



MIRROR BOOK Instructions

TIPS FOR SUCCESS:

- Perform all exercises with natural effort.
- NO forcing or exaggerating the expression.
- Before beginning an expression, *think about* it, *visualize* it and then *perform* the movement.

GET STARTED:

1. Sit upright maintaining good posture.
2. Keep mirror at eye level. The mirror should be opened to a right angle and your nose touching outer edge of mirror.



3. With both eyes open, look into mirror with only unaffected half of face reflecting back.
 - For example, if the right side of the face is the weaker side, the left side should be looking in the mirror. *You should see the unaffected side of the face twice reflected giving the appearance of a full face reflection.*
4. Set a timer for 15 minutes and repeat the cycle of exercises.
5. When the timer goes off you are done. Do not allow yourself to fatigue. If you feel your face is tiring, stop.

General Maintenance: To preserve the integrity of your Mirror Book, avoid bending the book backwards. Clean with a soft damp cloth.

SIX EXERCISES:

Raise eyebrows,
holding for 5 seconds
repeating 10x.



Wrinkle nose,
holding for 5 seconds
repeating 10x.



Snarl, holding
for 5 seconds
repeating 10x.



Smile, holding
for 5 seconds
repeating 10x.



Pucker lips,
holding
for 5 seconds
repeating 10x.



Show lower teeth,
holding for 5 seconds
repeating 10x

