



# FACE YOGA

SECRETS OF NATURAL BEAUTY



Face  
Pack

Eye  
Mask

Hair  
Pack

Face  
Massage

Detox  
Drinks

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# TABLE OF CONTENTS



|                                                         |    |
|---------------------------------------------------------|----|
| 01 Introduction to Face Yoga .....                      | 01 |
| 02 Lymphatic Drainage Massage .....                     | 18 |
| 03 Functions of Skin and their disorders .....          | 21 |
| 04 Massage For Acne & Pigmentation .....                | 23 |
| 05 Water Poses For Acne & Pigmentation .....            | 24 |
| 06 Collagen .....                                       | 27 |
| 07 Ice Cube Massage .....                               | 30 |
| 08 Gua Sha Massage .....                                | 32 |
| 09 Jade Roller Massage & 3D Roller Massage .....        | 36 |
| 10 Head Massage .....                                   | 40 |
| 11 Exercise & Massage For Double Chin And Thyroid ..... | 42 |
| 12 Eye Exercises & Massage For Dark Circles .....       | 44 |
| 13 What Is Oil Cleansing? .....                         | 47 |
| 14 Hot Water Spoon Massage .....                        | 51 |
| 15 What is Accupressure & how does it work? .....       | 55 |
| 16 Skincare .....                                       | 57 |
| 17 Superfoods for Skin .....                            | 60 |
| 18 Natural DIY Face Packs .....                         | 63 |
| 18 Natural DIY Hair Packs .....                         | 69 |

# INTRODUCTION TO FACE YOGA

## What is Face Yoga?

Face yoga is a series of targeted facial poses that release tension from over-worked muscles and activate the underworked ones. It's also combined with proper body posture and conscious breathing.

"Yoga" is just a catchy way to say facial exercises that move the muscles on your face into certain positions — kind of like yoga for your body. The aim is to create a moment of self-care where you improve blood circulation for a healthy glow and reduce stress and tension in your face.

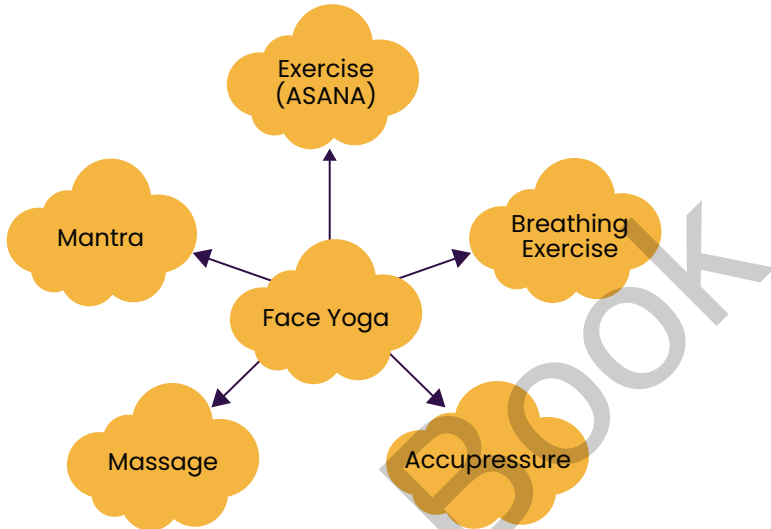
Most people hold tension in their faces, whether through facial expressions or too much time in front of a screen. All these daily activities cause patterns in how we use our face and the specific muscles we recruit. This is why we want to focus more on releasing and softening our faces to let go of these patterns and any held facial tension.

Face yoga is a combination of breath work and facial muscle engagement which improves the mental health too.

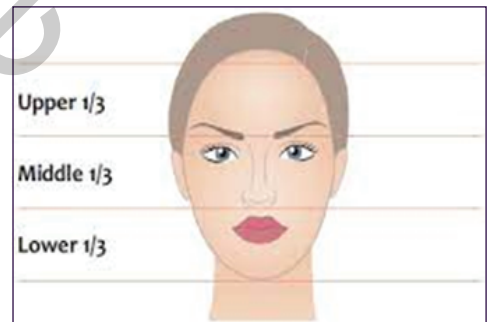
## What are the benefits of Face Yoga?

1. It helps to release stress and tension in your face muscles.
2. It increases blood circulation in face muscles and maintain hormonal balance in your body
3. Improves your mental health.
4. It strengthens and tones facial muscles.
5. It helps making our skin glow & nourishes it.
6. Counter the effects of gravity
7. It's the anti-aging, super effective, low cost and reduces dependency on parlours and beauticians.
8. It is very relaxing and improves our sleep quality if done at night.

## Componests Of Face Yoga



## Parts of the face



## How the Face is divided?

### 1. Upper face

1. Forehead
2. Temporal region
3. Eyes

### 2. Middle face

1. Nose
2. Cheeks
3. Ears

### 3. Lower face

1. Lips
2. Chin
3. Jawline

## Muscles of the Face

### 1. Upper Face Muscles

- a. Frontalis (Forehead) – above eyebrows
- b. Temporalis (Temporal region) – rotate temporalis muscle with index finger
- c. Procerus and Corrugator Supercilia – area between eyebrows

- d. Orbicularis Oculi (eyes) – frown and stretch with two fingers between eye brows

- g. Mentalis – Pout muscles

- h. Platysma (runs from Cheeks to Neck) – Inactiveness of platysma is reason of Double chin

## 2. Middle Face

**Following are the Middle Face Muscles**

- a. Nasalis and Labii Superioris Alaeque Nasi (nose)
- b. Zygomaticus Major and Minor (Cheek)
- c. Auriculars (Ear)

**Following are the Middle Face Bones**

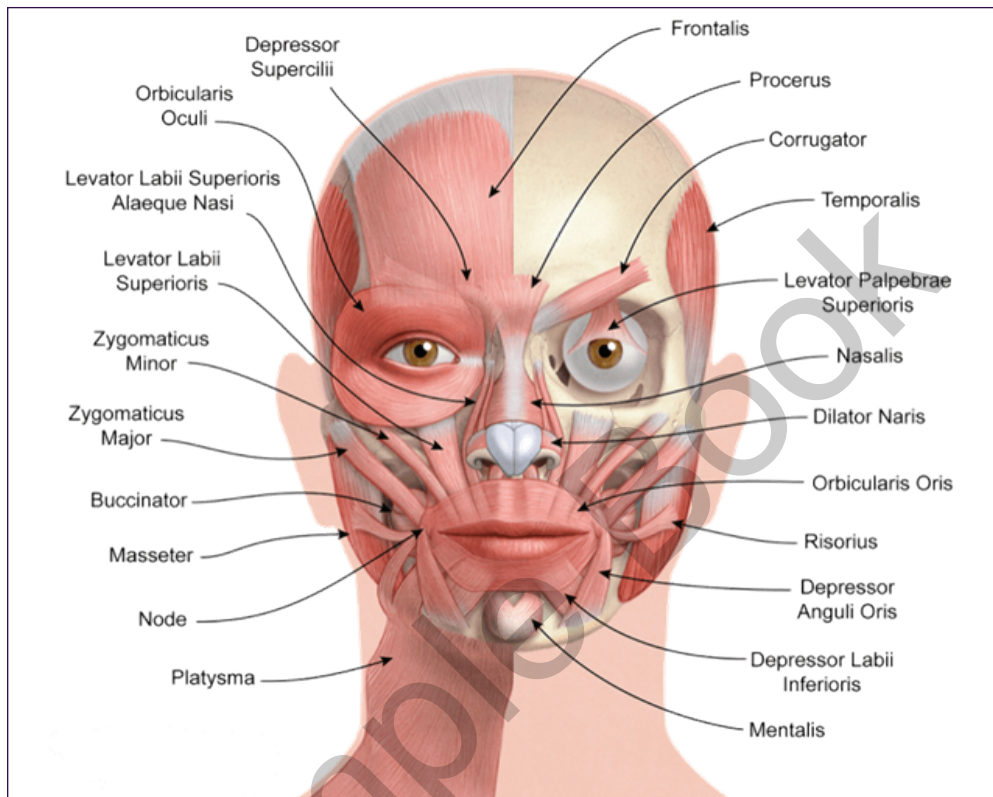
- a. Frontal
- b. Nose (Nasal)
- c. Cheeks (Zygomastics)
- d. Upper jaw (Maxilla)
- e. Lower jaw (Mandible)

## 3. Lower Face Muscles

- a. Zygomaticus Major and Minor – Smile muscles
- b. Risorius
- c. Buccinator – Chewing muscles (Help in chewing food without biting cheeks)
- d. Masseter – Strongest muscle of the human body
- e. Depressor Angulioris – Helps bringing muscles down when in depressed mode
- f. Orbicularis Oris – Pushing upper and lower lips

**There are approximately 43 facial muscles in total.**

## Muscles of the Face



## Layers of Skin

### Epidermis

The epidermis is the top layer of your skin. It's the only layer that is visible to the eyes. The epidermis is thicker than you might expect and has five sublayers.

Your epidermis is constantly shedding dead skin cells from the top layer and replacing them with new healthy cells that grow in lower layers. It is also home to your pores, which allow oil and sweat

to escape.

There are conditions that start in the epidermis layer of your skin. These conditions can be caused by allergies, irritations, genetics, bacteria, or autoimmune reactions. Some of them are:

- Dandruff
- Eczema
- Psoriasis
- Skin Fragility Syndrome
- Boils
- Birthmark, mole, or "port wine stain"

- Acne
- Skin cancer
- Keratosis (harmless skin growths)
- Epidermoid cysts
- Pressure ulcers (bedsores)

## Dermis

The dermis is thicker than the epidermis and contains all sweat and oil glands, hair follicles connective tissues, nerve endings, and lymph vessels. While the epidermis covers your body in a visible layer, the dermis is the layer of skin that really enables the function of pathogen protection that your body needs.

Since the dermis contains collagen and elastin, it also helps support the structure of skin that we see.

Here are some of the conditions that occur in or start in the dermis and can eventually impact your epidermis.

- Dermatofibroma - Benign skin bumps on the legs
- Sebaceous cysts (cysts that contain sebum, an oil your body produces)
- Dermoid cysts (cysts that may contain elements of hair or teeth)
- Cellulitis (a bacterial infection of the skin)
- Rhytides (wrinkles)

## Subcutis

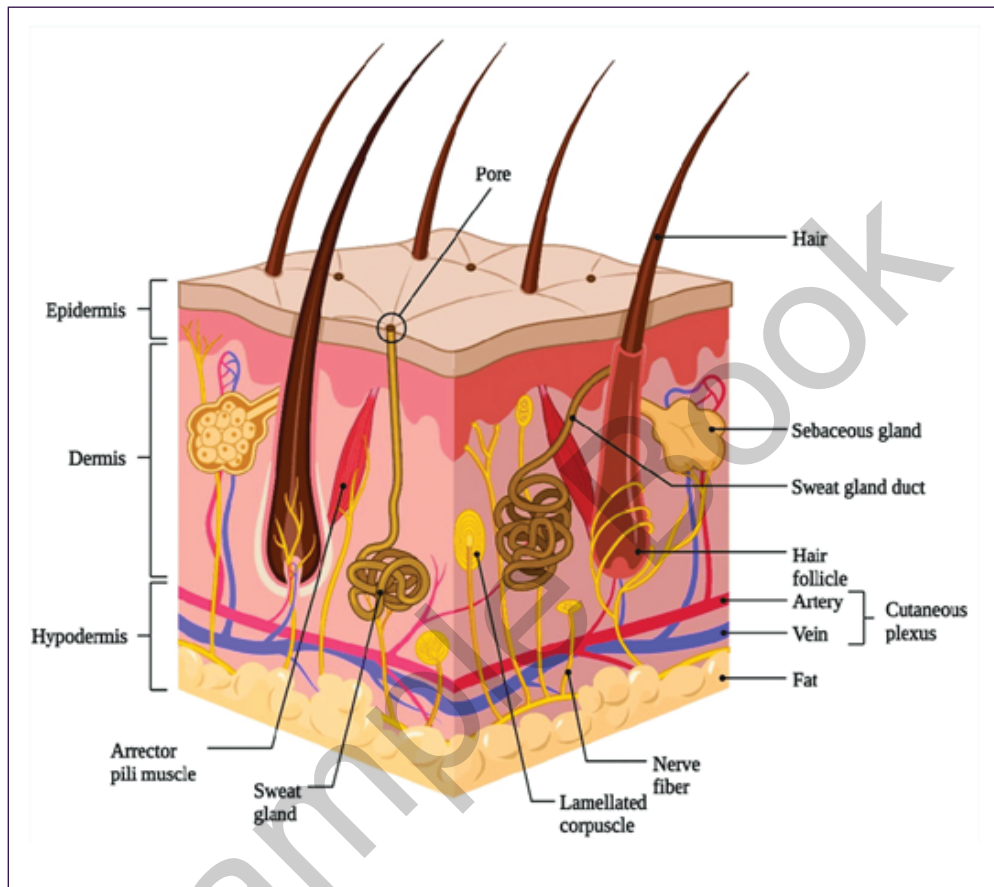
The layer of skin beneath the dermis is sometimes called the subcutaneous fat, sometimes called the

subcutaneous fat, subcutis, or hypodermis layer. This layer provides insulation for your body, keeping you warm. It also provides a cushion that works like a shock absorber surrounding your vital organs.

There are plenty of blood vessels contained in the hypodermis. This is the layer that attaches your skin to the muscles and tissue below it. This layer can be thicker in some parts of your body than others and tends to be determined by genetics.

Unlike visceral fat, which accumulates on your body as a result of metabolism, diet, exercise, and other factors, subcutaneous fat is always underneath your skin and shouldn't worry you.

## Layers of Skin



## What are the Skin types?

### 1. Dry skin & dull skin (totally dry)

Dry skin generally produces fewer natural oils than other types of skin. This may cause it to appear dull and become rough, flaky, or even scaly. It often feels tight or less elastic,

noticeably dehydrated, and may be prone to showing more visible fine lines. In Addition, it may become itchy or irritated.

### 2. Oily skin (totally oily)

Oily skin produces an excess of sebum that causes the skin to appear shiny and feel greasy—especially throughout the T-zone (forehead, nose, and chin). People with oily skin may tend

to have less wrinkles, but they may also be more prone to enlarged pores, acne blemishes, blackheads, and white heads.

### 3. Combination skin (only 'T' zone oily and other part is dry)

Combination skin includes areas that are dry as well as oily—with the T-zone commonly being oily, and the cheeks being either dry or normal. This skin type can vary during different seasons of the year, and due to various factors, such as stress or hormone fluctuation.

### 4. Normal skin

Normal skin is balanced—feeling neither too dry nor too oily. It is not prone to breakouts, flakiness, or feeling greasy or tight. People with normal skin typically have pores that are small, a smooth skin texture, and are less prone to sensitivity or blemishes.

### 5. Sensitive skin

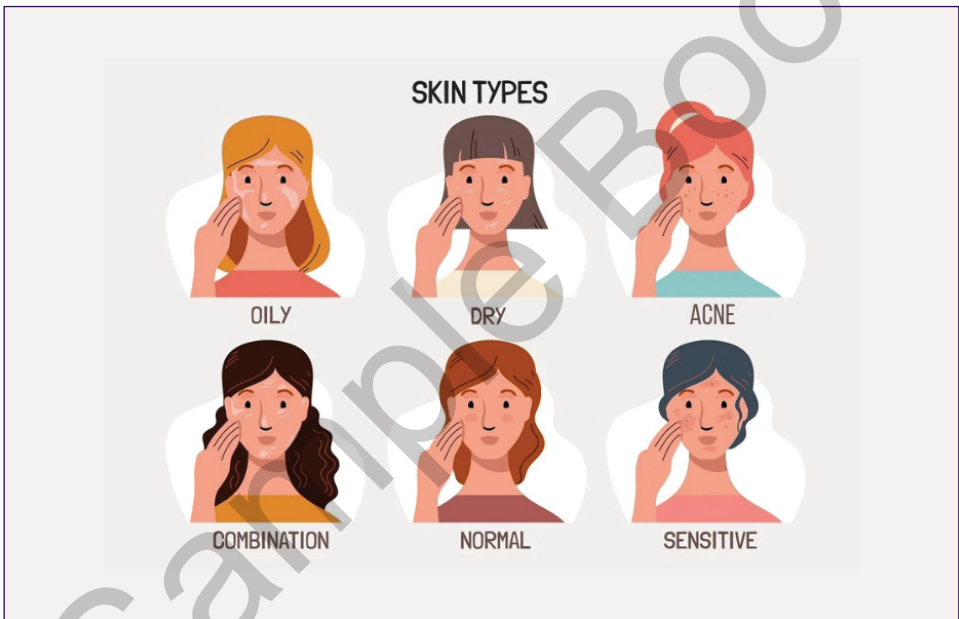
Sensitive skin is often referred to as a skin type, but it's possible to have oily sensitive skin, dry sensitive skin, or normal sensitive skin. Regardless of which type of skin you have, if you have sensitive skin, it may appear red and feel like it's burning, itching, or dry. These symptoms may be related to having skin that is more vulnerable to external irritants and may be triggered by certain ingredients—like dyes or

fragrance as well as environmental factors

### 6. Acne prone skin

If acne breakouts are frequent to you, then you can say you have acne-prone skin. This isn't your regular pimple outbreak which happens sometimes, but instead is a frequent occurrence that leaves your skin with acne and sometimes even inflamed skin. Acne-prone skin is a long-term, chronic skin condition that requires months and even years of treatments to keep it manageable.

## Skin Types



## How can I identify my skin type at home?

### The “Wait and Watch” method

This at-home test allows you to understand your skin type by observing how your skin behaves after cleansing.

- a. To start, wash your face with a gentle cleanser, then gently pat it dry
- b. Wait 30 minutes.
- c. If your skin appears shiny throughout, you likely have oily skin
- d. If it feels tight and is flaky or scaly, you likely have dry skin.
- e. If the shine is only in your T-zone, you probably have combination skin.
- f. If your skin feels hydrated and comfortable, but not oily, you likely have normal skin.

### The blotting sheet method

When pressed to the skin, blotting sheets absorb oil—and you can use them to help you understand what type of skin you have.

- a. After washing your face with a gentle cleanser, pat it dry and wait for 30 minutes.

- b. Press blotting sheets to various areas of your face, then hold the sheets up to the light to see the oil markings.
- c. If the sheets soaked up an abundance of oil from all areas of the face, you have oily skin.
- d. If they absorb little to no oil, then you probably have dry skin.
- e. If the sheets show only a small amount of oil from your T-zone, you have combination skin.
- f. If you only see minimal oil from every area of your face, you most likely have normal skin.

## What are the oils for various skin types?

### For dry skin

#### Preferably use

1. Extra virgin Coconut oil (cold pressed)
2. Almond oil
3. Extra Virgin Olive oil

**Apart from the above oils, if suitable on your skin, then you can use below given 4 types of oils also.**

1. Apricot oil
2. Lavender oil
3. Rosewood oil
4. Sandalwood oil

## For oily skin

1. Tea tree oil
2. Grape seed oil
3. Jojoba oil
4. If no oil is suitable, then they can use water to dilute the oil.

## For normal skin

1. Coconut Oil

## For combination skin

1. Flax seed oil (mostly preferred)

## For sensitive skin

1. Coconut oil is the best.
2. Sandalwood oil (nourishing & soothing)
3. Moringa oil (antioxidant)
4. Aloe Vera oil (it has Antibacterial properties)

## For acne prone skin

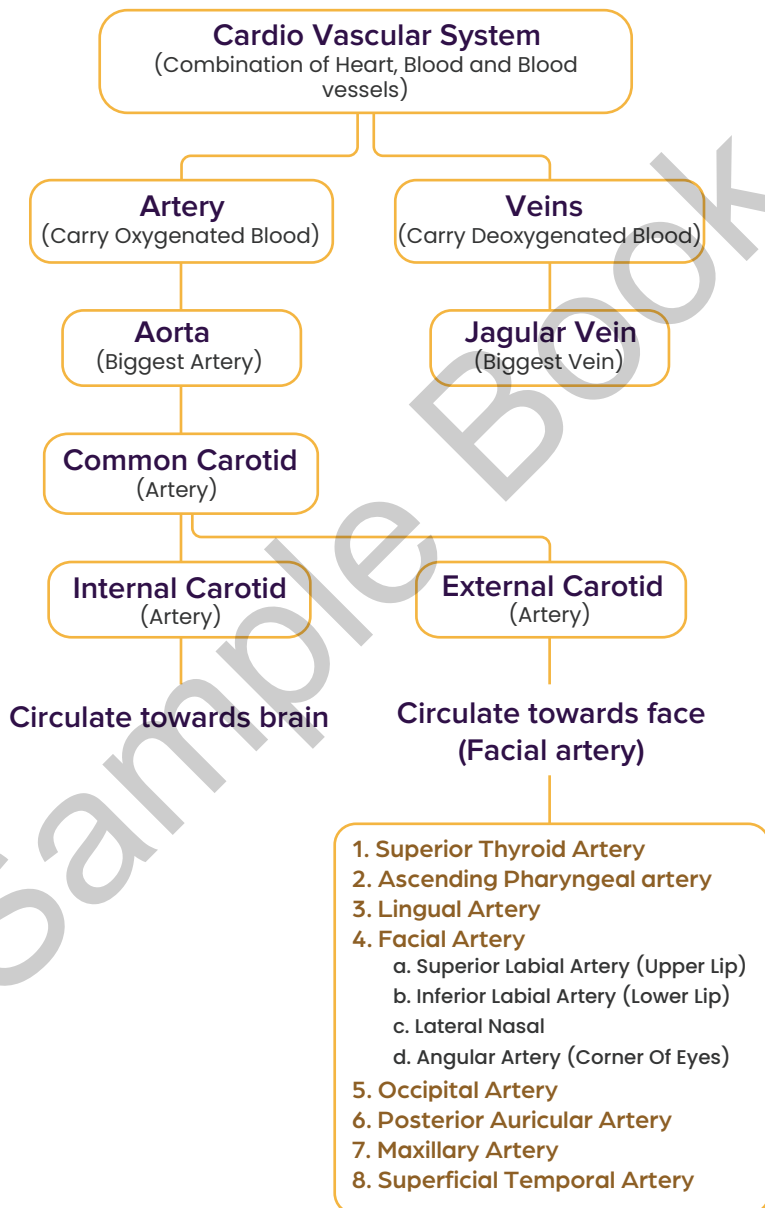
1. Tea tree oil – best
2. Grape seed oil – best
3. Lemon grass oil

### **Avoid**

Almond oil, butter, ghee, coconut oil for acne prone skin, Cinnamon oil is also an option but it is not suitable to everyone.

# Blood supply of Face

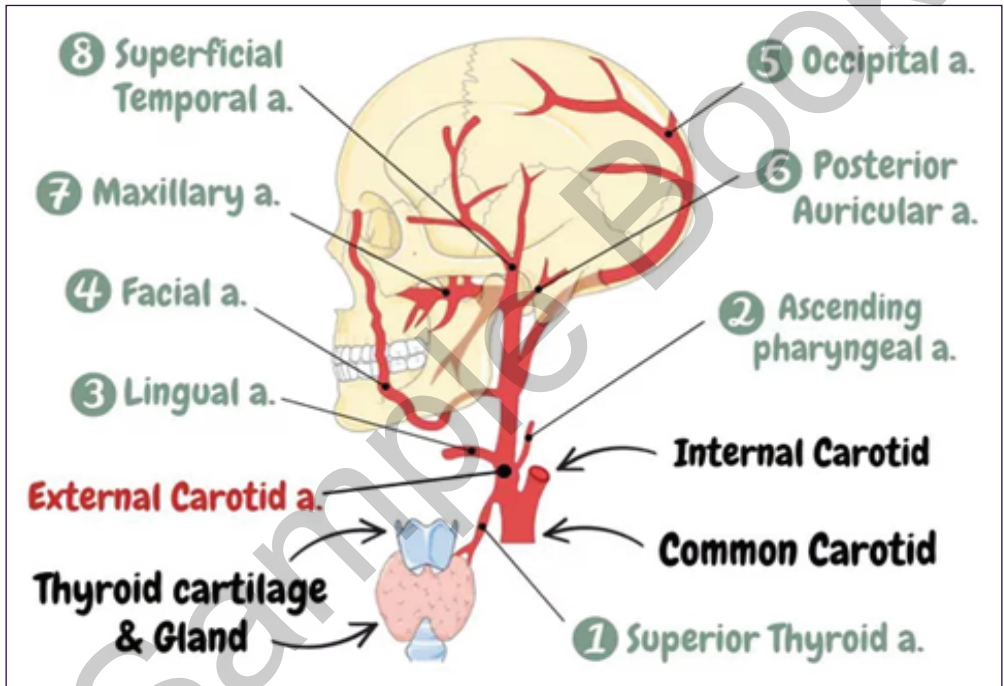
## Flowchart



## Facial artery

The facial artery is one of the eight branches of the external carotid artery. The facial artery supplies the muscles and skin of the face. It has a crucial function in maintaining these areas, and provides them with oxygen and nutrients. The facial artery is also known as the external maxillary artery.

### External carotid artery branches



## Facial artery branches

### 1. Inferior labial artery

It is close to the corner of mouth and supplies blood to the lower lip.

### 2. Superior labial artery

It is larger than the Inferior Labial Artery. It supplies blood to the muscle of upper lip

### 3. Lateral nasal branch

It ascends along the Lateral aspect of Nose.

### 4. Angular artery

It is the final and terminal branch of the facial artery. It finishes at the inner corner of the eye.

## Some other arteries are

### 1. Forehead

Ophthalmic artery (OA) is an artery of the head.

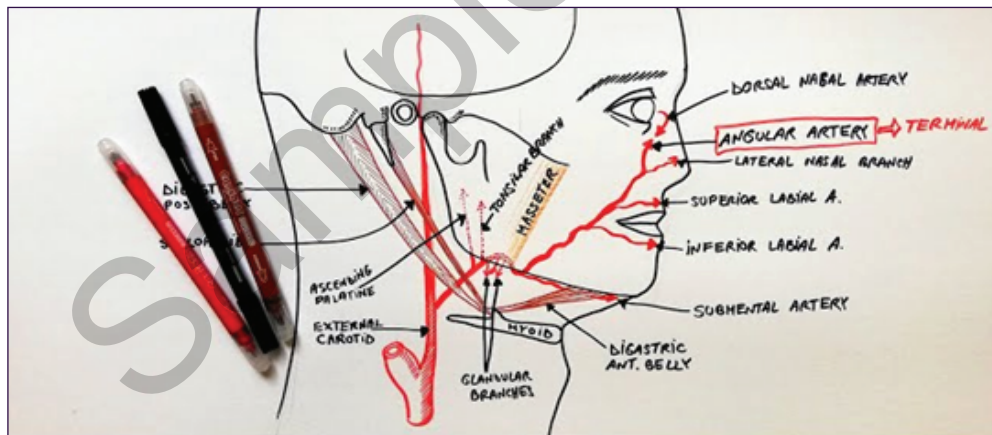
### 2. Temple region

Superficial Temporal Artery (STA) is the majority artery of head and supplies blood to the temple region and head.

### 3. Tongue

Lingual Artery (LA) is located deep in the tongue and supplies blood to the tongue.

## Facial artery



# The nervous system

## Nervous supply of Face

The nervous system is a complex network of nerves and cells that regulate the actions and responses of vertebrates and many invertebrates.

**The main parts of nervous system are:**

**1. Central nervous system:**

Brain and Spinal cord.

**2. Peripheral nervous system:**

It consists of many nerves that branch out from your CNS all over your body.

## Purpose of nerves

Nerves send electrical signals from one part of body to another for movement and sensation.

The Peripheral Nervous System is the conduit between the CNS and the body. It is made up of different kinds of neurons that send different signals.

**1. Motor neurons:**

Carry signals to muscles and glands for movement and function.

**2. Sensory neurons:**

Carry signals to brain for sensation such as taste, touch, smell and vision.

The Cranial Nerves are 12 pairs of nerves that connect the brain to head, neck and torso. They are located on the back of the brain and extend throughout the body.

Cranial nerves send electrical signals between the brain, face, neck and torso. They help with tasting, smelling, hearing, feeling sensations, making facial expressions, blinking eyes, moving tongue, controlling muscles and connecting the glands or internal organs.

**Muscles of face are supplied by two major nerves**

a. Trigeminal nerve

b. Facial nerve

## Trigeminal nerve

The trigeminal nerve is the largest cranial nerve and has both motor and sensory functions.

The motor function helps a person to chew and clench the teeth. It also gives the sensation to the muscles in the tympanic membrane of the ear.

**The sensory division has three parts that connect to sensory receptor sites on the face:**

**Ophthalmic:** This branch sends nerve impulses from the upper part of your face and scalp to your brain. Ophthalmic refers to the eye. The ophthalmic nerve relates to your eyes, upper eyelids and forehead.

**1. Maxillary:**

This nerve branch is responsible for sensations in the middle part of your face. Maxillary refers to the upper jaw. The maxillary nerves extend to your cheeks, nose, lower eyelids and upper lip and gums.

## 2. Mandibular:

The mandibular (lower jaw) branch aids sensation to the lower part of your face. These nerves also have a motor function. They help you bite, chew and swallow. Such as the jaws, lower lip and gum.

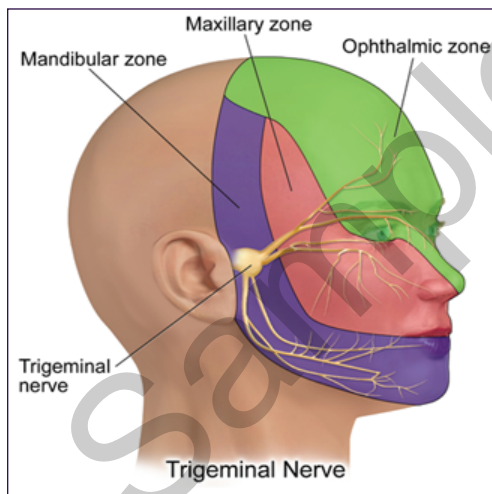
## Facial nerve

The facial nerve also has both motor and sensory functions.

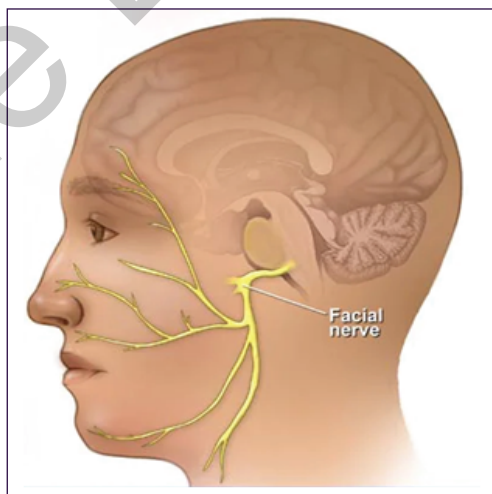
**The facial nerve is consisting of four nuclei that serve different functions:**

1. Movement of muscles to produce facial expression.
2. Movement of the lacrimal, submaxillary and submandibular glands.
3. The sensation of the external ear
4. The sensation of taste.

## Trigeminal nerve



## Facial nerve



## Lymphatic system

### What is lymphatic system?

The lymphatic system is a network of vessels, nodes and ducts that pass through almost all bodily tissues. It allows the circulation of a fluid called Lymph through the body in a similar way to blood. It plays a key role in fighting disease.

### What are lymphatic nodes?

Lymph nodes are small, bean shaped organs that are part of lymphatic system and the adaptive immune system. They are located in many parts of the body including the neck, the chest and the abdomen.

Lymph nodes contain white blood cells that fight infection. They filter lymph fluid, which is composed of fluid and waste products created by body's tissues.

There are hundreds of Lymph nodes throughout the body.

### What is the lymphatic drainage massage?

Lymphatic Drainage Massage also called as manual lymphatic drainage (MLD) is a gentle massage that helps

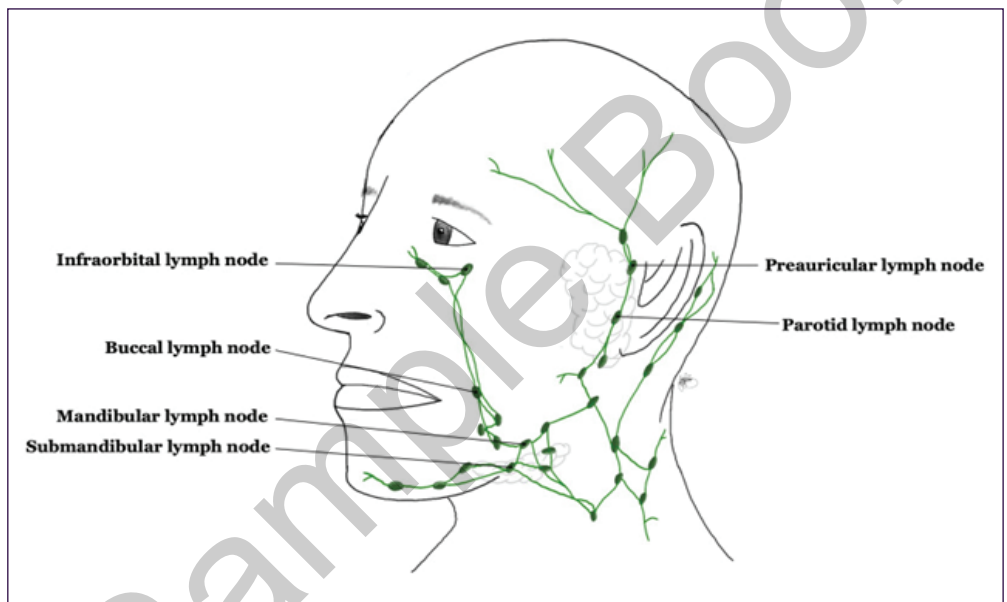
move a fluid called lymph through the body. Using manual light pressure helps the lymph vessels contract and move built up fluid through the lymphatic system.

Facial Lymphatic Drainage (FLD) is a type of massage that uses soft, slow pumping movements to drain lymphatic fluid through the lymphatic system.

#### **FLD enhances circulation in the face by**

1. Delivering oxygen around the skin
2. Pushing waste and toxins out of the lymph nodes
3. Promoting lymphatic flow to remove excess fluid.

## Lymph nodes in the Face



FLD can also encourage the Lymphatic System  
to deliver fresh nutrients to your cells.