



smooth moves

Looking for an alternative to wrinkle-erasing injectables? A Mehta Face Massage, which works on the superficial and deeper muscle groups, may be one answer. According to Annet King, director of training and development at the International Dermal Institute in Los Angeles, this Ayurvedic technique manually smooths out muscle and connective tissue to release facial tension. Sometimes referred to as "Botox massage" for its line-softening results, the Mehta method also increases skin elasticity. In addition, circulation and lymph flow are accelerated using pressure points and energy work to remove toxins and reduce puffiness. To try it at home, pick up *The Face Lift Massage* (Thorsons Publishers), and put the key to radiance in your own hands.
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