



# Miss Craig's Face-Saving Exercises; A 6-Day Plan Which Teaches You How to Naturally Lift the Sagging Muscles of the Face

*Marjorie Craig*

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Marjorie Craig gives you a 6 day plan which teaches you to naturally /"lift/" the sagging muscles of the face. One does not have to be young to have a firm face. One does not give up thinking there is nothing that can be done about lines showing up on faces. By moving facial muscles systematically and regularly, using the thirty exercises provided, and fully illustrated by photographs, changes can be brought about on the face, and one can grow older with grace and dignity.

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