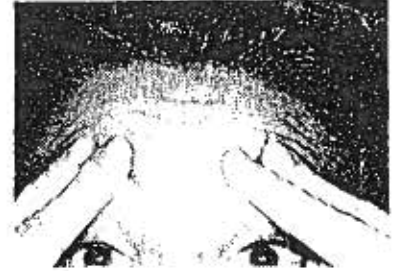


FACIALIS - PROGRAMM

- Mit den Fingern die Bewegung so unterstützen, daß das Gesicht symmetrisch ist
- Jede Übung 4-5 mal ausführen, das ganze Programm 5 mal täglich
- Vor dem Splegel üben



Stirn runzeln
frown your forehead
corrugate la fronte



Augenbrauen zusammenziehen
pull your eyebrows together
portate le sopraciglia l'una
verso l'altra



Augen schließen
close your eyes



chiudete gli occhi

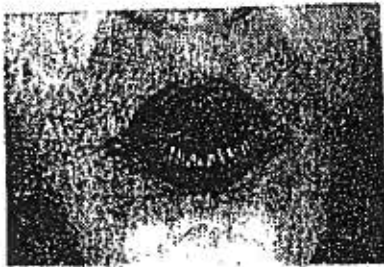
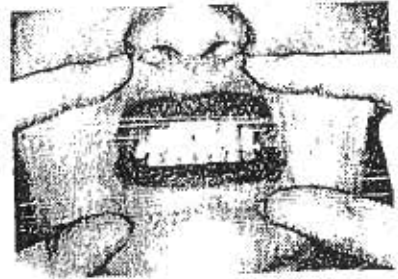


Nase rümpfen
wrinkle your nose
corrugate il naso

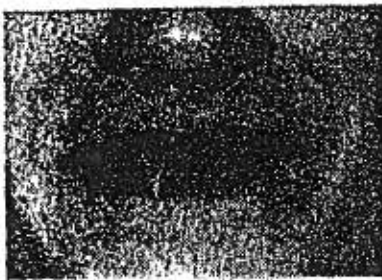
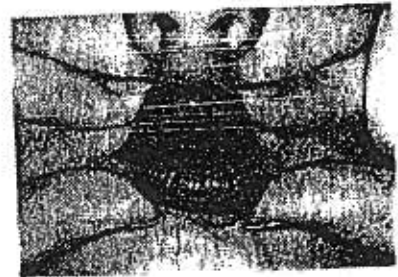




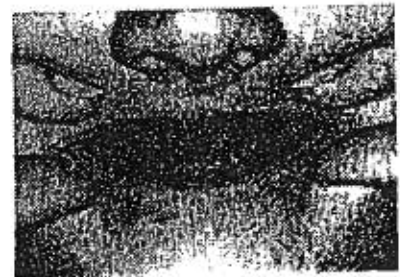
Zähne zeigen
show your teeth
mostrare i denti



Mund spitzen (pfeifen)
purse your lips (whistle)
fare le labbra a punta
(fischiare)



lächeln
smile
sorridere



Mund aufblasen
blow up your cheeks
gonfiare le guance



Dehnung der nicht
betroffenen Wange
stretch your other
cheek
stirare la parte
sana del viso