

Face Yoga TTC

Face Yoga Teacher Training Course, Om Yoga International, Rishikesh, Uttarakhand



Om Yoga International





MR. RADHIKA SHARAN

Founder: OYI, Rishikesh

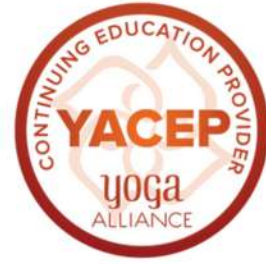
Lead Trainer: YCB-2, YCB-2, YCB-3
YCB-4, YCB-6 RYT 200hrs, RYT300hrs
RYT500hrs



MRS. RUCHIKA SHARAN

Co. Founder: OYI, Rishikesh

Lead Trainer: YACEP, RPYT, Face Yoga
YCB-2, YCB-2, YCB-3, YCB-4, YCB-6
RYT 200hrs, RYT300hrs, RYT500hrs



Face Yoga Course

,A transformative journey that combines the ancient practice of yoga with facial exercises to enhance well-being and rejuvenate the skin. This Teacher Training Course offers a comprehensive curriculum that covers the fundamentals of face yoga, including techniques to reduce tension, improve circulation, and promote relaxation. Participants will gain a deep understanding of facial anatomy, learn how to create personalized routines, and explore the holistic benefits that face yoga can bring to both body and mind. Whether you are a yoga instructor looking to expand your expertise or an individual eager to embrace a new path of self-care, this program promises a unique and enriching experience.

Om Yoga International

Tapovan, Rishikesh, Uttarakhand(India)

Website: www.omyogainternational.com

Email.id: info@omyogainternational.com

Contact no. +91 7060004959,7060004944

wa.me/omyogainternational

WhatsApp business account



Online Courses Dates 2025/26

Start Date	End Dates	USD Fees	INR Fees
01st February 2025	02nd March 2025	\$ 175 / 90	₹ 15,000 / 7500
01st May 2025	30th May 2025	\$ 175	₹ 15,000 / 7500
01st August 2025	30th August 2025	\$ 175	₹ 15,000
01st November 2025	30th November 2025	\$ 175	₹ 15,000

EARLY BIRD **DISCOUNT**

50% OFF

Timings: (IST)

03:30pm to 04:30pm

**Class 1hours Per Day
Monday to Friday**



Certificate of Completion

OM YOGA INTERNATIONAL

HEREBY CERTIFIES

Name of Trainee



as a qualified

FACE YOGA INSTRUCTOR

for successfully completing Face Yoga Teacher Training from.....Starting Date... toEnd Date.... organized by Om Yoga International, Rishikesh.

Wishing you All the very Best for Future Endeavours!!!

Sample Copy



RYS Reg. No.: 240279

Mr. Radhika Sharan
Founder / Lead Trainer
www.omyogainternational.com

Online Face Yoga Instructor Course is typically designed to give you foundational knowledge of Face Yoga, and technique to tone and rejuvenate face naturally. The course can be an excellent starting point if you're thinking about becoming a certified Face Yoga Instructor, or if you want to learn more about face yoga for personal use.

Course Highlights:

Total Duration: 01month (30Days) 28hrs;

Mode: Online Live Zoom Sessions (22hrs) + Self-Paced Learning (06hrs);

Timings: 04:00 – 05:00pm;

Any Pre-requisites: None;

Language: English & Hindi;

Style of Yoga: Face Yoga;

Fees: INR ~~15,000~~ - 7500 / USD \$ ~~200~~ - 100

Access to Course: 01Year

Course Focus: This course is suitable for individuals who are passionate about wellness, beauty, and holistic health and want to become qualified to instruct Face Yoga both online and in person.

Foundations of Face Yoga: An introduction to the concept of Face Yoga, its benefits, and how it helps to tone and rejuvenate facial muscles, reduce wrinkles, and improve overall skin health.

Detailed Exercises: A comprehensive breakdown of facial exercises targeting different areas such as the forehead, eyes, cheeks, mouth, and neck. These exercises aim to improve muscle tone and reduce tension.

Anatomy of the Face: A deeper understanding of facial and skin anatomy, helping instructors teach the exercises safely and effectively while being mindful of the muscles and skin structure.

Breathing and Relaxation Techniques: Learning how to incorporate breathwork and relaxation techniques to enhance the results of Face Yoga practices.

Instructional Techniques: How to guide students through the exercises, correct form, and adjust exercises based on individual needs.

Teaching Methodology: Guidance on structuring sessions, creating programs for clients, and offering personalized advice based on the client's goals.

Marketing and Business Tips: Information on how to start an online Face Yoga business, including how to market, set up a website, and reach potential clients.

Certification: Upon completion, students typically receive a certification that qualifies them to teach Face Yoga to others.

Course Modules

Module 1: Face Yoga Introduction

Face Yoga & Its Benefits
How Face Yoga Works
Face Yoga & Posture Alignment
Effect of Gravity on Face
Skin Care Routine
Do's and Don't's for Face Care
The Science Behind Face Yoga
Rules for Face Yoga

Module 2: Anatomy of the Face and Facial Muscles

- Facial Muscle Breakdown
- Understanding Skin and Aging
- Signs & Symptoms of Aging
- Different Face Lines
- Recognizing Tension Areas
- Understanding Skin Anatomy
- Using Face Muscles Correctly

Module 3: Face Yoga Exercises

- Sukshma Vyayama & Warm Up
- Forehead & Eye
- Mouth & Cheek
- Nose, Nasolabial Folds & Lips
- Neck, Jawline & Double Chin
- For Acne, Scars & Pigmentation
- Face Massage Technique
- Acupressure Points

Module 4: Breathing & Meditation

- Cleansing & Sectional Breathing
- Bhastrika & Ujjai
- Anulom Viloma
- Sitali & Sitkari
- Bhramri Pranayama
- Yog Nidra & Trataka
- Breathing Awareness
- Visualizations

Module 5: Detoxification: Cleansing & Face Tools

- Neti (Jal & Sutra Neti)
- Mukha & Vamana Dhauti
- Shankh Prakshalan
- Kapalbhata & Trataka
- Detox Drinks & Diet
- Jade Roller & Gua-sha
- Face Cupping
- 3D & 24K Face Massager

Module 6: Skin Care & Skin Therapy

- Know Your Skin Type
- Morning & Night Routine
- Diet & Life-Style
- Homemade Face Masks
- Choosing Skin Products
- Stress & Skin
- Tapping Therapy

Module 7: Ayurveda

- Know your Skin Type acc. to Tridoshas
- Marma Points / Marma therapy
- Nutrition for Skin & Hair
- Skin Care
- Use of Oils for Oil Massage
- Carrier & Essential Oils
- Detox Diet

Module 8: Teaching Methodology & Face Yoga Business

- Create Lesson Plan
- Incorporating Breathing and Meditation
- Dealing with Specific Issues
- Teaching Methods for Online Learning
- Building Student Engagement
- Teaching Aids
- Marketing & Attracting Clients
- Legal Consideration



30Days Online Face Yoga Course

The 30 Days Online with Zoom Face Yoga Course is typically a structured, virtual program designed to help participants improve their facial appearance and overall skin health through exercises targeting facial muscles. Face yoga is an alternative approach to skincare and anti-aging that emphasizes natural exercises to tone, lift, and tighten the muscles in the face, neck, and jawline.

Here's what you might expect from such a course:

1. Daily Face Yoga Routines

- **Exercise Sessions:** You would perform a series of facial exercises every day, targeting areas like the forehead, eyes, cheeks, jawline, and neck. These exercises help increase blood circulation, improve skin elasticity, and reduce signs of aging.
- **Duration:** Typically, the daily sessions can range from 1 hour, depending on the course format.

2. Zoom-based Interaction

- **The course might be conducted through live Zoom sessions or recorded videos.** Live sessions offer the benefit of real-time interaction with the instructor, where you can get immediate feedback on your technique and ask questions.
- **Group Support:** Many face yoga courses also offer a community aspect, where participants can connect with each other, share experiences, and motivate each other. There may be dedicated social media groups or chat rooms for extra support.

3. Learning Specific Techniques

- **Lifting:** Exercises to lift and tone sagging cheeks or a double chin.
- **Relaxing:** Techniques to relax facial tension, especially in areas like the forehead and around the eyes.
- **Rejuvenating:** Exercises that help rejuvenate the skin, reduce puffiness, and enhance circulation for a more youthful look.
- **Neck and Jawline:** This course also include additional focus on neck and jawline exercises to contour the face and reduce signs of aging like turkey neck or jowls.

4. Educational Content

- **Skin Care Tips:** Courses might include additional advice on skincare routines, nutrition, or lifestyle changes that can complement the face yoga practice.
- **Anatomy of the Face:** This course include basic education about the facial muscles, which helps participants understand why and how face yoga works.

5. Progress Tracking

- Participants might be encouraged to track their progress with before-and-after photos or by taking notes on how their skin and muscles feel after each session. This can help you see subtle improvements over time.

6. Access to Recordings and Resources

- Even if the sessions are live, course also provide access to recordings of the sessions so you can practice at your own pace or catch up if you miss a live class.
- You might also receive downloadable guides, instructions, and videos to help you stay consistent.

7. Instructor Support

- The course offer group support from instructors who specialize in face yoga. They may correct your form, provide personalized tips, and answer any questions you have throughout the course.

Benefits of Face Yoga

- **Anti-aging:** Helps to reduce fine lines, wrinkles, and sagging skin.
- **Toning and Sculpting:** Lifts and defines facial features like the jawline, cheekbones, and brows.
- **Improves Skin Health:** Boosts circulation, which can enhance the glow of your skin.
- **Natural and Non-invasive:** An alternative to Botox or other cosmetic procedures.
- **Relaxation:** Relieves tension in the face, reducing stress-related expression lines.

Who Would Benefit?

- Anyone looking to improve their facial appearance naturally.
- People concerned with aging: Face yoga is especially beneficial for those looking to reduce the appearance of fine lines or sagging skin.
- Those who want a holistic approach to skincare and wellness.

If you're interested, the course would likely be suitable for any age group, as the exercises are typically safe for everyone, though results may vary based on your starting point and consistency.

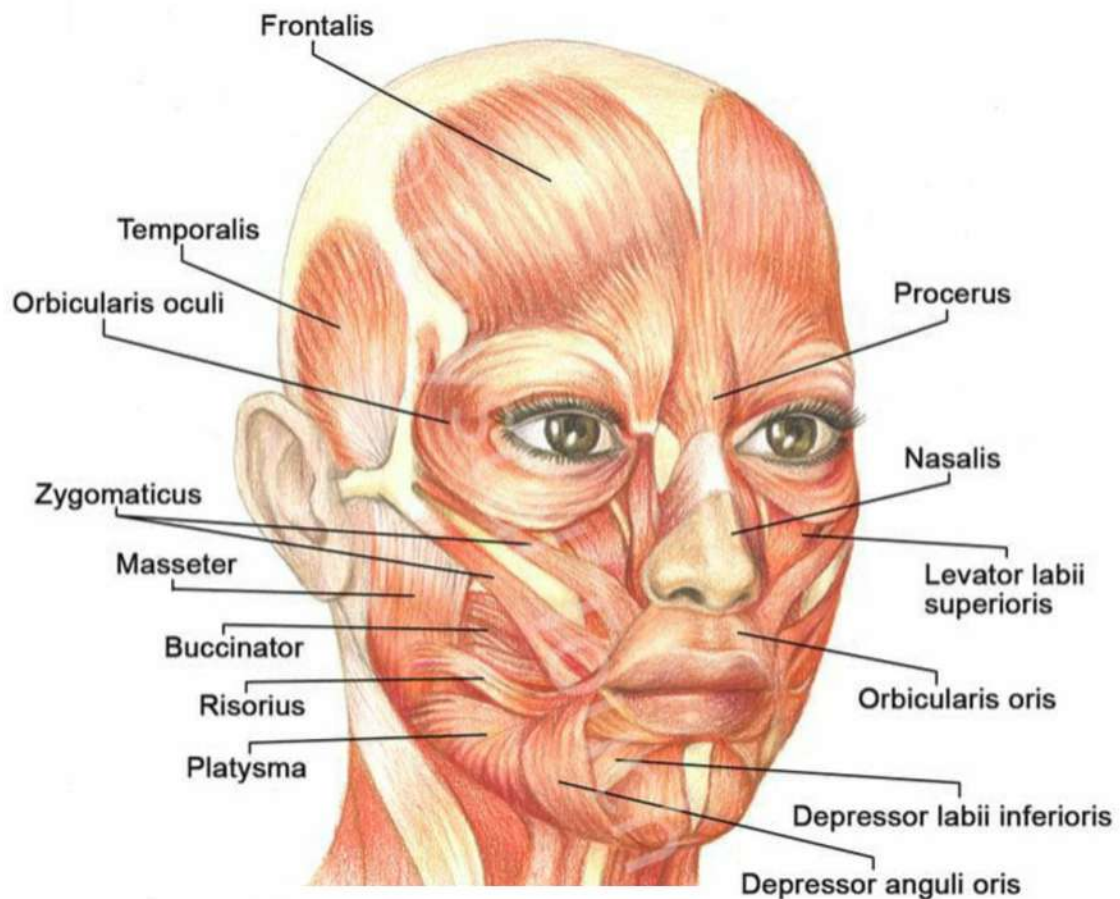
Would you like more specific details about a particular course or how to find one?



Face Yoga Anatomy



Your face has almost 20 flat skeletal muscles that attach to different places on your skull. The craniofacial muscles are essential to chewing and making facial expressions.

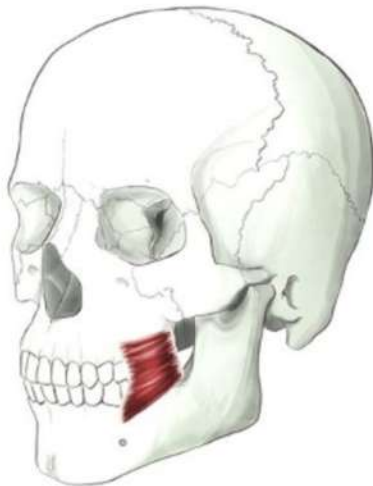


The face muscles are classified as:

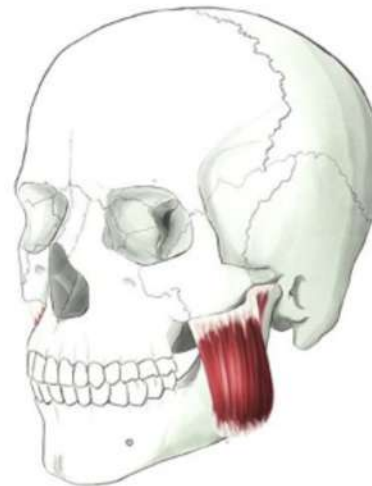
- Muscles of Eyelid
- Muscles of the Mouth
- Muscles of the Nose
- Muscles of the Cheek
- Muscles of the Ear

The facial muscles involved in chewing are:

- Buccinator, a thin muscle in your cheek that holds each cheek toward your teeth.
- Lateral pterygoid, a fan-shaped muscle that helps your jaw open
- Masseter, a muscle that runs from each cheek to each side of your jaw and helps your jaw close.
- Medial pterygoid, a thick muscle that helps your jaw close.
- Temporalis, a fan-shaped muscle that helps your jaw close



Buccinator.



Masseter

The facial muscles are:

- Auriculars, which allow some people to move their ears.
- Corrugator supercilii, which is near the eyebrow and enables frowning.

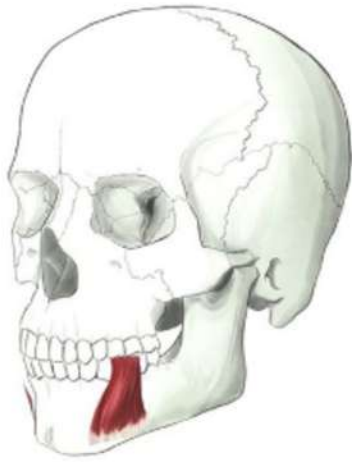


Auricularis

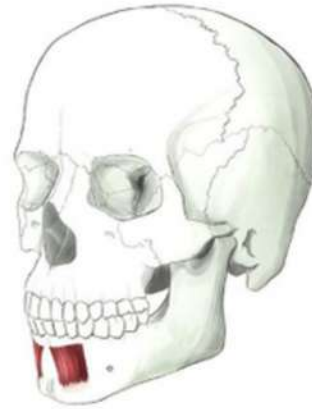


Corrugator Supercilii

- Depressor anguli oris, which is on each side of your chin and works with other muscles to produce a frown.
- Depressor labii inferioris, a muscle in your chin that helps control movement in your lower lip.

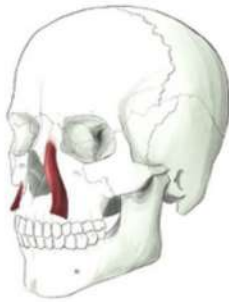


Depressor Anguli Oris.



Depressor Labii Inferioris

- Levator labii superioris alaeque nasi, which can open your nostrils and lift your upper lip.
- Mentalis, a pair of muscles toward the center of your chin that helps control your lower lip.



Levator Labii Superioris



Mentalis

- **Nasalis, which allows you to flare your nostrils.**
- Occipitofrontalis, a muscle that extends from your eyebrows to the top of your skull that can raise your eyebrows and wrinkle your forehead.



Nasalis



Occipitofrontalis

·Orbicularis oculi, which closes your eyelids

·Orbicularis oris, a circle of muscle around your mouth that closes or purses your lips.



Orbicularis Oculi



Orbicularis Oris

·Procerus, a muscle between your eyebrows that can pull your brows downward and help flare your nostrils.

·Risorius, which is located on each side of your mouth and aids in smiling.



Procerus



Risorius

·Zygomaticus major and minor, which allow you to smile.



Zygomaticus Major

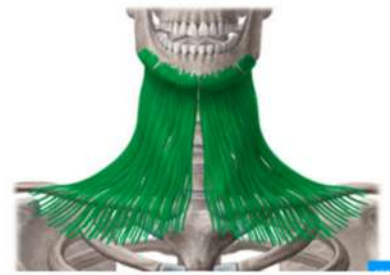


Zygomaticus Minor

·Sternocleidomastoid and Platysma



Sternocleidomastoid



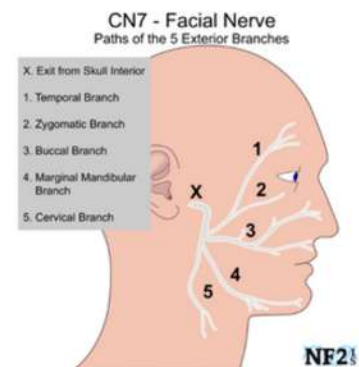
Platysma

Facial Nerves

The facial nerve is a pathway from your brain to certain muscles in your face. It controls muscles that help you make expressions like raising an eyebrow, smiling or frowning. This nerve is also responsible for most of your tongue's taste sensations.

The facial nerve is the seventh of 12 cranial nerves in your nervous system. You have two facial nerves, one on each side of your head. The facial nerve has five branches that perform distinct motor functions:

- Frontal (temporal): Controls your forehead muscles.**
- Zygomatic: Helps you close your eyes
- Buccal: Allows you to move your nose, blink and raise your upper lip and corners of your mouth to make a smile.
- Marginal Mandibular: Draws your lower lip down (like a frown) and travels through your middle ear to help you respond to loud noises.
- Cervical: Controls movement in your chin and lower corners of your mouth



Problems Related to Face

To function, the facial muscles get signals from the brain via the facial nerve. But sometimes, they can't receive those signals properly. When the facial muscles cannot receive brain signals properly, that can cause:

- Droopy or Saggy Face
- Facial Palsy (weakness)
- Facial Paralysis (inability to move face)
- Trouble chewing, speaking or making facial expressions
- Drooling

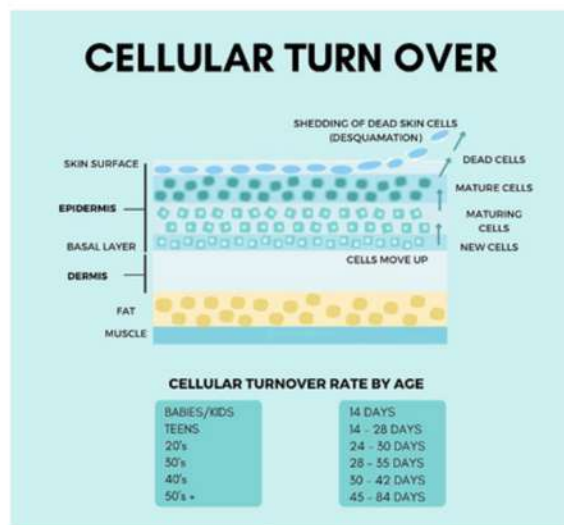
The symptoms can appear all over your face, in one specific area, to left or right side or can be on the top or bottom half.



ANATOMY OF SKIN

1. Introduction to Skin

The skin is the body's largest organ, made of water, protein, fats and minerals. Your skin protects your body from germs and regulates body temperature. Nerves in the skin help you feel sensations like hot and cold. An average healthy skin turnover is every 28 days, but as we get older, turnover slows down to between 40 to 50 days. Past the age of 70, it takes a couple of months for our skin to create new skin cells. These dead skin layers accumulate and leave the skin dull and rough.



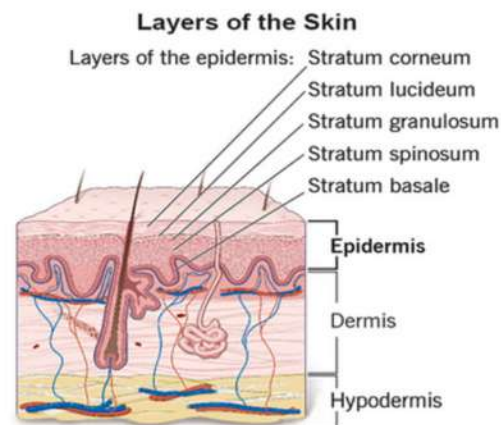
There are total 3 layers of the skin:

- Epidermis (the outer layer)
- Dermis (the middle layer)
- Hypodermis (the inner layer)



Epidermis

The word "epidermis" combines the Ancient Greek prefix epi, which means "outer," and the Ancient Greek word derma which means "skin." So the word translates to "outer skin."



Epidermis is the top layer of the skin that you can see and touch. This the thinnest layer, but it's responsible for protecting you from the outside world, and it's composed of five layers of its own. It has many other functions:

- Hydration: The outermost layer of epidermis holds in water and keeps your skin hydrated and healthy.
- Producing new skin cells: New skin cells develop at the bottom layer of your epidermis (stratum basale) and travel up through the other layers as they get older. They reach the outermost layer of your epidermis after about a month, where the skin cells shed from your body as new cells develop at the bottom layer.
- Protection: The epidermis has cells called Langerhans which acts like armour to protect your body from harm, including ultraviolet (UV) radiation, pathogens (bacteria, viruses, fungi and parasites) and chemicals.
- Skin Colour: The epidermis has cells called melanocytes which make melanin, which is a group of pigments in your skin that provides skin colour.

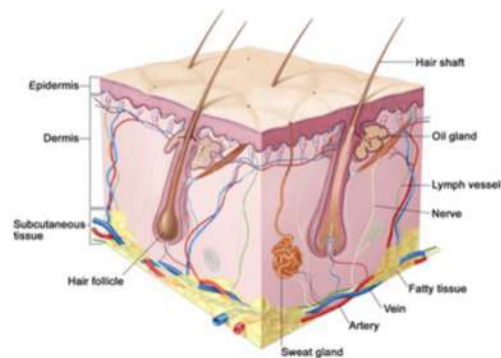
Some common conditions and disorders that affect the epidermis include: Acnes, Boils, Dandruff, Eczema, Dark Spots, Dry or cracked skin, Peeling or Eroded skin, Scaly Skin.

How to take care of Epidermis Layer?

- Use a mild soap for your bath or shower, and pat your skin dry instead of rubbing it. Apply a moisturizing cream or ointment immediately after drying your skin to help seal in the moisture. Reapply cream or ointment two to three times a day.
- Take baths or showers with lukewarm water, not hot water.
- Drink at least eight glasses of water each day. Water helps keep your skin moist.
- Eat antioxidant-rich foods, including fruits, vegetables, beans, fish that are high in omega-3 fatty acids and nuts.
- Avoid sudden changes in temperature and humidity.
- Use sunscreen with an SPF of at least 30.
- Avoid scratching or rubbing irritated skin.

Dermis

Dermis is the middle layer of your skin, located between your epidermis (top layer) and hypodermis (bottom layer) in your skin. consists of two layers — the reticular dermis and the papillary dermis. The other function are:



- Supports Epidermis: Your dermis's structure provides strength and flexibility, and blood vessels help maintain your epidermis by transporting nutrients.
- Feeling different sensations: Nerve endings in your dermis allow you to feel different sensations, like pressure, pain, heat, cold and itchiness.
- Producing Sweat: Your dermis contains Sweat glands, which produce sweat when you're hot or experience stress. Sweat helps control your body temperature.
- Keeps skin moist: Your dermis contains Sebaceous glands, which secrete an oily lubricant (sebum) that helps keep your skin and hair hydrated and shiny.
- Produces Hair: Your dermis contains Hair Follicles, which produce hair all over your skin, except the palms of your hands and the soles of your feet.

There are two primary proteins in Dermis:

- Collagen: Most abundant protein in body and serves as main building block of skin. It is responsible for skin's firmness and structure. With the reduction of this protein fibre, can be due to age or UV exposure, it can lead to wrinkles, lines and saggy skin.
- Elastin: This protein gives elasticity to your skin.

How to keep Dermis Layer healthy?

- Drink at least eight glasses of water each day, use mild soaps and cleansers, and moisturize your skin.
- Wash small open wounds with clean running water and soap to prevent infections. Then, use a cotton swab to apply a small amount of petroleum jelly (Vaseline™) or skincare ointment (Aquaphor™) over the wound, and cover it with an adhesive bandage to prevent dirt or bacteria from entering the area.
- Long exposure to the sun damages your skin. Use sunscreen with an SPF of at least 30 and wear protective clothing.

Hypodermis

The hypodermis is the bottom layer of your skin, located below the epidermis (top layer) and dermis (middle layer) in your skin. The hypodermis is yellowish. Depending on how much of the pigment called carotene is in your hypodermis, it can be dark yellow or light yellow. Connective tissue and adipose tissue mostly make up the hypodermis. The functions of this layer are:

- Connection: Connects dermis layer to muscles and bones.
- Insulation: Insulates your body to protect you from the cold and produces sweat to regulate your body temperature, protecting you from the heat.
- Protects the Body: Allows your skin to move smoothly over the tissues and muscles underneath it. Without the hypodermis, your skin would rub against those tissues and muscles. It also acts as a shock absorber to protect your organs, muscles and bones from harm.
- Storing Energy: Produces fat cells (adipocytes), which store energy.

As you age, the hypodermis starts to thin. As a result, less connective tissue joins your dermis to your muscles, tissue and bones, and your skin starts to sag.

1. Acnes

Acne is a skin condition that occurs when your hair follicles become plugged with oil and dead skin cells. It causes whiteheads, blackheads or pimples.

Clogged hair follicles or pores cause acne. Your hair follicles are small tubes that hold a strand of your hair. There are several glands that empty into your hair follicles. When too much material is inside your hair follicle, a clog occurs. Your pores can clog with:

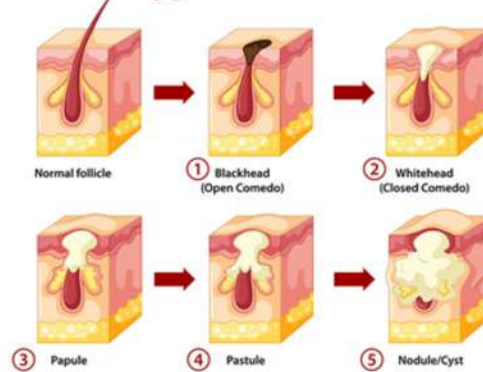
- **Sebum:** An oily substance that provides a protective barrier for your skin.
- **Bacteria:** Small amounts of bacteria naturally live on your skin. If you have too much bacteria, it can clog your pores.
- **Dead Skin Cells:** Your skin cells shed often to make room for more cells to grow. When your skin releases dead skin cells, they can get stuck in your hair follicles.

When your pores clog, substances plug up your hair follicle, creating a pimple. This triggers inflammation, which you feel as pain and swelling. You can also see inflammation through skin discoloration like redness around a pimple.

Causes of Acnes:

1. Clogged Channels
2. Hormonal Imbalance
3. Medications
4. Family History
5. Oily Skin
6. Stomach Problems
7. Environment
8. Intense Scrubbing
9. Cosmetic Products

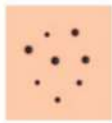





Types of Acnes:



How to Treat Acnes:

1. Proper Cleansing
2. Applying Toner after Cleaning
3. Scrubbing once a week followed by steam
4. Remove Make up before going to bed
5. Eating healthy, not eating too oily or spicy food
6. Limit Sun Exposure
7. Limit intake of Sugar in your diet
8. Getting rid of Constipation
9. Touch your skin with clean hands
10. Doing Pranayama such as Bhastrika, Anulom Viloma regularly
11. Applying Jalandhar Bandha
12. Kapolshakti Vikasak Kriya
13. Doing Asanas which increase blood circulation towards your face

TYPES of ACNE

NON-INFLAMMATORY ACNE	
Blackheads  <ul style="list-style-type: none">• Cause: sebum + dead skin cells• Top of pore is open and exposure to air causes black color aka open comedone	Whiteheads  <ul style="list-style-type: none">• Cause: sebum + dead skin cells• Top of pore is closed aka closed comedone
INFLAMMATORY ACNE	
Papule  <ul style="list-style-type: none">• Cause: bacteria• P. Acnes spreads into ruptured skin tissue• Small, red bump with no yellow or white center of pus	Pustules  <ul style="list-style-type: none">• Cause: hormonal imbalances• Usually have white or yellow heads and filled with pus• Skin around bump may be red and inflamed
Nodules  <ul style="list-style-type: none">• Cause: Bacteria trapped in pores deep in skin surface• Doesn't have a 'head', looks red and swollen	Cysts  <ul style="list-style-type: none">• Cause: severe bacteria infection• Most severe acne and most likely to scar• Occurs deeper below skin than nodules

1. Role of Hormones in Skin Health

Hormones are chemical messengers produced by the endocrine glands that are released into the bloodstream and travel to various organs and tissues in the body to exert their effects.

Hormones play a critical role in regulating a wide range of physiological processes, including growth and development, metabolism, reproduction, and stress response.

Let's look at some of the hormones that can influence skin health:

- Estrogen:** Is essential for maintaining skin thickness, collagen production, and moisture levels. As we age, estrogen levels decline, causing our skin to become thinner, drier, and less elastic.

- Progesterone:** This hormone can increase oil production in the skin, leading to acne and oily skin.

- Testosterone:** Primarily produced in men, women also have small amounts of it. Testosterone can stimulate sebum production, leading to acne and oily skin.

- Cortisol:** The adrenal glands produce cortisol in response to stress. High cortisol levels can lead to inflammation, exacerbating skin conditions like acne and eczema.

- Thyroid Hormones:** These hormones can affect skin moisture levels and hair growth.

Hypothyroidism (low thyroid hormone levels) can lead to dry, thinning skin and hair loss, while hyperthyroidism (high thyroid hormone levels) can cause oily skin and hair.

- Growth Hormone:** This hormone is essential for collagen production and skin thickness. As we age and our growth hormone levels decline, our skin can become thinner and less elastic.

How Hormones affect women at different stages?

Hormones can significantly impact their skin at various stages of their life, such as a woman's menstrual cycle, pregnancy, and menopause. But are there things you can do to help your skin as you go through these changes.

- Menstrual cycle:** During the menstrual cycle, hormone levels fluctuate, which can lead to changes in the skin. For example, estrogen levels are at their highest during the first half of the cycle, which can result in clearer skin and a more even skin tone. However, progesterone levels increase during the second half of the cycle, and this can cause oilier skin, acne breakouts, and sensitive skin. Maintaining a consistent skin care routine throughout the month is important to help support the skin's health.

- Pregnancy:** Hormone levels, particularly estrogen and progesterone, increase significantly during pregnancy. This can cause various skin changes, including darkening of the skin, stretch marks, acne, increased sensitivity, and in some cases, clearer skin! It is essential to use products that are safe for use during pregnancy. This may include gentle cleansers, moisturizers, and sunscreen. Avoid harsh chemicals and speak with your Provider before starting new skin care treatments.

- Post-pregnancy:** After giving birth, hormone levels can fluctuate as the body returns to its pre-pregnancy state. This can result in skin changes such as dryness, acne breakouts, and hyperpigmentation. If breastfeeding, be aware of safe products, and continue using a gentle skin care routine that includes moisturizing and sun protection.

Menopause: During menopause, estrogen levels decrease. This can lead to skin changes, including dryness, thinning skin, wrinkles, and age spots. Use skin care products that help to hydrate and nourish the skin. Sun protection

·is pivotal in preventing further damage to the skin. Use sunscreen with an SPF of 30 or higher.

Maintaining a healthy lifestyle is key in all cases, including eating a balanced diet, staying hydrated, and getting enough sleep. These factors also impact the health and appearance of the skin.

Effect of Stress Hormone Cortisol on your Skin

Stress hormone can also affect our skin. Cortisol is a hormone produced in response to stress. When the body experiences stress, cortisol levels rise. The following are some ways it can affect the skin:

·Acne – Increased cortisol levels can stimulate the sebaceous glands in the skin, leading to increased oil production. This excess oil can contribute to the development of acne or worsen existing acne.

·Skin inflammation – Cortisol has anti-inflammatory properties, but prolonged or chronic stress can disrupt the body's cortisol balance. This imbalance can lead to increased skin inflammation, worsening conditions such as eczema, psoriasis, and rosacea.

· Impaired skin barrier function – Chronic stress and elevated cortisol levels can compromise the skin's natural barrier function. This can result in increased water loss from the skin, leading to dryness, sensitivity, and a weakened skin barrier that is more prone to irritation.

· Slower wound healing – High cortisol levels can interfere with the normal wound healing process by slowing down the formation of new skin cells, delaying collagen production, and impairing the overall healing process of cuts, wounds, or skin injuries.

Managing stress effectively is important to minimize its impact on the skin. Strategies such as practicing relaxation techniques, regular exercise, maintaining a healthy lifestyle, and seeking support from healthcare professionals or therapists can help reduce stress levels and promote overall skin health.



FACE YOGA THEORY

- Introduction to Face Yoga
- Importance of Face Yoga
- Benefits of Face Yoga
- Importance of Posture Alignment
- Do's & Don'ts for Face Yoga
- (Rules for Face Yoga Practices)
- Facial Lines / Signs of Aging
- Forehead lines / Worry Lines:
- Frown Lines / Eleven Lines / Worry Lines:
- Nasolabial Folds / Laugh Lines:
- Bunny Lines:
- Crow's Feet:
- Lip Lines / Smokers Line:
- Marionette Lines:
- Neck Lines:
- Mental Crease:
- Skin Care Points to be followed daily
- Splash Your Face:
- Hot Towel:
- Brush your teeth
- rinse your mouth
- Keep your eyes clean
- Stay Hydrated:
- Have Seasonal Fruits:
- Eat a Balanced Diet:
- Limit Sugar and Processed Foods:
- Manage Stress:
- Good Lifestyle:
- No More Sun Worshipping:
- Morning & Evening Skin Care Routine
- Stress Reduction for a Better Skin
- Visualization Tips
- Skin Nutrition
- You are what you Eat
- Good Food = Good Skin
- Vitamin C, Vitamin A:
- Vitamin E:, Vitamin K:
- Vitamin B3:, Vitamin B5:

