

LIP ENLARGEMENT - METHODS, MASSAGE

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Abstract:

In our time, the common phrase "measurement matters" applies not only to men. For the thin half of humanity, this applies not only to the size of the breast or hips, but also to the lips. Since ancient times, owners of voluminous lips were considered more rosy. Healthy lips have attracted men like a beacon to create a healthy generation.

Lip augmentation

This fact is preserved in the genetic memory of men. Girls have always tried to enlarge their lips in order to conform to the unwritten ideal of beauty and arouse interest in the strong half of humanity.

In ancient Egypt, for this purpose, oils and snake venom were mixed in a certain amount and applied to the lips. In the Middle Ages, they tried to do the first procedures in the field of tattooing to make the lips bigger.

After the discovery of 3D lip augmentation surgeries, they became very popular. However, in our time, invasive aesthetic tools (hyaluronic acid (fillers), botox, injections based on various gels) have already managed to compete with the scalpel. Big lips are in vogue from season to season, so cosmetologists and surgeons do not see the end of their customers. More and more people want to have lips like Angelina Jolie's

On the one hand, relying on a specialist to correct a small "nature defect" is beneficial for improving self-esteem and psychological well-being. On the other hand, if you are not sure about this choice, if you are afraid of the scalpel like you are afraid of the plague, and injections scare you, it is better to consult mymedic.uz tips on how to enlarge lips at home without interfering with nature. you can use.

No matter how surprising it sounds, the lips also have muscles that allow the lips to contract and expand, take different shapes during a conversation, and participate in the transmission of emotions to the interlocutor. And these muscles can be developed



and increased in size just like any other muscle in our body, if only one knows what exercises to do. Note that if you want to achieve good results, do not skip the exercises and do them regularly. In addition, such exercises can be performed anywhere and anytime.

1. Blow the whistle

Whistle your favorite music for 5 minutes. Try new compositions every day. Not only will it lift your mood, but it will also help warm up your mouth muscles for the next exercise.

2. Specify the language

As a child, it was just a silly thing, but now it has become part of an exercise program to make lips bigger. Open your mouth and stick out your tongue to its full length. Hold this position for 5-10 seconds, repeat 10 times.

3. Collision

First, inflate the cheeks, then start exhaling it, as if you had a cockroach (oduvanchik) in front of you. In this case, the lips should be kept free. Repeat the exercise 5 times.

4. Goldfish smile

First, pucker your lips, then smile. Repeat 15 times.

5. Howling like a wolf

Try howling "Whoah, whoah" for 5 minutes. Just pronounce each letter slowly and slowly.

6. Draw a circle

Pucker your lips tightly in the middle and try to move them clockwise and counter-clockwise, as if you are drawing a circle in the air. Turn five times in each direction.

7. Shark

Bite your lips without pain. Such exercises improve blood circulation in the lip area. Do this for 2 minutes.

8. Pull the lips

Try to pull the lips as hard as you can. Hold them in this position for 20 seconds, then take a break and continue. Repeat 5 times.



Lip massage

In addition to the complex exercises that are best done in the morning, you can do a special massage to make your lips bigger in the evening. It does not last long and the result will be visible within a month.

Massage with a scrub

Take a small abrasive scrub. You can buy it at the store or prepare it yourself. To do this, mix wheat grains with a spoonful of honey and the scrub is ready. Apply it on the lips, massage with fingers in different directions. After a while, your lips will begin to increase in size.

In addition, with this method, you will eliminate dead skin particles, and the lipstick or gloss will spread better on the lips.

Massage with a toothbrush

Get a separate brush with soft bristles (one designed for children is ideal) to perform this procedure. Wet it and start massaging. The skin of the lips is very delicate and easily injured, so be careful and do not make sudden movements.

Massage with ice cubes

Wrap the ice cube in a thin cloth and start the massage. Move it to the left and right on the lips for 2 minutes. Cold stimulates blood circulation and its flow to the lips very well, so the volume of the lips is small, but increases.

References:

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