

# “This ‘neck lift’ boosted my confidence!”

After years of failed creams and fading self-esteem, Julie Halvorson-Wruble, 58, found unexpected hope when an at-home massage transformed her skin and her spirits

Julie Halvorson-Wruble’s heart sank when she saw a photo of herself. “My neck is so crepey!” she gasped. “Is it really that bad?” Already reluctant to be photographed, the image crushed her confidence, and she began avoiding cameras altogether.

Julie had tried multiple creams that promised to smooth and firm her skin, but they only drained her wallet. Desperate, she began researching plastic surgeons and started saving for a neck lift.

Then life threw another curveball: Julie went through a divorce, her confidence plummeted further and she began experiencing chronic neck pain. Hoping to lift her spirits and ease her discomfort, she searched online for at-home spa treatments—and stumbled across the FasciaBlaster. The plastic handheld massage tool was designed to

stimulate blood flow and loosen adhesions in the fascia—the layer of fibrous tissue just beneath the skin. Julie learned that fascia contains collagen and elastin fibers, which support the skin, but as fascia breaks down, it can lead to cellulite, sagging and even pain. *How can a massage help my neck?* she wondered, skeptical but still intrigued.

### A feel-good remedy

Curious, Julie joined the *FasciaBlasters for Women*

Facebook group, combed over hundreds of testimonials and saw several women had used it on their necks with great results. *Could this work for me?* she thought. With nothing to lose, she ordered the “Face Kit,” which included massage tools, a serum and an oil (\$99, FasciaBlaster.com). She hesitated to spend the money—until she saw the 1,000-day money-back guarantee. *Even if it doesn’t help my skin, maybe it will help*

“Massaging can help improve circulation and reduce the appearance of sagging skin.”

—Dr. Heather Levites, Plastic Surgeon



BEFORE



AFTER

“I’m thrilled to have this face-lifting tool with pain-relieving effects!”

my pain, she hoped, especially after an MRI revealed she might need neck surgery.

Once her kit arrived, Julie watched tutorial videos and followed along. She applied oil to her skin and gently used the massager on the back of her neck. *My pain level has dropped dramatically!* she realized after just a few days.

Encouraged, Julie expanded her routine: massaging the front of her neck, both sides of her jawline, under her chin, down her chest and around her lips—for 1 minute on each area daily. After a few months of consistent use, she was thrilled with the relief from pain—but Julie wasn’t convinced it was helping the appearance of her neck. Then one day her daughter exclaimed, “Wow, your neck looks amazing! I can see a huge difference.”

Now, Julie is saving for a vacation instead of a neck lift—and smiling confidently for photos. She beams, “I’m pain-free and so much more confident!” —*Monica Romano*

Courtesy of Julie Halvorson (2); Getty

## 3 easy facial exercises that turn back the clock

### ✓ Reverse saggy jowls

Smile with your lips closed, then place your fingers at the corners of your mouth and push up; hold for 20 seconds and repeat 10 times. Strengthening the buccinator muscle under cheeks has a lifting effect.

### ✓ Reduce a double chin

Tilt your head back, then stick your tongue out and up. Hold for 5 seconds; repeat 10 times. Doing this twice a day for 30 days helps strengthen the platysma muscle, which firms the area under the chin.

### ✓ Sharpen the jawline

Chewing a mini “exercise ball” works all 57 facial muscles, helping sculpt the jawline and tone the chin and neck. Just 20 minutes a day can deliver results in one month. Visit [Jawzrsize.com](http://Jawzrsize.com) to try one.



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