

Exercises to Prevent Turkey Neck

6 Exercises to Prevent “Turkey Neck”
(Loose Skin on Your Neck)



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Letter From The Author

I want to give you a little background information on myself so you know that what I am going to educate you on is not only from my own personal experience but also from that of patients and friends who I have worked with.



I have been in beauty industry since 2002 and have been internationally trained at the School for Estheticians and Cosmetologists in Stockholm, Sweden. I have a masters in fashion, print and beauty makeup. My main work experience is with top plastic surgeons in the Los Angeles area.

My passion for the health and wellness of our bodies has led me to engross myself in my different facets and has led to the creation of new advanced skin and body treatments. We realized that a combination approach to address a patients concerns leads to better results and a high satisfaction rate.

People commonly focus on exercising the body below the neck, but face and neck muscles also need exercise to stay fit, firm and beautiful.

These exercises are a good mix of stretching and working out your neck and lower facial muscles. While it doesn't happen overnight, exercise can help you achieve a more youthful appearance by combating sagging and drooping neck muscles and skin. They should be repeated once or twice a day, and should become a part of your daily routine. By doing these exercises regularly for the rest of your life, your neck will be stronger and more flexible, and less likely to get injured. What's more, you'll have a firmer neck with less saggy skin!

Head Push and Chewing Motion

1. Place one hand on your forehead. Push your head against it without letting it go forwards. You should feel your neck muscles working. Hold this position for about 10 seconds. Then clasp your hands behind your head, and push backwards to create pressure, and again hold for ten seconds.



2. Sit down with your back straight. Lift your head back so that your chin is pointing toward the ceiling with your lips closed. Next make a chewing motion with your mouth. Open and close your jaw repeatedly in a circular motion. Chew for 20 to 30 seconds, stop for 10 seconds and begin again. You'll feel your neck and facial muscles being worked. Repeat about 20 times. For gradual but noticeable results, perform the chewing exercise at least three times per week.

Kissing Motion and Torso Lift

3. This is similar to # 2 “Chewing Motion”. Again sit with a straight back, lift your head so that your chin points to the ceiling with your lips together. But this time, pout your lips in a sort of kissing motion, this will feel as effective as exercise two, but working different parts of your neck and face.

4. Be careful with this one, it could strain your neck. Lie on the bed with your head hanging over the edge. Slowly and carefully lift your head up towards your torso, using your neck. Slowly and carefully lower it back down. Repeat this about 5 times, but make sure you stop immediately if you feel any pain.



Tongue Press



5. This exercise also helps firm the chin, neck and cheeks. Tilt your head back and look up at the ceiling. Press the tip of your tongue on the roof of your mouth and swallow. Keeping your eyes on the ceiling, tilt your head slightly to the right and swallow. Now tilt your head slightly to the left and swallow. Repeat the exercise three to four times in each direction.

Neck Rolls

6. Neck rolls not only release muscle tension, but also assist in toning the neck, throat and chin. Tilt your chin toward your chest. Rotate your head to the left, raise it up toward the ceiling and down to the right in a circular fashion. As you feel the release of tension, wrinkles in the throat area begin to diminish.



Cosmetic Solutions

1. Get Exilis Treatments

[Exilis](#) rejuvenates the entire face by tightening skin, reduce the loose skin and stimulating collagen in the lower layers of the skin, which softens wrinkles and fine lines. This process causes the deep collagen structures of your skin to tighten immediately so you'll see firmer skin right after treatment.



2. Try the ReFirme Laser

[ReFirme](#) is an other easy, non-surgical way to fight gravity and tighten skin with no downtime and has minimal discomfort! The laser gradually heats the dermis to create a thermal response, stimulating long term collagen production, reducing wrinkles and sagging skin. Tighter, firmer skin is seen within minutes of the treatment.

3. Botox Injections

[Botox Injections](#) are effective at softening the neck bands (also known as platysmal bands). The treatment can also be combined with the Refirme, called “Nefertiti Lift”, which will improve the definition of your jaw line and create a beautiful neck lift at the same time!

Conclusion

Aging around the jawline and the neck are the main reasons why some women look older than they actually are but with some help from these neck exercises, you can very effectively tighten the skin in the area, and can give the appearance of a more youthful look!

Hopefully with these exercises you can reduce the loose skin and prevent the appearance of your Turkey Neck and start looking your best again.