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Exercises for Your Zoom Face

Radiant beauty. With the rise in screen time, Face Yoga has come into the spotlight

BY JULIA PFLIGL

When Monday morning starts with a video conference, many people immediately wish they were back on the weekend. Even after many months of Zoom, most people still can't get used to seeing their own faces on screen, which has led to a sharp increase in eyelid lifts and chin corrections.

Yet there are gentler methods to make the face look fresher and younger. Renée Isermann, a resident of Vienna by choice, is a certified face yoga instructor and has gained some clients through the constant self-reflection during video calls. "In the past, we often didn't notice this—at most, when someone pointed it out to us: 'You look tired today!' We've never been so strongly confronted with the act of looking at ourselves," she says. In the online world, the face and nonverbal communication captured by the webcam are becoming increasingly important.

Relief for the Eyes

Meanwhile, Jennifer Aniston, Meghan Markle, and wellness guru Gwyneth Paltrow also swear by facial exercises. In her book "Yoga 4 Face." It's not just about aesthetic enhancement, but also about providing relief for strained, dry eyes from screen time (you'll find an exercise at the end of this article). In one study, the effect was even



scientifically documented:

After 20 weeks of facial training—eight weeks daily, then three times a week—the participants looked, on average, three years younger, the study authors noted in the journal **JAMA Dermatology**.

"Consciously activating the facial muscles improves blood flow and oxygen supply. This helps remove old cells more effectively," explains Isermann. Fine lines are visually smoothed out.

"With 30 minutes a day, after 30 days you'll look younger in selfies, your face will glow, and your skin will be firmer."

Inner Beauty

But the most important lesson of Face Yoga, says Isermann, is recognizing your own beauty and, as a result, enhancing your radiance. "This is an especially important aspect for young women—they don't have to look like their friend or a celebrity or influencer with Photoshop and filters."

Exercise for tired eyes: Look as far to the right as possible with both eyes and slowly roll them in large circles three times clockwise. Close your eyes, relax, and then switch directions.

Renée Isermann: "Yoga 4 Face—Tips and Exercises for Beauty and a Radiantly Beautiful Face." Schirmer Verlag. 152 pages. 15.40 euros



*A sheet
with more or less*

Far-Reaching

Intimate. Dear readers, please forgive me for broaching a somewhat more intimate topic today, but it needs to be said. You know this situation: One moment you're relieved that there's toilet paper available in the restroom you've stopped at while out and about—at the mall, the gas station, or a restaurant. And the next moment, the big fumbling begins: carefully feeling around to find the start of the roll, a quick pull

... and you're left holding a wisp of nothing in your hand. Take a deep breath. Feel around again, pull again—another wisp so thin you can barely see through it. Who on earth comes up with this? And for heaven's sake, who buys these rolls?

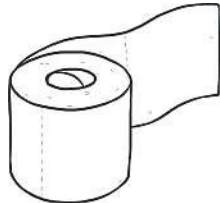
Sometimes I imagine a product manager sitting somewhere, laughing to himself that yet another person is getting frustrated with his flimsy rolls. In southern countries, where the drainpipes aren't as sturdy, the paper is thin too, but at least it doesn't tear off with every sheet—instead, you can simply wrap it around your hand a bunch of times and then toss it in the trash can.

Speaking of wrapping: According to surveys, this practice is more common among women than among men—while in German-speaking countries it is preferred to fold the paper, in many other EU countries the crumpling technique is more popular.

The first toilet paper other than leaves, straw, and other makeshift materials

According to the "Museum of Shit" (yes, it exists and is actually called that—see scheisse-museum.de), it was already in use in China as early as the 14th century. Back then, a sheet was about half a square meter in size.

Hopefully, a single piece of that was enough (unlike those annoying tiny rolls we have today).



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