxation.
- **Improved Concentration:** Nasal breathing enhances oxygen supply to the brain, improving focus and cognitive functions.

In Face Lift Yoga, nasal breathing is particularly emphasized. Deep breathing through the nose is effective in relaxing and activating facial muscles, improving oxygen supply throughout the body, and encouraging mental calmness.

## Role of Mouth Breathing

- In certain Face Lift Yoga poses, mouth breathing is also effectively utilized. For example, in poses targeting specific facial muscles, breathing through the mouth can support muscle movement and enhance effectiveness.
- Mouth breathing is useful in specific relaxation techniques and meditation, aiding in achieving a deep state of relaxation.



# Face Lift Yoga and Nutrition

Face Lift Yoga combined with a nutritious diet are key complementary elements for maintaining beautiful skin and youthfulness.

The right diet enhances the effects of Face Lift Yoga and contributes to skin health and anti-aging.

## Nutrition and Diet for Healthy Skin

- **Proteins:** Fundamental for skin structure, essential for new cell generation and repair. They promote the production of collagen and elastin, maintaining skin elasticity. Good protein sources include meat, fish, eggs, and dairy products.
- **Quality Fats:** Healthy fats, like omega-3 fatty acids, enhance skin's moisture retention and prevent dryness. Foods like salmon, avocado, and nuts are recommended.
- **Hydration:** Vital for maintaining skin's moisture balance and detoxifying the body. Aim for 2 liters of water daily.
- **Fiber:** Aids in digestion and facilitates the elimination of toxins from the body. Green leafy vegetables and whole grains are rich fiber sources.

## Recommended Foods for Different Skin Types

- **Dry Skin:** Foods that enhance moisture retention are beneficial. Avocado, salmon, and olive oil, rich in healthy fats, help maintain skin hydration.
- **Oily Skin:** Vitamin C-rich fruits and vegetables are suitable. Tomatoes, citrus fruits, and strawberries help balance skin oil and maintain its glow.
- **Sensitive Skin:** Anti-inflammatory foods are recommended. Salmon and walnuts, rich in omega-3 fatty acids, and antioxidants-rich blueberries and green tea are good choices.



## Recommended Recipes for Beautiful Skin

- **Avocado and Spinach Green Smoothie:** Blend fresh avocado, spinach, banana, and almond milk. A nutrient-rich smoothie that hydrates the skin.
- **Baked Salmon with Walnuts:** Marinate salmon in olive oil and lemon, bake, and top with walnuts. Rich in omega-3 fatty acids.
- **Berry and Yogurt Parfait:** Layer fresh berries with low-fat yogurt. Rich in vitamin C and antioxidants, protecting the skin.

## Nutrition and Skin Health: Impact on Aging

Proteins, quality fats, hydration, and fiber directly impact skin rejuvenation and maintenance. These nutrients aid in skin moisture retention, enhance metabolism, facilitate cell repair and regeneration, and mitigate the aging process.

The combination of Face Lift Yoga and a nutritious diet is an effective approach to maintaining beautiful skin and ensuring its health and vitality as we age. A balanced diet and proper practice of Face Lift Yoga support beauty and youthfulness from within.



# Face Lift Yoga and the Body

Face Lift Yoga is not just about training the facial muscles; it is directly related to overall body health.

Particular attention to the care of the neck, shoulders, and back is crucial for facial rejuvenation and overall well-being.



## The Importance of Neck, Shoulder, and Back Care

The muscles in the neck, shoulders, and back are closely connected to those in the face.

Tension in these areas can affect facial muscles, leading to sagging and wrinkles.

Stretching and strengthening exercises for the neck, shoulders, and back have a direct impact on lifting the face.

## The Impact of Posture

Good posture is an essential element for facial rejuvenation.

Poor posture can put strain on the neck and shoulder muscles, leading to facial sagging.

Even if you exercise your facial muscles, poor posture can diminish their effects.



Maintaining an upright posture, with the spine straight, is vital for tightening facial muscles and preserving a youthful appearance.



## Advice for Improving Posture

Good posture significantly affects overall health and facial beauty. Here are some tips for improving posture in everyday life:

- **Strengthening the Pelvic Area:** The pelvis is the foundation of the body, and a stable pelvis plays a crucial role in supporting posture. Strengthening the pelvic muscles naturally extends the spine and maintains good posture.
- **Gluteal Training:** The gluteal muscles balance the back and legs and are important for supporting posture. Exercising these muscles improves overall posture.
- **Mindful Walking:** While walking, keep your spine elongated, face forward, and shoulders relaxed. Proper walking posture helps in aligning the body and balancing muscles.

## Recommended Exercises

- **Plank Pose:** Keep the body in a straight line with arms and legs extended. This pose strengthens the muscles around the pelvis and buttocks, supporting good posture.
- **Bridge Pose:** Lie on your back, bend your knees and place your feet on the floor, then lift your buttocks. This pose strengthens the gluteal muscles and enhances pelvic stability.
- **Walking Lunges:** Perform lunges while walking. This exercise evenly strengthens the lower body muscles and improves walking posture.

## Combining Body Yoga with Face Lift Yoga

Combining body yoga with Face Lift Yoga promotes harmony and balance throughout the body.

Body yoga poses strengthen and increase flexibility in the entire body, enhancing the effects of facial muscle training.



**For example,** Cat and Cow poses help to relieve tension in the neck and shoulders, relaxing the facial muscles.