



## MELT 50-Second Facelift

Daily living breaks down the superficial fascial layer under the skin. The tissue slowly loses fluidity and plumpness, slowing down cell production. Less cells, less activity of cells = less collagen production.

### **The Good News: There's a Solution!**

Researchers are now searching to prove that stimulating the fibroblasts is the way to biologically activate the production of new collagen cells. You can stimulate the fibroblasts Using MELT techniques.

The secret to stimulating the superficial layers of your connective tissue is **don't press too hard. The lighter the touch, the more you stimulate the cells closest to the skin.** The best way to restore this movement is the Indirect Before Direct approach.

1. Position the Large Soft Ball on the **bone just behind the earlobe**. Apply gentle pressure and make **small circles** with the ball **for 5 seconds**. Compress the ball gently and wait for two breaths, then release.
2. Position the ball on your **jaw, right under your cheekbone**. Apply gentle pressure and make **small circles** with the ball for **5 seconds**. **Compress** the ball gently and wait for **two breaths, then release**.
3. Position the ball at your **temple**, apply gentle pressure, and make small **circles** with the ball for **5 seconds**. **Compress** the ball gently and wait for **two breaths, then release**.
4. **Repeat** the techniques again at the **jaw**, then at the **base of skull**.
5. **Repeat** steps 1 to 4 on **the other side of your face**, then proceed to step 6.
6. Using your **fourth and fifth fingers** (ring and pinky), **create feather-light sweeps** from the middle of your forehead out, **progressively sweeping out and down the face**. When you reach your neck, create the same feather-light sweeps in a downward motion toward your collarbones.

### **More tips for keeping skin looking great at any age:**

1. **Drink water** consistently. It's the consistency (not volume) that keeps our cells hydrated and active.
2. Eat lots of **veggies** and foods with **antioxidants**.
3. **Exfoliate** 3x a week. Clarisonic Brush: vibrational tools such as this activate the superficial cells of connective tissue and bring blood flow to the local regions of the face.
4. **Sleep** a minimum of **7 hours** in a **darkened** room.
5. **Don't fluctuate your weight**. This can cause issues in the fat-to-collagen ratio in the superficial layers of tissue, causing cellulite lumps to form and skin to sag.
6. **Wear sunscreen**. Sunlight dehydrates the superficial layers of our connective tissue system.
7. **Sweat!** If you sweat and exercise you will always have healthier looking skin