

Tips for Galvanic Spa on the Face

Galvanic stimulation of the muscles will work best if you follow the grain of the muscles, rather than crossing their grain. With that said, please examine the following good illustrations of the facial muscles.

Work your Galvanic Spa to reverse the effects of gravity, moving generally in an upward direction. Follow the muscles moving *slowly*, then pause and hold at the end of the muscle. Examples are, from the corner of the mouth up and outward to the side of the cheek; also, from the middle of each side of the mouth up towards the eye. See the diagrams for more information.

You will notice that the muscle around the eye is circular. To firm this muscle, place the length spa head vertically below the lower eyelid along the length of the nose, then slowly move it in a windshield wiper motion away from the nose to sweep around the lower eye muscle, bringing it up and around to the crows feet and on up to the eyebrow. Once again, study the eye muscle on the diagram. You are still following the grain of this muscle, not cross grain.

For a brow lift, place the spa head below the eyebrow against the under side of the brow bone and hold, then raise it above the eyebrow and onto the forehead, moving the spa in an upward direction and hold at the hairline. To firm the forehead muscles continue moving the spa in an upward direction toward the hairline and hold at the hairline.

To firm the neck area, begin from the collar bone up to the jaw and hold it at the jaw line. Note: the Platysma muscle in the neck is what is called a variable muscle, meaning that not everyone has it. This is the muscle that as we age will sag and in some people create that flabby "chicken neck" look. It doesn't matter if you have this muscle or not, using the spa in this way on the neck will firm the neck and reduce the "chicken neck."

One final note that will be of benefit to you in improving muscle tone for all muscles, including facial muscles: In body building, we apply the principle of "time under tension" (a Charles Poliquin Principle) which means, simply that if you take a muscle and put it under a **mild tension for a longer time** the muscle is "worked" more efficiently than if you put it under a heavy load for a short time. What that means for us in the galvanic spa business is that you should clearly **"hold" your galvanic spa at the end of where you are working the muscle for a couple of seconds** to give the muscle enough time for efficient contraction. Further, galvanic current is a very low voltage current and is not effective with too quick of movement of the galvanic spa device. Therefore, you will generate more full electrical (galvanic) current if you do **slow and methodical strokes of your device**, rather than quick movements. And of course, just like working out, the benefits of the spa increase with repeated use!

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