# Face Yoga Coach Shares Eye Exercise for Youthful Look



Parmita Katkar, a face yoga coach, shared an eye exercise on social media that she claims can make individuals look ten years younger. The exercise involves applying light pressure with the fingers to the inner corners of the eyes and rocking them back and forth for about five seconds. This process is repeated in half-inch increments along the orbital bone until reaching the outer eye corners, with light pressure and rocking at each step.

Katkar emphasized that performing this massage for a few minutes daily can lead to a more youthful and refreshed appearance. The tip has been well-received online, with users commenting on its effectiveness, particularly for those who spend extended periods working on computers.

In addition to this exercise, Katkar provides advice on addressing various facial concerns, including droopy eyelids, asymmetrical smiles, and face fat reduction. Another popular anti-aging tip comes from a 54-year-old TikToker named "A Girl Called Dave," who suggests applying egg whites to the face to reduce wrinkles and fine lines.