

THE SKIN GYM

UNCLENCH

The tension that is quietly dragging your face downward, and the one move that lets it go.

A few minutes. At your dressing table. Tonight.

ESSEX

This is not a skincare guide.

You have read the skincare advice. All of it, probably. More than once.

And still, some mornings, your face looks tired in a way no serum has ever touched. Heavier. Everything sitting a little lower than it did, and not lifting back up.

Here is what almost nobody tells you.

Your face is not only skin. It is muscle. And muscle holds.

It holds the email you have not answered. The school run. The conversation you rehearsed in the car and never had. It grips through the night, and it is still gripping at seven the next morning when you look in the mirror and wonder why you look like that.

That is not ageing.

That is holding.

And holding can let go.

BEFORE YOU TURN THE PAGE

Sit still. Notice your jaw.

Are your back teeth touching right now?

☐ Yes ☐ No

Almost everybody says yes. Almost everybody is surprised.

Where you hold.

Four places, and you will recognise at least two of them.

01

The jaw hinge

Just in front of your ear. Clench once and you will feel it move. Now notice that it never fully stops.

02

The temples

Screens, concentration, squinting into the sun. This one tightens without ever announcing itself.

03

Under the cheekbone

The quiet one. It does not ache, so nobody thinks to release it, and it is the reason a face can look flat by evening.

04

The neck and the base of the skull

Where the head is held up all day. Everything above it is affected by it.

MARK THE TWO THAT FELT MOST TRUE

☐ Jaw hinge☐ Temples☐ Under the cheekbone☐ Neck

Why it shows on your face.

When you clench, the muscle goes tight. And a tight muscle does not let much through.

Not lymph. Not blood. Not oxygen, and not the nutrients your skin is waiting on to do its job.

So fluid sits where it should be moving, and the skin lying over that muscle is being fed less than it needs. Which is why a face can look heavier in the morning than it did the night before, and duller than it has any right to be.

But the bigger thing is the direction of the pull.

Held muscle drags downward. It pulls where it should be lifting. And it shows up in exactly the places you have already noticed in the mirror without necessarily knowing why.

- The lines running from the nose down to the corners of the mouth, deepening
- The marionette lines beneath them, running down toward the jaw
- A mouth that sits in a slight downturn even on a day you feel perfectly fine
- Heaviness along the jawline, where there used to be a clean edge

There is a word for that last one. The one you say quietly to yourself in the mirror and to absolutely nobody else.

“I’m starting to look jowly.”

You are not. You are starting to hold.

None of that is a product problem. You can have the best routine in the world sitting on top of a face that is pulling itself downward all day long. Release the tension and you change the direction of the pull. That is why this is a move and not a cream.

And you will not have to take my word for any of it. You are going to watch the corners of your own mouth lift while your hands are still on your face.

Everything travels up.

Your face is being pulled downward all day long. So this move goes the other way. Jaw to cheekbone, and never once the reverse.

BEFORE YOU BEGIN

Sit at your dressing table and rest your elbows on it. Your arms get heavier than you expect, and heavy arms start to dig.

Cleansing oil or balm on the skin first. This move needs slip. On dry skin you will drag, and dragging is the opposite of what we are doing here.

THE SET-UP

Fingers straight, pointing up toward your temples. Four fingers on each hand, eight in total.

Now place only the *tips* of those fingers on your jawline, toward the front, near the chin.

Only the tips. The rest of your hand is still off your face. That is the entire starting position, and it is smaller than most people expect.

THE CLIMB

Now glide up. Slow. Firm. Pressure, pressure, pressure, the whole way.

As you travel, more of your hand arrives on your face. Fingertips first. Then the middle of the hand. Then, last, the heel.

Keep going. Up, and up, and up. Your fingers stay straight the entire time. Nothing curls, nothing digs, and nothing ever comes back down under pressure.

THE LANDING

Stop when the heel of your hand comes to rest underneath your cheekbone. That is your position. You will feel it arrive.



Watch me do it

Thirty seconds, and sound on. I talk you through it.

theskingyomessex.com/the-move



01 Fingertips only, on the jawline near the chin.



02 Mid climb. The hand rolling on, heel not landed.



03 Landed. Heels resting under the cheekbones.

Now watch your mouth.

On the way up, as your hands slide past the corners of your mouth, they take your mouth with them and push it into a shape you would never choose on purpose.

That is how you know you have it right.

It is not you pulling a face. It is the corners of your mouth finally going where the tension has been stopping them from going.

Do this in front of a mirror the first time. That lift is everything this move is for, happening in front of you in three seconds.



04 Caught mid slide, as the hands pass the corners of the mouth.

THE HOLD

10_{sec}

Now stop. Sit into it. Hold for ten seconds. And release.

To go again, lift your hands away from your face, return your fingertips to your jaw, and climb again. *Never drag back down.*

Four to six times through, or as many as your face asks for.

Start to finish, a few minutes is all you need.

DO IT NOW. NOT LATER, NOT TONIGHT, NOW.

Then write one word for how your face feels.

What almost everybody gets wrong.

They dig.

Fingertips instead of flat. Hard instead of heavy. Fast instead of slow.

I have watched twenty five years of people do this, and it is always the same instinct. Tension feels like a knot, so the hands go looking for it, and they go in sharp.

Here is why that fails. Digging tells your jaw it is under attack, and a jaw under attack grips harder. You press, it tightens, you press harder, and you get up ten minutes later sore instead of soft, and you decide this sort of thing does not work on you.

It works. You were just arguing with it.

You are not trying to break the tension.

You are asking it to let go.

Flat, not sharp

If you can feel your fingertips, lay them down.

Heavy, not hard

Let the weight of your arms do it, not the strength of your hands.

Slow, not busy

If the climb takes you less than a slow count of five, you are going too fast.

Up, not down

Every single pass climbs. When you go again, lift your hands off and start from the jaw. Dragging back down with pressure on undoes the work you just did.

TRY IT ONCE BADLY, ON PURPOSE

Dig in with your fingertips for five seconds. Then do it properly. Which one did your face prefer?

☐ The dig ☐ The flat

Seven nights.

One go proves it works. Seven nights is when other people start to say something.

Take a photograph tonight before you begin. Same spot, same light, no filter, no arranging your face. Take another on night seven. Do not look at it in between, and do not judge yourself in the mirror at night, because everybody looks tired at night.

	DONE	ONE WORD FOR HOW IT FELT
Night 1	☐	_____
Night 2	☐	_____
Night 3	☐	_____
Night 4	☐	_____
Night 5	☐	_____
Night 6	☐	_____
Night 7	☐	_____

If you miss a night, you have not broken anything. Pick it up the next day. This is a practice, not a test.

What comes next.

I do this move within The Skin Ritual, with you lying on the treatment bed and my hands working from above.

What you have just learned is that same move, translated. Turned around so your own two hands can do it at your own dressing table.

It works on its own. You have already felt that.

It works differently again when the whole system is opened first.

IF YOU WANT THE REST OF IT

The full method

Every move, in order, working from the lower face all the way up around the eyes and across the forehead. Plus the lymphatic work and the breath work that make each one of them land.

JOIN THE WAITLIST

It opens to a small founding group first, and the women on that list get those places before anyone else hears it exists.

*And if you are near me in Essex,
turn the page.*

The Skin Ritual

You have just felt what your own two hands can do in a few minutes. The Skin Ritual is ninety minutes of mine, and it is a full body reset.

No machines. Nothing buzzing. Only hands.

It is a full facial. Cleansing, exfoliation, a treatment mask, exactly as you would expect. What is different is everything around that.

It begins at your feet.

Grounding through the feet and the legs, because a face will not let go of anything while the rest of you is still tense. Then slowly up. Neck. Shoulders. Chest. Face. Scalp.

Sculpting massage, fascia release, lymphatic drainage, and touch that is paying attention the whole way. The jaw softens. The brow softens. The temples put down a day you had stopped noticing you were carrying.

You arrive tense.

You leave lifted, and deeply relaxed.

BOOK

Ninety minutes · £97