

SESSION ONE

(INTENSIVE PHASE)



TECHNIQUES	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>PUMP WITH SALT WATER ¼ TEASPOON SALT IN 4 OZ. WARM WATER COUNT TO 5 ON 4 SIDES, 5X 3X DAY</p>							
<p>UPPER LIP STRETCH PULL UPPER LIP DOWN WITH FINGERS COUNT TO 20 TIMES 5X 3X/DAY</p>							
<p>BUTTON PULL HOLD A STRING WITH A BUTTON ATTACHED BETWEEN YOUR LIPS. PULL ON THE STRING. 20 X 3X/DAY</p>							
<p>MARSHMELLOW TWIST (WEIGHTED STRING) 3X 3X/DAY</p>							
<p>WAGGLE SPOT TONGUE TO R AND L, R AND L COUNT OF FIVE; FIND "SPOT" 10X 3X/DAY</p>							
<p>COTTON ROLL WET COTTON ROLL, PLACE INSIDE LOWER/UPPER LIP. RUBBER BAND TO THE "SPOT" 10 MINUTES BUILDING UP TO 60 MINUTES AT THE END OF THE WEEK</p>							
<p>ONE FOOT RULE "HANDS AWAY FROM FACE!"</p>							