

FACIAL YOGA FOR SKIN REJUVENATION

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ABSTRACT

Facial Beauty is the most burning topics people are willing for specially to avoid wrinkles, saggy skin, dark deep under eyes with increasing age. However, now a day as aesthetic science is getting utmost impetus 'face yoga' came into light. To make them tone and fitter face yoga came into existence. Facial yoga is focused on relaxing and toning the face. In the same way that real yoga works areas of muscle tension, facial yoga is intended to counteract the effects of strained facial expressions to leave both the muscles and skin relaxed and rejuvenated. Face yoga is a series of exercise of muscles to present less of its elasticity and maintain tone. It slows ageing process, maintains skin tone and is cheaper method. Yogic postures such as making the face in 'O', 'V' shaped, reducing forehead lines, neck up, fish pout, Flirtatious eyes are used. With the help of some of these yogic postures, the muscles of face get the rich oxygenated blood which nourishes them and strengthens them preventing the skin from sagging, hollowness and fat pads.

Keywords: Facial Yoga, Skin, Facial Posture, Forehead lines, Neck up, Fishpout, Flirtatious eyes

INTRODUCTION

Yoga hugely described in *Ayurvedic* text is mainly utilized or prescribed for weight loss or body toning and maintaining. However, now a day as aesthetic science is getting utmost impetus 'face yoga' came into light. We keep on worrying about the muscles present in body below neck but what about the 57 muscles those are present only in face. To make them tone and fitter face yoga came into existence. The *Hathyog pradipika* depicts yoga succeeds by enthusiasm, openness, courage, knowledge, determination and solitude¹. In *Gherand Samhita*, some postures of face of mouth was being told in correlation to *Pra-nayam* like *sahita*, *suryabhedi*, *ujjayi*, *bhastrika*,

bhramari, *murcha* and *kevali*.² Doing of *purak*, *kumbhak*, *rechak* enhances *pranvayu* and increases blood circulation of face as well as whole body³. *Ujjayi Pranayam*⁴ depicts the posture we do while doing anti-aging exercise of making a mouth like "O". Face yoga is the daily practice of stretching the muscles in your face. Designed to combat aging, these exercises can help smooth lines, lift the skin around the eyes, tone cheeks and tighten necks. The end result is a more elastic, clear, and healthy face. Face yoga works by stimulating muscles in your face, many of which lie dormant and become weaker as you age. By strengthening the muscles and engaging them in re-

sistance training, you can help your body increase circulation to the skin, allowing it to regenerate skin cells and become tighter, counteracting those visible signs of aging. Facial yoga also focuses on relieving tension in the face, which experiences strains you form different facial expressions throughout the day⁵. Engaging the muscles helps to keep the face rejuvenated and relaxed. While it's not meant to replace anti-aging methods like sun protection, face yoga could help tone your overall features regardless of age.

What is Face Yoga?

Unlike some facial exercises, facial *yoga* is focused on relaxing and toning the face. In the same way that real *yoga* works areas of muscle tension, facial *yoga* is intended to counteract the effects of strained facial expressions to leave both the muscles and skin relaxed and rejuvenated. Face *yoga* is a series of exercise of muscles to present less of its elasticity and maintain tone⁶. It received attention as an attractive to highly costly butox, fillers, peels and all. The end result is younger radiant glowing skin.

Benefits^{7,8}

1. **Slow down ageing process**—As our age increases, wrinkles start developing at festered, around eyes. By exercising face *yoga*, we get tightened and toned skin.
2. **Prevent ageing**—Fat pads present underneath the skin gets thinner as age progress, with increasing age these fat pads have lesser connection and due to gravity pulls it leads to hollowed cheeks.
3. **Cheaper**—Peoples across the world spend millions every year to get youthful skin, but this is cheaper at home practice so whole in pocket can be avoided.
4. By this we get toned younger and radiant skin due to increased oxygen supply to muscles.

Anti-ageing facial yoga: The V⁹

Good For: Drooping eyelids, crow's feet, eye bags and puffiness.

Step 1: Press both middle fingers together at the inner corner of the eyebrows, then with the index finger, apply pressure to the outer corners of the eyebrows.

Step 2: Look up at ceiling, raise the lower eyelids upwards to make a strong squint & relax.

Step 3: Repeat six more times and finish by squeezing eyes shut tightly for 10 seconds.

Anti-ageing facial yoga: Make O

Good For: Cheek lines and sagging skin.

Step 1: Hide the teeth with the lips to make an 'O' shape with the mouth.

Step 2: Smile widely while keeping the teeth hidden and repeat six times.

Step 3: Next, hold the smile shape while placing one index finger on the chin. Relax and repeat twice more.

Anti-ageing facial yoga: For Forehead Lines

Good For: Horizontal forehead lines. **Step 1:** Place both hands on the forehead facing inwards and spread all of the fingers out between the eyebrows and hair-line.

Step 2: Gently sweep the fingers outwards across the forehead, applying light pressure to tighten the skin.

Step 3: Relax and repeat 10 times.

Anti-ageing facial yoga: The Neck Up

Good For: Lines and loose skin on the neck. **Step 1:** Looking straight ahead, place the fingertips at the bottom of the neck and lightly stroke the skin downwards with the head tilted back.

Step 2: While maintaining that position, push your tongue against the top of your mouth.

Step 3: Pull skin on your neck downwards with index fingers. Maintain the stretch for 25 seconds

Step 4: Bring the head back down to the chest and repeat twice more.

Anti-ageing facial yoga: Fish Pout

Good For: Toning upper face, Plumping the lower area of face

Step 1: Suck in your cheeks between you upper and lower teeth.

Step 2: Hold this position for 10 seconds and then release

Step 3: Repeat this face workout 15 times in 2 minutes

Anti- ageing facial yoga- Flirtatious eyes

Good For: Eyebrow lift, Get rid of deep eye hollows or drooping eyebrows

Step 1: Put your index finger under each eye while positioning it so that it will be pointed towards the direction of your nose

Step 2: Keep teeth hidden while keeping your top and bottom lips away from each other

Step 3: Maintain the position and then for 30 seconds, look at the ceiling while fluttering your upper eyelids.

Anti- ageing facial yoga-The lion face^{10,11}

Good For: Tongue, double chin and jaw muscles.

Step1: Slowly inhale and tighten every muscle in body from toes to stomach to fists.

Step2: Slowly exhale relaxes every tighten muscle.

Step3: Stick out tongue and open eyes widely, maintain this position for 30 seconds.

DISCUSSION

Facial yoga is trending practice that maintains beauty naturally. Certain facial muscles such as muscles between nose and ear receives little or no exercise so by making various poses helps in their tightening. Anti-aging facial yoga acts as a noninvasive alternative to botox and surgery. These series of exercises help tone various muscles of face such as making “V” tightens orbicularis oculi, making “O” exercises orbicularis oris and mentalis. By making flirtatious eyes one can tighten frontalis and zygomaticus major. Similarly, the lion pose is a traditional hath yoga pose that stimulates platysma a thin, flat muscle in front of throat. Platysma pulls down when contracted, hence maintaining its firmness. These movements while performing exercises works on hypodermis, dermis and epidermis. By working simultaneously on all these layers, it increases blood circulation allowing more oxygen and nourishment to reach the cells of skin resulting in stimulation of skin cell regeneration. It helps to stimulate collagen and elastin production resulting in more youthful skin. The regular practice of facial yoga produces many benefits such as deep breathing, psycho-

logical strength, flexibility, endurance and an overall upliftment in emotional wellbeing.

CONCLUSION

Facial Yoga is a completely new concept which deals with the facial muscle, its toning, tightening and helps in preventing ageing effects on face. With the help of some of these yogic postures, the muscles of face get the rich oxygenated blood which nourishes them and strengthens them preventing the skin from sagging, hollowness and fat pads. Regular exercise of facial yoga leads to healthy skin, provides lusture, tone and avoids sagging and elasticity of skin. The process of facial yoga not only enhance physical appearance but also helps keeping nervous and circulatory system fit by purifying and balancing them. It increases one’s self confidence, zeal and makes optimistic.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Rajani D. Balwani et al: Facial Yoga For Skin Rejuvenation. International Ayurvedic Medical Journal {online} 2020 {cited April, 2020} Available from: http://www.iamj.in/posts/images/upload/3306_3309.pdf