

What Is Beauty and How Do We Get That Way?

FACIAL EXERCISE

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Who ever heard of making faces as an aid to beauty? Still, that very thing is being done today by thousands for that same purpose, science having disproved the old prevailing idea that such conduct would mar instead of aid beauty. Of course, a malicious spirit behind the face-making would be injurious both to the face and character, but that does not disprove the value of facial exercise.

Don't be afraid to exercise your face. If use of the facial muscles had a bad effect on beauty, those people who laugh a great deal would be homely, for laughing is quite strenuous work for the muscular mechanism of the face, but we know that the laughers are generally good looking.

Another fact that has been observed by people who think is that men, as a whole, retain the contour of their face much longer than the average woman. If you don't believe that they indulge in facial exercise, just watch the male members of your family when they shave and see some of the contortions they put their face through. Even when they resort to the barber, he generally puts their face through the paces, what with the rubbing in of the lather, the hot towels, the application of creams and lotions which are severely rubbed in. This being understood, it is easy to see why their faces generally carry so much freshness without the make-up which their sisters must resort to.

As a well-know dermatologist explained: "The momentary wrinkles of the skin produced in vigorous expressions of emotions, or simulated emotion, or in special facial exercise do not remain. It is only the habitual expressions whether sweet, smiling, worried or ill-tempered which become fixed, so that one need not hesitate to take up special exercises for the face for the fear of producing lines."

Form, contour and color are the main essentials of beauty in everything. So far as the body is concerned, color, except for the hair, is mostly a matter of health. Form and contour depend a great deal on the bony structure, which cannot ordinarily be altered much, but they depend still more on the development of the exterior muscles. The difference between a well-developed arm and an undeveloped one is an eloquent illustration of that fact. The difference between an undeveloped face and a well-developed one is an equally eloquent though less recognized illustration.

The fundamental principles of exercise are just as applicable in the treatment of the face as they are in conditioning your limbs, neck and body. Muscular movements build up or reduce the bulk of the arm or leg by drawing the blood to those muscles and if the blood could not be so drawn to the face with similar results there would be something radically wrong with bodily laws because the face is made up of muscles.

Wrinkles, hollowness, over-fatness and to some extent, sallow skin can be greatly helped and in many cases completely cured by facial exercise if intelligently given. The main thing is to do them or have them done regularly and stick to the regime for six months or so. Changes of this kind necessarily come slowly. Remember, in most cases these undesired conditions have been years in forming, so don't expect a miracle. If you are one of the impatient kind, it will be necessary to resort to Plastic Surgery.

Also the condition of your general health will have a lot to do with your success in Facial Exercise, or any other local measure. It is the organs that make and circulate the blood. The improved circulation and better nourishment of all the tissues of the face will do much to prevent wrinkles. To many faces that are commonplace, character and charm may be given by filling out the face muscles to their full development.