



The  
Pain  
Elimination  
Method

Premature Aging and Facial Stress

NORMA

## The Problem:

**She has gone through a lot of stress in her life.** In her younger days she was exposed to a lot of sun and wind from outdoor sports and her creation. In her 50s, she was starting to look older than she really was. Her facial muscles held a rigid tense expression on her face. Although she considered surgical options to regain her youthful appearance, it was clear that cosmetic surgery alone would not be enough to restore her natural radiance.

## The Solution:

**The best solution for Norma was Facial Reposturing.** With Facial Reposturing, methods started to relax the tension patterns in her arms chest shoulders neck and face. She needed to restore the circulation and freedom of movement for the clenching jaw muscles as well as the muscles that held her facial expressions.

## The Results:

**Norma's facial expressions were softened to reveal a sense of bliss and mirth.** The lip lines from years of smoking were gone. Her smile was full and natural. Her skin was radiant and full of color. By her skin getting proper circulation along with working with an esthetician, her skin healed itself better from sun damage.