

## FACIAL YOGA – NEW HORIZON FOR YOUR SKIN HEALTH

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### ABSTRACT

#### Introduction

Facial Beauty is the most burning topics people are willing for specially to avoid wrinkles, saggy skin, dark deep under eyes with increasing age. However, now a day as aesthetic science is getting utmost impetus ‘face yoga’ came into light. To make them tone and fitter face yoga came into existence. Facial yoga is focused on relaxing and toning the face.

#### Methods

Yogic postures such as making the face in ‘O’, ‘V’ shaped, reducing forehead lines, neck up, fish pout, Flirtatious eyes are used.

#### Result and Discussion

With the help of some of these yogic postures, the muscles of face get the rich oxygenated blood which nourishes them and strengthens them preventing the skin from sagging, hollowness and fat pads

#### Conclusion

Regular exercise of facial yoga leads to healthy skin, provides lusture, tone and avoids sagging and elasticity of skin. The process of facial yoga not only enhance physical appearance but also helps keeping nervous and circulatory system fit by purifying and balancing them.

**KEYWORDS:** Anti-ageing, Ayurveda, Facial Yoga, Facial Posture, Forehead lines, Fishpout, Flirtatious eyes, Neck up, Skin, Yoga.

### INTRODUCTION

The first mention of the word “yoga” appears in *Rig Veda*, a collection of ancient texts. Yoga comes from the Sanskrit word “yuj,” which means “union” or “to join.” Yoga can be traced back to northern India over 5,000 years ago. Indian monks spread their knowledge of yoga in the West during the late 1890s. Modern yoga teachings became widely popular in Western countries by the 1970s. The overall philosophy of yoga is about connecting the mind, body, and spirit. There are six branches of yoga. Each branch represents a different focus and set of characteristics. The six branches are:<sup>1</sup>

- **Hatha yoga:** This is the physical and mental branch that aims to prime the body and mind.

- **Raja yoga:** This branch involves meditation and strict adherence to a series of disciplinary steps known as the eight limbs of yoga.
- **Karma yoga:** This is a path of service that aims to create a future free from negativity and selfishness.
- **Bhakti yoga:** This aims to establish the path of devotion, a positive way to channel emotions and cultivate acceptance and tolerance.
- **Jnana yoga:** This branch of yoga is about wisdom, the path of the scholar, and developing the intellect through study.
- **Tantra yoga:** This is the pathway of ritual, ceremony, or consummation of a relationship.

### Chakras

The word “chakra” means “spinning wheel.” Yoga maintains that chakras are center points of energy, thoughts, feelings, and the physical body. According to yogic teachers, chakras determine how people experience reality through emotional reactions, desires or aversions, levels of confidence or fear, and even physical symptoms and effects.

When energy becomes blocked in a chakra, it triggers physical, mental, or emotional imbalances that manifest in symptoms such as anxiety, lethargy, or poor digestion. Asanas are the many physical poses in Hatha yoga. People who practice yoga use asanas to free energy and stimulate an imbalanced chakra. There are seven major chakras, each with its own focus:<sup>ii</sup>

- **Sahasrara:** The crown chakra, which is at the crown of the head, symbolizes spiritual connection.
- **Ajna:** Located between the eyebrows, the third eye chakra has to do with intuition.
- **Vishuddha:** The throat chakra corresponds to immunity and verbal communication.
- **Anahata:** The heart chakra, which is in the center of the chest, influences professional and personal relationships. Any imbalances in this chakra will affect oxygen, hormones, tissue, and organ control.
- **Manipura:** The solar plexus chakra is in the stomach area. It corresponds to self-confidence, wisdom, and self-discipline.
- **Svadhishthana:** The sacral chakra, which is beneath the belly button, connects pleasure, well-being, and vitality.
- **Muladhara:** The root chakra, which is at the base of the spine, connects the mind and body to the earth to keep a person grounded. It controls the sciatic nerves and the parasympathetic nervous system.

### What is Face Yoga

Face yoga combines facial exercises and facial massage that target your facial muscles, skin, and tissue drainage system (lymphatics). There are many muscles in your face and neck, more than just the ones you use for facial expressions, so these exercises aim to engage more of those muscles. By isolating and strengthening specific facial muscles, you may potentially be able to sculpt your jawline, improve those jowls, decrease face puffiness, and affect your overall skin tightness (elasticity) and the appearance of fine lines and wrinkles—at least, that’s one theory (Alam, 2018). Another is that by massaging your face, you may improve your skin blood flow. Better blood circulation may mean enhanced collagen production and may give you that youthful, healthy glow many of us seek (Akane, 2018).

Yoga hugely described in Ayurvedic text is mainly utilized or prescribed for weight loss or body toning and maintaining. However, now a day as aesthetic science is getting utmost impetus ‘face yoga’ came into light. We keep on worrying about the muscles present

in body below neck but what about the 57 muscles those are present only in face. To make them tone and fitter face yoga came into existence. The Hathyog pradipika depicts yoga succeeds by enthusiasm, openness, courage, knowledge, determination and solitude . In Gherand Samhita, some postures of face of mouth was being told in correlation to Pranayam like sahita, suryabhedhi, ujjayi, bhastrika, bhramari, murcha and kevali. Doing of purak, kumbhak, rechak enhances pranvayu and increases blood circulation of face as well as whole body .

Ujjayi Pranayam depicts the posture we do while doing anti-aging exercise of making a mouth like “O”. Face yoga is the daily practice of stretching the muscles in your face. Designed to combat aging, these exercises can help smooth lines, lift the skin around the eyes, tone cheeks and tighten necks. The end result is a more elastic, clear, and healthy face. Face yoga works by stimulating muscles in your face, many of which lie dormant and become weaker as you age. By strengthening the muscles and engaging them in resistance training, you can help your body increase circulation to the skin, allowing it to regenerate skin cells and become tighter, counteracting those visible signs of aging.

Facial yoga also focuses on relieving tension in the face, which experiences strains you form different facial expressions throughout the day. Engaging the muscles helps to keep the face rejuvenated and relaxed. While it’s not meant to replace anti-aging methods like sun protection, face yoga could help tone your overall features regardless of age.

Unlike some facial exercises, facial yoga is focused on relaxing and toning the face. In the same way that real yoga works areas of muscle tension, facial yoga is intended to counteract the effects of strained facial expressions to leave both the muscles and skin relaxed and rejuvenated. Face yoga is a series of exercise of muscles to present less of its elasticity and maintain tone . It received attention as an attractive to highly costly butox, fillers, peels and all. The end result is younger radiant glowing skin.<sup>iiiivvviii</sup>

## Benefits

1. **Slow down ageing process**
2. **Prevent ageing**
3. **Cheaper**
4. **Increased Oxygen Supply**

1. **Slow down ageing process** – As our age increases, wrinkles start developing at festered, around eyes. By exercising face yoga, we get tightened and toned skin.
2. **Prevent ageing** – Fat pads present underneath the skin gets thinner as age progress, with increasing age these fat pads have lesser connection and due to gravity pulls it leads to hollowed cheeks.
3. **Cheaper** – Peoples across the world spend millions every year to get youthful skin, but this is cheaper at home practice so whole in pocket can be avoided.
4. By this we get toned younger and radiant skin due to **increased oxygen supply** to muscles.

## FACIAL YOGA TYPES<sup>viiiixxiixiii</sup>

1. **Anti-ageing facial yoga: The V**
2. **Anti-ageing facial yoga: Make O**
3. **Anti-ageing facial yoga: For Forehead Lines**
4. **Anti-ageing facial yoga: The Neck Up**
5. **Anti- ageing facial yoga: Fish Pout**
6. **Anti- ageing facial yoga- Flirtatious eyes**
7. **Anti- ageing facial yoga-The lion face**

### 1. Anti-ageing facial yoga: The V

**Good For:** Drooping eyelids, crow's feet, eye bags and puffiness.

**Step 1:** Press both middle fingers together at the inner corner of the eyebrows, then with the index finger, apply pressure to the outer corners of the eyebrows.

**Step 2:** Look up at ceiling, raise the lower eyelids upwards to make a strong squint & relax.

**Step 3:** Repeat six more times and finish by squeezing eyes shut tightly for 10 seconds

## **2. Anti-ageing facial yoga: Make O**

**Good For:** Cheek lines and sagging skin.

**Step 1:** Hide the teeth with the lips to make an 'O' shape with the mouth.

**Step 2:** Smile widely while keeping the teeth hidden and repeat six times.

**Step 3:** Next, hold the smile shape while placing one index finger on the chin. Relax and repeat twice more.

## **3. Anti-ageing facial yoga: For Forehead Lines**

**Good For:** Horizontal forehead lines.

**Step 1:** Place both hands on the forehead facing inwards and spread all of the fingers out between the eyebrows and hairline.

**Step 2:** Gently sweep the fingers outwards across the forehead, applying light pressure to tighten the skin.

**Step 3:** Relax and repeat 10 times

## **4. Anti-ageing facial yoga: The Neck Up**

**Good For:** Lines and loose skin on the neck.

**Step 1:** Looking straight ahead, place the fingertips at the bottom of the neck and lightly stroke the skin downwards with the head tilted back.

**Step 2:** While maintaining that position, push your tongue against the top of your mouth.

**Step 3:** Pull skin on your neck downwards with index fingers. Maintain the stretch for 25 seconds

**Step 4:** Bring the head back down to the chest and repeat twice more

## **5. Anti- ageing facial yoga: Fish Pout**

**Good For:** Toning upper face, Plumping the lower area of face

**Step 1:** Suck in your cheeks between your upper and lower teeth.

**Step 2:** Hold this position for 10 seconds and then release

**Step 3:** Repeat this face workout 15 times in 2 minutes

## **6. Anti- ageing facial yoga- Flirtatious eyes**

**Good For:** Eyebrow lift, Get rid of deep eye hollows or drooping eyebrows

**Step 1:** Put your index finger under each eye while positioning it so that it will be pointed towards the direction of your nose

**Step 2:** Keep teeth hidden while keeping your top and bottom lips away from each other

**Step 3:** Maintain the position and then for 30 seconds, look at the ceiling while fluttering your upper eyelids.

## **7. Anti- ageing facial yoga- The lion face**

**Good For:** Tongue, double chin and jaw muscles.

**Step 1:** Slowly inhale and tighten every muscle in body from toes to stomach to fists.

**Step 2:** Slowly exhale relaxes every tighten muscle.

**Step 3:** Stick out tongue and open eyes widely, maintain this position for 30 seconds

## DISCUSSION

Facial yoga is trending practice that maintains beauty naturally. Certain facial muscles such as muscles between nose and ear receives little or no exercise so by making various poses helps in their tightening. Antiaging facial yoga acts as a noninvasive alternative to botox and surgery. These series of exercises help tone various muscles of face such as making “V” tightens orbicularis oculi, making “O” exercises orbicularis oris and mentalis. By making flirtaceous eyes one can tighten frontalis and zygomaticus major.

Similarly, the lion pose is a traditional hath yoga pose that stimulates platysma a thin, flat muscle in front of throat. Platysma pulls down when contracted, hence maintaining its firmness. These movements while performing exercises works on hypodermis, dermis and epidermis. By working simultaneously on all these layers, it increases blood circulation allowing more oxygen and nourishment to reach the cells of skin resulting in stimulation of skin cell regeneration. It helps to stimulate collagen and elastin production resulting in more youthful skin. The regular practice of facial yoga produces many benefits such as deep breathing, psychological strength, flexibility, endurance and an overall upliftment in emotional wellbeing.

## CONCLUSION

Facial Yoga is a completely new concept which deals with the facial muscle, its toning, tightening and helps in preventing ageing effects on face. With the help of some of these yogic postures, the muscles of face get the rich oxygenated blood which nourishes them and strengthens them preventing the skin from sagging, hollowness and fat pads. Regular exercise of facial yoga leads to healthy skin, provides lusture, tone and avoids sagging and elasticity of skin.

The process of facial yoga not only enhance physical appearance but also helps keeping nervous and circulatory system fit by purifying and balancing them. It increases one's self confidence, zeal and makes optimistic.

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