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Gary J Sikorski

Happy Face Yoga, USA

The effect of facial exercise on the appearance of aging

There has been a recent interest in the lay community in facial exercises or facial “yoga” that can rejuvenate the aging face, presumably by inducing underlying muscle growth. JAMA Dermatology has published what we believe to be the first clinical trial to assess facial exercise as a modality for improving skin appearance. Healthy participants aged 40-65 with photodamage, associated mild to moderate facial atrophy and with an interest in facial exercises were included. All participants attended muscle-resistant facial exercise training sessions with a certified facial exercise instructor (Gary J Sikorski). This study was approved by the Northwestern University Institutional Review Board and posted on ClinicalTrials.gov prior to participant enrollment. Twenty-seven participants were enrolled, and all follow-up visits and the data from these were analyzed. Based on the MCFAP scales, facial exercise resulted in improved upper cheek fullness ($p=0.0032$), and lower cheek fullness ($p=0.0032$) at 20 weeks versus baseline. Estimated age decreased significantly ($p=0.0016$) when baseline (mean 50.8; SD 4.8) was compared to study end (mean 48.1; SD 5.5). Participants were more satisfied with all facial aging outcomes when the baseline was compared to end of study ($p<0.05$). A 30-minute daily or alternate day facial exercise program sustained over 20 weeks may modestly improve the facial appearance of selected middle-aged women. Blinded ratings of validated photo scales showed significant improvement in upper and lower cheek fullness. Rater estimates of participant age showed a significant monotonic decrease from 50.8 at baseline, to 49.6 at 8 weeks and 48.1 at 20 weeks. Participants were highly satisfied, noting significant improvement in 18 of 20 facial features. In conclusion, a regimen of at-home facial exercises maintained for 20 weeks appears to improve mid-face and lower face fullness. The mechanism may be exercise-actuated hypertrophy of cheek and other muscles. Overall, Mr. Sikorski’s techniques have been shown to increase blood circulation to the face, improve complexion, smooth fine lines, lift cheeks, widen eyes, lift mouth corners, and bring an overall youthful vitality to the face.

Biography

Gary J Sikorski, a certified Facial Toning Yoga Instructor, is generally considered one of the world’s foremost authorities on facial exercise. His Happy Face Yoga facial exercise program, which helps bring a youthful vitality to the face, has been practiced around the world since 2006. The program was developed after years of teaching the techniques and researching virtually every other facial program available. In 2013, Mr. Sikorski was invited by Northwestern University in Chicago to teach his techniques for a study on the effect of facial exercise on the appearance of aging. The results, published by JAMA Dermatology in 2018, proved for the very first time that facial exercise can reduce the signs of aging, as almost a three-year decrease in age appearance was achieved.

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