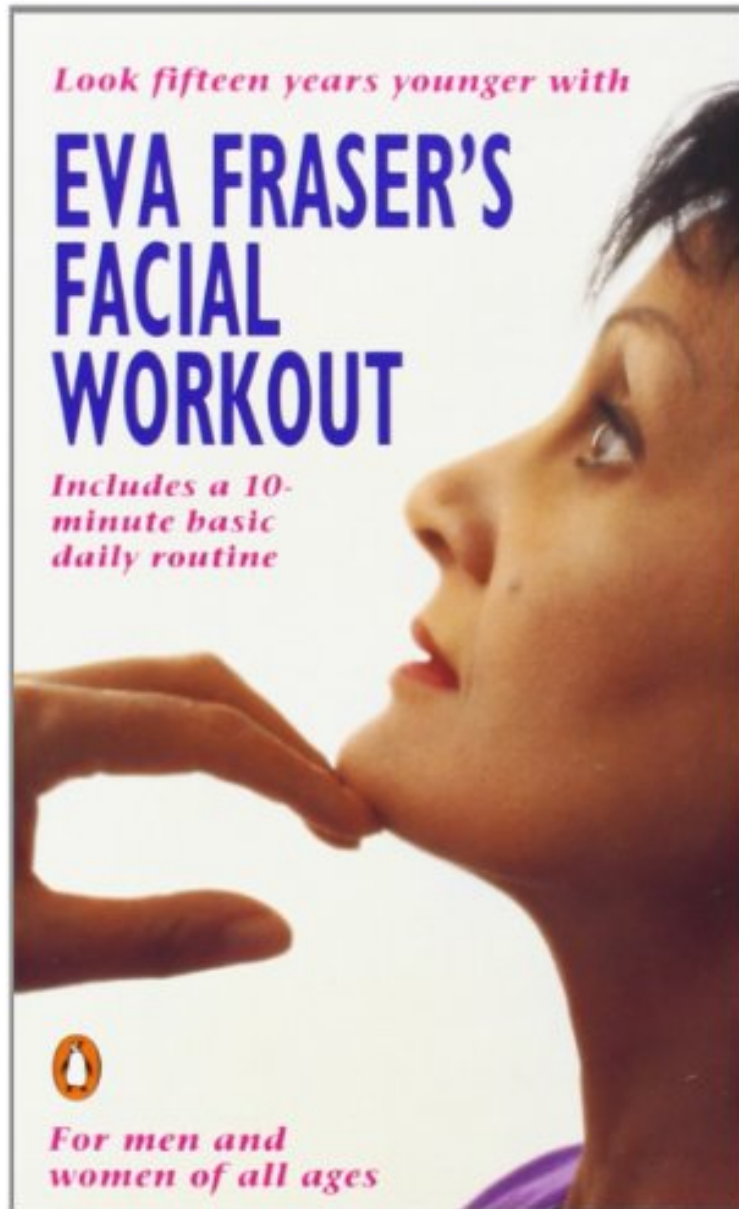


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Eva Fraser : Eva Fraser's Facial Workout (Penguin Health Care Fitness) before purchasing it in order to gage whether or not it would be worth my time, and all praised Eva Fraser's Facial Workout (Penguin Health Care Fitness):

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For years Eva Fraser has been practicing her facial workout techniques on private clients with remarkable success. This book includes information on why the face ages, how skin works and what can be done about it, it also includes Eva Fraser's exercise plan.

About the AuthorBorn in England in 1928, Eva Fraser grew up to be keenly interested in sport, and her first job was working as a tennis and squash instructor. She then went to work for one of London's top photographers, soon becoming involved in the more technical side of photographic printing. She travelled widely, establishing a career in tapestry restoration until a chance meeting in 1978 with Eva Hoffman. Madame Hoffman, then 76 years of age, trained Eva in her facial exercise techniques, which she had devised with a doctor colleague in the 1930s. On her retirement Madame Hoffman encouraged Eva to take over her work. This method is taught in London in private one-to-one sessions. Through books and videos it is now available to a wider audience. Eva Fraser's Face and Body Programme is also published by Penguin.