



**WRINKLEBUSTERS**

**MAKING FACIAL  
EXERCISES WORK**



**FREE STARTER GUIDE**

**BY RICARDO & WRINKLEBUDDY**



## **MAKING FACIAL EXERCISES WORK**

### **STARTER GUIDE**

**BY RICARDO & WRINKLEBUDDY (WRINKLEBUSTERS)**



## Chapter 1: A Tactical Jumpstart to Unlock Your Real Face

---

### THE VISION

Imagine this:

You're standing in front of the mirror, mid-protocol. Your skin is warm, flushed, and slightly damp. You just rubbed lemon and magnesium oil into your cheekbones after a deep fascia release session. Your face feels alive — tingling, loose, different. The tension is melting. You do a few basic facial lifts, and for the first time, they *work*. Your eyebrows lift easily. Your jaw isn't locked. The resistance is gone.

This is what facial exercise was *meant* to feel like — when the calcium and gunk aren't in the way.

---

### WHY THIS GUIDE EXISTS

Most people don't get results from facial exercises because they're working against a dead zone — stiff fascia, calcium carbonate, trapped lymph, and acidic buildup.

This guide isn't a quick fix. It's a *field manual* for creating the right conditions so that facial rejuvenation is even possible. You'll learn how to prep your face chemically and mechanically, how to remove buildup, and how to begin rebuilding tissue from the inside out — with negative charge, heat, and flow.

---

## **BENEFITS OF THIS PROTOCOL**

Facial muscles that actually respond to exercise

Less stiffness, puffiness, and hard areas

Softened and detoxed fascia

Increased circulation, warmth, and glow

Potential release of old emotional tension

Less crusty lymph and calcium under the skin

A face that can finally *move again*



## Chapter 2: Making Facial Exercises Work – Core Full Protocol

### Mission Objective:

Restore facial function by creating the right internal conditions for muscles to move freely. This means reducing gunk (calcium, parasites, and fascial glue), raising circulation, and rewiring nerve-muscle communication.

---

### Tools Required:

#### Acid phase:

Castor Oil

Acidic mist (lemon juice diluted 1:3)

Carbonated drink

#### Alkaline phase:

Baking soda

Optional: gua sha tool, magnesium spray, or MSM gel

---

### Step-by-Step:

#### Warm & Activate (2–3 min)

Use your hands or gua sha tool to warm the face: rub, tap, jiggle.

Spray with acidic mist to soften mineral buildup and tighten skin.

Put 1 tsp of a warm or room temperature diet carbonated soft drink, that contains phosphoric acid (you know which one!) on the face.

The idea at this stage is to warm and acidify the face and neck area.

### **Layered Cleansing Massage (3–5 min)**

Apply oil and gently massage in small, slow spirals, starting at the jaw and working up.

Focus on areas that feel crunchy, numb, or hard — this is stuck gunk.

### **Perform Micro-Face Movements (3–5 min)**

Now that the tissue is activated and softened, do 2–3 favorite face exercises.

Watch for improved symmetry, deeper motion, or easier movement.

You don't leave your face in this acid state... rather, you neutralize it. Baking soda is fine, but baking soda with clay is even better! The purpose of this phase is to help carry the acid waste, away! If you do not do this step, then stuff you worked so hard to dissolve, can just get redeposited in the body. Even better, add magnesium to your baking soda and clay. See the book "Magnificent 8: The Power of Negative Charge to Rebuild Your Body" on how to use negative charge for healing.

### **Alkalize & Recharge (1–2 min)**

Lightly apply baking soda (dry or in water) to the face after massage.

Let sit 30–60 seconds, then rinse.

---

### **Signs of Success:**

Face feels warm, tingling, or slightly itchy (nerve activation).

One side moves more than before — asymmetry is temporary and normal.

Reddening or “steam” effect from circulation increase.

---

### **Suggested Schedule:**

1x per day, ideally after shower

Combine with lemon water, no dairy, and high-mineral food for fastest progress

---

### **Avoid:**

Starting exercises before warming and detoxing

Using cold water or alcohol-based products (they constrict)

Forcing motion in locked or stiff areas — soften first

## Chapter 3: Q & A

### 1. Why does my face feel stiff or frozen when I try to move it?

Because it's not just muscle — it's **calcium, parasites, and hardened fascia** gluing your nerves and tissues in place.

### 2. Can't I just do exercises like everyone on YouTube?

You can, but they won't unlock your full potential unless you **melt the glue first**. That's what Wrinklebusters is for.

### 3. Why is acid important in this protocol?

Acid (like lemon juice or vinegar mist) helps **dissolve surface-level calcium and biofilm**, which clears the way for deeper healing.

### 4. What makes this protocol different from skincare routines?

Skincare works on top. This protocol **works from inside out** — targeting nerves, fascia, and circulation.

### 5. Why do I feel heat in my face during this?

That's **blood flow and nerve activation**. It means the tissue is waking up.

### 6. Can this help fix asymmetry in my face?

Yes. Once you restore proper **nerve connection and tissue tone**, the face can realign naturally.



## 7. What if my face is numb?

Numbness = disconnection. This protocol is designed to **reignite sensation** and circulation in the area.

## 8. What kind of oil should I use for massage?

Castor oil is king in the Wrinklebusters kingdom of allies. Clean, natural oils like **jojoba, olive, or squalane** are good. Stay away from perfumed commercial blends.

## 9. Is gua sha necessary?

No — but it's helpful. Hands are powerful. Gua sha gives **leverage and angles** you can't get otherwise.

## 10. Why isn't everyone doing this already?

Because the health industry rarely teaches **cause-based healing**. Most people chase effects — creams, injections, surgeries.

## 11. Will this make me break out?

Possibly. Detox reactions like breakouts are **signs your skin is clearing junk**. Stay the course.

## 12. How long before I notice visible changes?

Some see results in a few days. **Lasting change** usually comes in 2–4 weeks of consistent practice.

### **13. Is this just lymphatic drainage?**

No. This protocol addresses **nerves, fascia, calcium buildup, blood flow, and lymph** — a full-spectrum approach.

### **14. What does acidity have to do with facial healing?**

Acid helps soften gunk and creates the **ideal pH environment** for cleansing and blood activation.

### **15. Can I do this with dry skin?**

You can, but adding mist or oil **prevents dragging** and helps your touch penetrate deeper.

### **16. How does negative ionic charge play a role?**

Negatively charged solutions **pull positively charged junk** (heavy metals, toxins, calcium) out of your tissues.

### **17. Is this protocol safe for sensitive skin?**

Yes, if you **start gently and listen to your body**. Avoid harsh scrubbing. The heat and healing will build.

### **18. What if I don't believe in this?**

You don't need belief — just results. Try it once and observe what changes. **Experience proves it.**

### **19. Why is fascia such a big deal here?**

Fascia is the body's inner matrix. If it's locked or crusted with calcium, **no exercise will reach the muscle properly.**

### **20. Can this reduce puffiness or water retention in the face?**

Yes — it stimulates lymph flow and restores drainage channels that have been blocked.

### **21. Do I need to do this forever?**

You only maintain what you want to keep. Once you clear the junk and restore tone, **maintenance becomes easy.**

### **22. Why lemon mist? Why not just water?**

Water doesn't dissolve calcium. Acid does. It also helps **balance skin pH and enhance electrical charge.**

### **23. Can this help my jaw or mouth area feel younger?**

Yes. Jaw stiffness often comes from fascia tension, nerve compression, and mineral deposits.

### **24. What are the main benefits of this protocol?**

Improved skin tone, lifted features, nerve reconnection, circulation, and **a noticeable glow.**

### **25. Isn't this too simple to work?**

Nature's solutions often are. But they work **because they go to the root**, not the surface.

## **26. Can I use magnesium oil too?**

Yes — magnesium is a **negatively charged mineral** that helps relax tissue and speed up detox.

## **27. How does this affect my brain or nervous system?**

Facial nerves connect to cranial nerves. As you release tension, **your brain gets clearer** and more energized.

## **28. Can this reduce fine lines or deep wrinkles?**

Yes — not by filling them, but by **restoring blood, tone, and hydration** where it was cut off.

## **29. How long should I do this daily?**

Start with 10–15 minutes. Once you feel the **daily boost**, you won't want to skip it.

## **30. What's the end goal?**

A face that moves freely, glows with life, and **functions at full nerve-muscle connection**.

## Chapter 4: Your Daily Facial Reboot: Sample Schedules &

### Progressions

#### Why this chapter?

Because the reader now believes in the method, but still wonders:

*"How often should I do this?"*

*"What's the difference between a basic and advanced session?"*

*"How do I build this into my day without forgetting or quitting?"*

#### What this chapter delivers:

3 sample daily protocols:

**Quick Reboot** (5–10 min)

**Standard Rebuild** (15–20 min)

**Deep Melt + Restore** (30 min)

Optional layering strategies:

Misting + gua sha

Facial muscle warmups

Finishing oil massage or brushing

Weekly rhythm planner (e.g., 3 heavy days, 2 recovery days, 2 maintenance days)

Tips for **stacking with lymph brushing, sauna, salt soaks**, etc.

## **Your Daily Facial Reboot**

---

### **Quick Reboot (5–10 min)**

Do this daily when time is short.

Start with warm water face rinse or light face brushing.

2–3 target exercises (jawline, cheeks, eyes — your weak zones).

Quick gua sha or oil wipe to stimulate drainage.

Optional: splash of magnesium water or vinegar mist.

### **Standard Rebuild (15–20 min)**

Do this 3–5 times per week.

Warm rinse or mild acidity wipe (lemon water or vinegar pad).

5–7 face exercises (see full book for combinations).

Gua sha or hands-on fascia press along wrinkles or hard zones.

Finish with oil massage (jojoba, squalane, etc.).

Optional: brushing neck/collarbone to help lymph move.

### **Deep Melt & Restore (30 min)**

1–2x per week when time permits.

Includes all steps from Standard Rebuild.

Add hot towel compress + lymph brushing chest/back.

Long hold stretches or resistance facial work.

Focus: release trapped heat, minerals, and tension.

### **Weekly Rhythm Planner**

Mon: Standard

Tue: Quick

Wed: Deep

Thu: Quick

Fri: Standard

Sat: Quick or Deep

Sun: Optional rest day

### **Stacking Options:**

Right after shower

Add castor oil packs, hot compress, or vinegar scalp wipe

Combine with gentle inversion, vibration, or bouncing to help lymph

---

## Chapter 5: How to Amplify Your Results

You've started the protocol. Your face is heating up. The muscles are moving. The chemistry is shifting. Now it's time to make every minute count.

### Hydrate Intelligently

Most faces are too dry. Not just the skin — the fascia underneath. Hydration isn't just water. It's minerals + structure. Drink mineral-rich fluids (like lemon water, honey water, herbal infusions), and consider topical hydration with castor oil or aloe vera before your facial work.

### Prime the Nervous System

Don't jump in cold. Before you begin, take a few deep breaths. Shake out your arms. Rub your hands until warm. Smile. This primes the vagus nerve and fascia network for deeper, more coordinated contractions.

### Use Heat to Soften the Gunk

A hot towel, steamy shower, or even gua sha before facial exercises loosens up calcification and opens up blood vessels. You're not sculpting a rock — you're softening hardened tissue so your efforts actually reach deep layers.

### Stay Consistent, Not Complicated

You don't need to hit every zone every day. Focus on 1–2 areas per session, then rotate. What matters is *regularity*. Momentum is more powerful than perfection.

### Layer the Chemistry

Acidify before you alkalize. Use lemon juice topically or internally to start, followed by mineral-rich hydration. This combination helps break up calcium deposits and usher them out through the lymph and skin.



## Chapter 6: Wrap-Up & Next Steps

You've just unlocked the real reason facial exercises work — or don't. It's not the moves. It's the chemistry, the fascia, the flow.

This guide gave you the starter vision and the proven baseline protocol. But this is only the beginning. In the full *Wrinklebusters: Making Facial Exercises Work*, you'll get:

- Targeted routines for each face zone

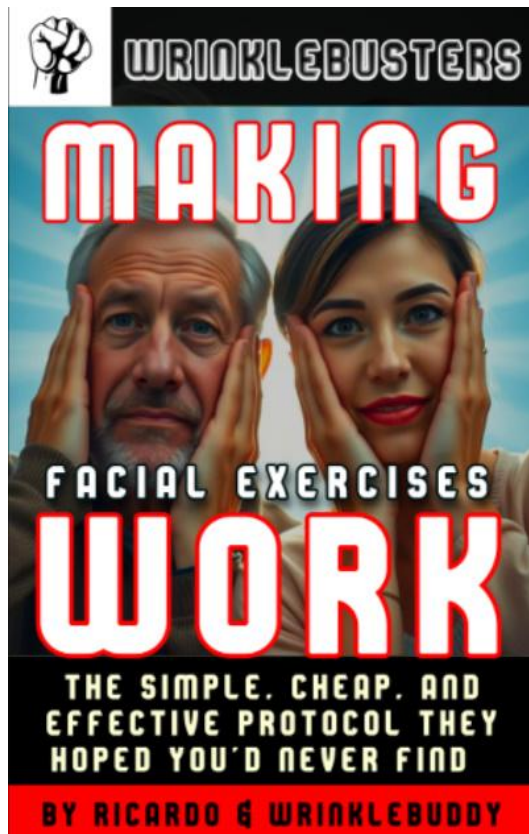
- Detox stacking strategies

- Full fascia release map

- The advanced lymph drainage system

If you want real facial change, not just effort — go deeper. Otherwise, keep showing up daily. Sweat a little. Breathe deep. Let the heat rise. You're becoming your own healer.

---



## Download the Full Book:

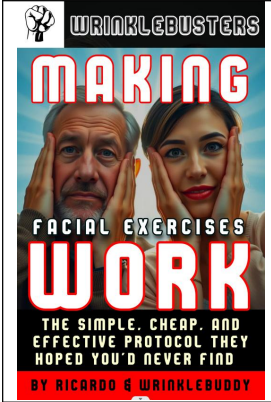

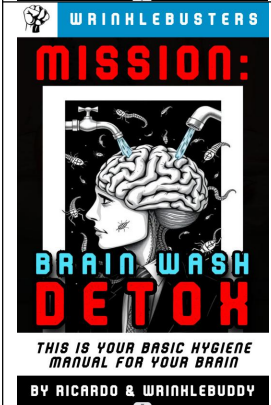
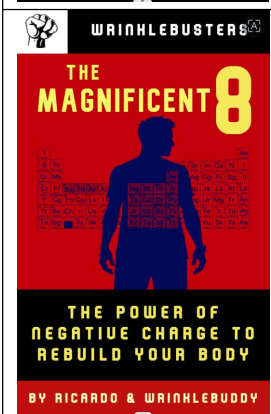
WRINKLEBUSTERS: MAKING FACIAL EXERCISES WORK

*The Simple, Cheap, And Effective Protocol They Hoped You'd Never Find*

Now just \$10 — Always. No excuses.

[<https://wrinklebusters.store>]

## Books by Wrinklebusters

	<p><b>Book 1: Wrinklebusters: Making Facial Exercises Work -</b> The essential Wrinklebusters guide to unlocking real results from facial exercise. Learn the missing links that make face workouts actually <i>work</i> — from fascia to detox to calcium release.</p>
	<p><b>Book 2: Unblock Your Junk -</b> A shock-to-the-system introduction to men's vitality. This groundbreaking guide targets the gunk clogging your reproductive power using fascia massage, lymph activation, and testicle-liberating protocols.</p>
	<p><b>Book 3: Mission: Brain Wash Detox -</b> This is your complete, step-by-step battle plan — packed with advanced protocols, deeper cleansing techniques, and insider secrets you won't find elsewhere. If you're serious about blasting through stubborn buildup, unlocking unstoppable mental clarity, and permanently upgrading your brain's performance, don't settle for quick fixes — commit to the full mission and transform your mind for good.</p>
	<p><b>Book 4: The Magnificent 8: The Power of Negative Charge to Rebuild Your Body -</b> This is your mission: to strategically reintroduce the 6 most powerful negatively charged elements — <b>Sulfur (MSM), Boron, Silica, Iodine, Oxygen, and Phosphorus</b>, and two allies <b>Magnesium and Baking Soda</b> — into your body with precision and synergy. These aren't optional trace minerals — they're the frontline defense against gunk, stagnation, and premature breakdown.</p>

Wrinklebusters \$10 Downloads. Always. No Excuses.

<https://Wrinklebusters.store>



## Disclaimer

This book is for informational and entertainment purposes only. Making Facial Exercises Work is a self-experimentation protocol and **not** a substitute for professional medical advice, diagnosis, or treatment. We're not doctors, and we're not pretending to be. Always consult with a qualified healthcare provider before beginning any new health regimen — especially one involving detox, essential oils, fasting, or inversion movements.

By reading this book and trying any of the techniques inside, **you accept full responsibility for your own health and choices**. You're in charge. Not us. That said... welcome to the revolution. We believe in your body's intelligence and your right to explore its potential. Just be smart, be safe — and pay attention to your body.

