



# Carole Maggio Facercise (R) (Revised)

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## **Carole Maggio Facercise (R) (Revised)** Carole Maggio

Developed and perfected over fifteen years, Carole Maggio's revolutionary program combats the signs of aging-by diminishing the appearance of fine lines and improving muscle tone-naturally. Filled with dramatic before-and-after photos that illustrate the effectiveness of **Facercise**, this easy-to-follow book will help anyone achieve visible results-in less than a week.

- Diminish puffiness around the eyes
- Shorten and narrow the nose
- Smooth the chin, neck, and jawline
- Improve skin color and tone
- Lift eyebrows
- Recontour the cheeks
- Make lips fuller and more firm

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