Face **HIIT**

This is NOT face yoga: meet **Sadie Nardini's** Face HIIT

Looking for a faster, smarter way to lift, sculpt, and energise your face — without spending hours on tedious facial exercises? Welcome to Face HIIT, the signature method created by celebrity wellness expert Sadie Nardini.

Face HIIT isn't just about moving your face — it's about transforming it. This groundbreaking facial fitness method blends high-intensity interval training (HIIT) principles with targeted facial movements, resistance holds, wrinkle-blocking hand positions and myofascial release techniques — all in just minutes a day. The goal? To activate your fast-twitch muscle fibres, tone your facial structure, smooth fine lines and stimulate collagen naturally.

Unlike slower, repetitive face yoga routines, Face HIIT delivers visible results in far less time. You don't need needles, fillers, or overpriced creams — just consistency, a few fun exercises and your own two hands.

And yes — you can do it at home! Let's explore a couple of signature moves to get you glowing.



Face HIIT Workout 1: The Cheek Plumper

Boost cheek volume, lift the mid-face, and smooth fine lines naturally.

1. LINE BLOCK

Before you begin, gently 'line block' any folds or wrinkles by lightly pressing with your fingers. This prevents deep creasing during the exercise and helps maintain a smooth canvas.



2. ACTION

Start by smiling up into your cheeks. Close your lips and use your cheek muscles to 'pump' upward, keeping your forehead relaxed. Focus on explosive, upward movement each time you smile — no need for speed at first.



3. HOLD

After a series of pulses, hold the lifted smile firmly to maximise lift and sculpting.

TIMING

Do fast pulses for 20 seconds, then hold the contraction for 10 seconds. Repeat this rhythm for four minutes.
Feel that natural lift…

RELEASE

Relax the face completely. Let the cheeks drop, take a deep inhale, and exhale through the mouth with a sigh to release all facial tension.



Face HIIT Release: Jawline Define & De-Puff

This simple sequence boosts circulation, flushes puffiness and carves gorgeous definition. Do it daily and watch your face wake up from the inside out.

PREP: Put on product of your choice.

ACTION STEPS

1. Start your lymph circles right on your collarbones – gentle, light pressure to kickstart your body's natural drainage system.

2. Place your fingers under your ears — they are a main gateway. Hold for a few deep breaths and let it flow.

3. Make an L-shape with your thumb and first finger. Glide from your chin up to your ear along the jawline – hello, snatched jaw!

RELEASE

Drop your jaw, exhale deeply, and softly massage under the ears. This encourages lymphatic drainage and resets the muscles of the lower face.





The Power Combo: Face HIIT + Smart Skincare

Face HIIT is the ultimate primer for your skincare routine. Why? Muscle activation increases circulation, oxygenation, and lymph flow — creating a perfect pathway for your serums and oils to absorb more deeply. That means: better product performance, more hydration, and faster glow.

Sadie's top 3 skincare essentials to pair with your practice

- A glycerin-based serum
- A plant-based oil like jojoba or castor (to seal and nourish)
- A skin barrier protective cream with ingredients like ceramides and lipids for a healthy glow!

Want to see it in action?

Watch Sadie's Morning Face Refresh Tutorial — and take your results even further! Visit: yogaforlifeonline.com/om-yoga-morning-face-refresh



ABOUT SADIE NARDINI

Sadie Nardini, powerhouse and founder of the revolutionary Face HIIT Natural Facelift Method, is successfully lifting, sculpting, and toning the faces and necks of thousands of women around the world. A veteran wellness and anatomy expert, Sadie has been trailblazing in the space for over three decades, on a mission to help women build real strength — inside and out. She's the creator of three globally recognized healing modalities: Core Strength Vinyasa Yoga, Yoga HIIT (formerly Yoga Shred) and The Somatic Flexibility Technique. Her methods combine science, strength training, yoga, and holistic health with a no-BS message of radical self-worth. Her motto? Let's age fiercely and strong together!