



# Facebuilder for Men: Look Years Younger without Surgery

*Carole Maggio*

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## **Facebuilder for Men: Look Years Younger without Surgery** Carole Maggio

At last, a straightforward facial fitness book for men who want to look younger. Carole Maggio is the leading practitioner of 'natural facelifts', with an international client base. She has already written one bestselling book for women, *Facercise*, and now she turns her attention to men, her largest-growing market. Using the principles of bodybuilding - isolating and working the muscles one by one - she shows how to develop or accentuate your features, tighten your skin and improve your complexion. Devised specially for men, the exercises are simple, easy to follow, and illustrated with black and white photographs. They can be performed anywhere - even in the car. And because they are based on scientific principles, these exercises really do work. Follow *Facebuilder for Men* and you can dramatically improve your appearance in only six days.

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