

Stunning Exercises That Make Your Nose In Shape

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BEAUTY EXERCISE

The nose, being the focal point of our face, seems so important. It immediately catches people's attention. There are so many ways to make that nose look perfect. You can use makeup, or take the more complicated route of plastic surgery. You can also do these easy exercises regularly to attain the perfectly shaped nose.

1. Nose Straightening:-

It's amazing how nature offers simple remedies. This is truly the best of them all. A simple smile can help you straighten out your nose.

How To Do It

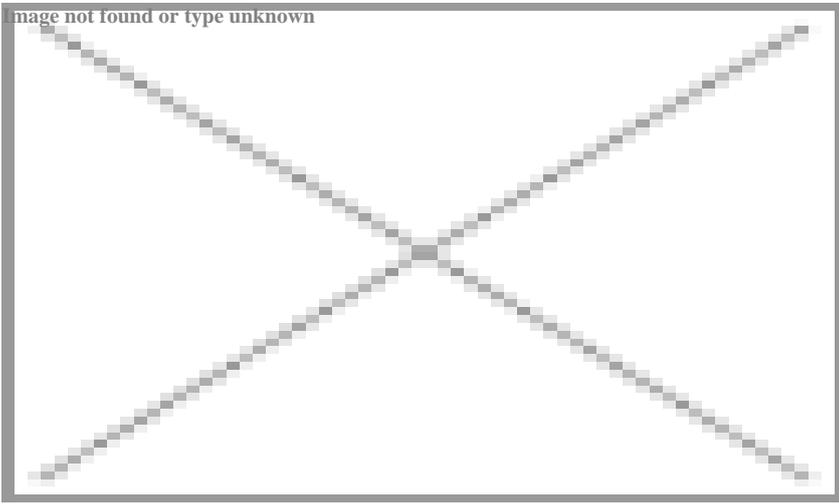
All you need to do is smile, and then use your fingers to push your nose upwards. This will help to build the muscles on the sides of your nose. Do this exercise 20 to 30 times every day for best results.

2. Eliminating The Smile Line:-

With age, the smile lines get deeper and tend to look bad. This simple exercise will help eliminate these fine lines.

How To Do It:

All you need to do is fill your mouth with air and swish the air in all directions while holding for about five seconds in each area. Once each area is touched upon, release the air. Do this exercise once every day.



3. Breathing:-

Yoga and workouts give breathing exercises great importance. Deep inhaling and exhaling have numerous benefits, and one among them is shaping your nose.

How To Do It:

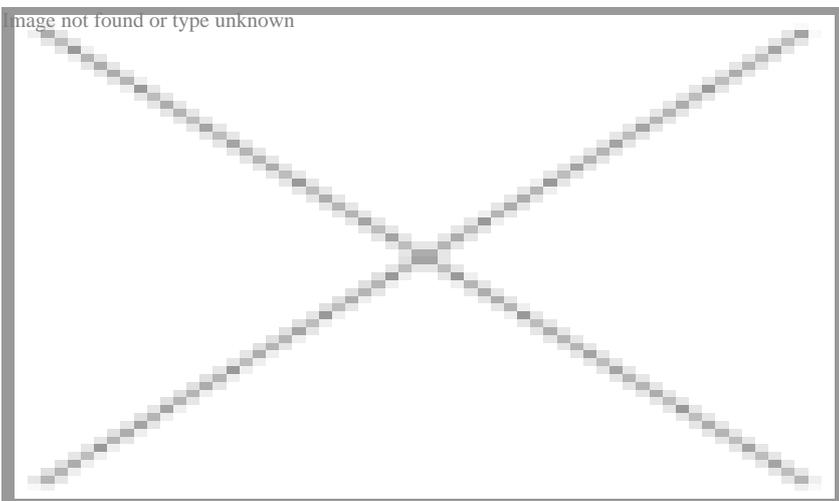
Sit comfortably. Blocking one nostril, inhale through the other nostril, and hold for about four seconds. Then, block the other nostril, and exhale as you free the nostril you initially blocked. Repeat the exercise by blocking the other nostril. You could do three sets with 10 repetitions each.

4. Nose Shortening:-

Age causes many changes, and along with the other deterioration that ensues, the bones, cartilages, and muscles also face its brunt. This simple exercise will not only help shape your nose, such that it seems shorter, but it will also prevent deterioration of the cartilage.

How To Do It:

Place the index finger on the tip of your nose, pressing it gently. Now, using your nose, exert downward pressure on the finger. You can do this exercise every day, as many times as you can.



5. Nose Wiggling:-

This is more of a muscle building than a reshaping exercise. But it will definitely help in strengthening the nasal muscles and make the nose sharper.

How To Do It:

All you need to do is wiggle your nose while making sure that your face is absolutely still.

Do this a few times at least once a day for best results.

6. Nose Shaping:-

Women who are always complaining about the shape of their nose, this one for you. If you do this work out regularly, chances are that in time, the shape of your nose will change, and you will be able to sculpt your nose just the way you want it.

How To Do It:

Use your index fingers to press the sides of your nose, and breathe out with force.

Apply pressure on the bottom of the sides of your nostrils for best results. Make sure you do not breathe out with too much force.

Repeat this exercise 10 times.

7. Nose Massaging:-

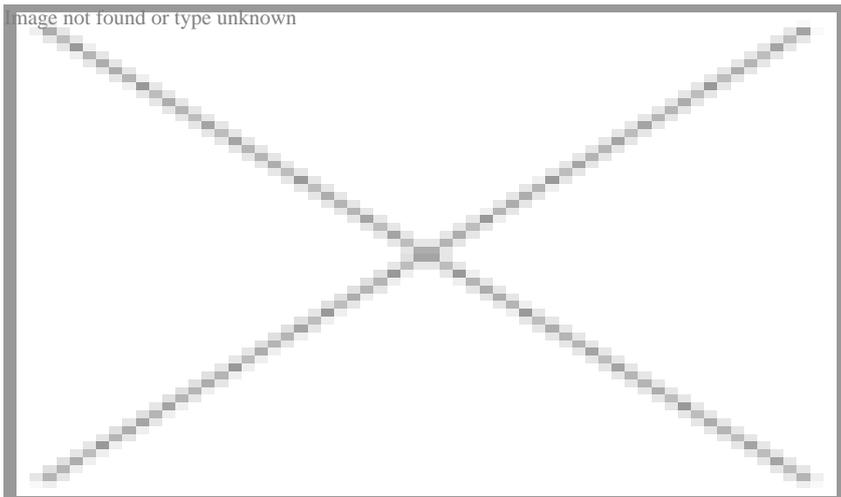
Like breathing, this method has many benefits. It can cure headaches of any kind, apart from narrowing and shaping your nose.

How To Do It:

Massage each part of your nose, starting from the bridge, to the tip, and then finally the sides.

Make sure your fingers move in a circular motion.

Massage your nose for about five minutes every day, and do it regularly for best results.



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Dr. Vini qualified from the St Georges University of London in 2010. She has worked within the NHS since qualifying and in the private sector for the last 4 years. she has a vast amount of experience dealing with complex muscular-skeletal disorders and post-operative rehabilitation. She is very passionate about what she does and ensures she keeps up with the latest research by attending regular courses.