



e-book

10

**HOMEMADE AND
UNCOMPLICATED TIPS
TO REJUVENATE YOUR FACE**

Dr. Múcio Porto

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TIP**01****FOODS THAT
DOES NOT IGNITE**

The foods that help maintain and rejuvenate our skin are those rich in nutrients, omega 3, antioxidants, vitamins and minerals. In addition they need to contain vitamin A, C and E.

Vitamin A - Restores tissue

Vitamin C - Helps to form collagen

Vitamin E - Antioxidant power

It is essential to drink water so that your body stays hydrated, your skin does not become inflamed and looks rejuvenated. In addition, food is a way of taking care of the skin, from the inside out.

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TIP

02

FOOD FOR
THE COLLAGEN

Collagen is a protein produced by our own body, responsible for the firmness of our skin. Over the years, our system gradually decreases production, making it necessary to eat outside or consume foods that stimulate greater production.

It is important to say that it is impossible to ingest collagen itself. The recommended medicines or foods are sources of amino acids and nutrients necessary to generate a stimulus in the production of protein.

Some of the essential foods that should be included in your regular menu, and that stimulate collagen production: **Chicken, egg whites, citrus and tropical fruits, beans, lentils and rice, flaxseeds, green and dark leaves, chestnuts and walnuts quinoa and garlic.**

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TIP**03****EXERCISES FOR
FACE AND EYELIDS**

Did you know that the appearance of your eyelid can influence the entire Harmony of your face? The first thing we look at when we go to communicate with someone is that person's eyes, and his eyelid is right up there.

The exaggeration in the use of computers, televisions and cell phones further aggravate the appearance of our eyes, in addition to harming our skin and health in general.

There are some exercises that allow you to alleviate the negative aspects mentioned above, and bring a more uplifted look.

Squint your eyes partially covering only half of your vision so your muscles are contracted. Repeat for 15 seconds and rest closing your eyes, then repeat for another 1 minute.

Open and close your eyes 10x, this exercise helps lubricate, stimulate blood circulation and strengthen.

Massage your eyebrows and temples for a few seconds, in circular motions, relieves stress.

Look in various directions, without straining, for ten seconds, repeating the exercise three more times to relax the tension in the area. This exercise serves to relieve you when you are focused on just 1 point for a long time.

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TIP**04****EXERCISE FOR
NECK AND LAP**

The neck and décolleté are the areas of the body that age more easily. Women tend to use this area more often, due to the necklines and cutouts of women's clothing. It is an area that we often forget to take care of, because we only prioritize the face, but it is also extremely important and needs attention.

There are some exercises that can be done for the prevention and rejuvenation of the neck and décolleté:

Neck

Make a movement with your fingertips from the bottom up, 8x on each side of the neck.

Then, with the palm of your hand open, do the same movement on both sides.

Lastly, use the palm of your hand to glide from the chin to the ear. Repeat the movement 3x.

Lap

Support one hand over the other, place it on your lap and make a back and forth movement 20x horizontally, with moderate intensity.

Perform a gliding maneuver from the bottom up, with the palm of your hand open. Going from the chest to the neck, along the sides. Repeat 4x on each side.

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TIP

04

EXERCISE FOR
NECK AND LAP

Lap

Now you will make movements as if you were squeezing the skin, pulling it up (without putting too much intensity so as not to hurt) do it along the entire cervix to the sides of the armpit.

Repeat the movement for 30 seconds.

The fat located on the side of the arm, between the breasts and armpit, also bothers many women. Place the open palm on this space, and make movements always facing upwards, 8x on each side.

You can perform this self-massage 1x a week. To make it easier, use some massage oil, so your hand will slide more easily over the body, and you will get more out of the exercises.

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TIP**05****MASSAGE FOR
DEFLATE THE FACE**

Our face is responsible for all our daily expressions, it is common that when we feel anxious and tense it ends up getting more swollen, painful, and in the future bringing us wrinkles.

For these cases, it is interesting to use facial massage techniques to release toxins, improve fluid retention and consequently deflate the face.

This type of massage brings with it the power to unclog pores, increase blood circulation, oxygenate tissues and even stimulate facial muscles. Bringing a better look to your face and taking away your bloated feeling.

People who have acne-prone skin and infected pores are not recommended to apply this massage until the infections subside.

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TIP**05****MASSAGE FOR
DEFLATE THE FACE****APPLY THE FOLLOWING TECHNIQUE.**

Slide the palm of the right hand on the left side of the neck, repeat the procedure for the other side of the face, always with movements from the bottom up.

Snap your right hand into your left jaw and slide from your chin to your ear. Repeat on the other side.

With the sides of your hands, using your index and thumb, make a movement from the nose to the ears, always outwards;

To improve the area of dark circles and reduce swelling, run your fingers under the eyebrow, from the inside out, and the lower eyelid from the outside to the inside, making a C movement;

To give the forehead expression lines a better look, make movements on it, from the bottom to the top.

Remember to moisturize your face before the massage, so you don't experience any friction. The movements should contain between 5 to 10 repetitions, and you can do them whenever you feel the bloating sensation.

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TIP**06****MASSAGE FOR
DEFLATE THE EYELIDS**

The eyelids are composed of a layer of very soft and thin tissue. For this reason, they are very vascularized and can swell at the slightest indication of inflammation in the region.

Below is a massage that can have a deflating effect and over time rejuvenate the skin of the face.

With the index and middle finger, position on top of the eyelids;

Now make a movement from the outside to the inside, from the inner corner of the eyes (where the tears come out), until you reach the hair;

Repeat this process three times on the mobile eyelid and on the bottom;

It's not necessary to squeeze hard, it's enough to feel pressure;

When you get close to the hair, after the three times, press the place five times and after that step, you can move on to the lower eyelid.

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TIP

07

MASK FOR
EXFOLIATION

In addition to hydrating and tightening pores, this type of mask leaves the skin feeling fresh and can be made at home with natural ingredients.

- 1 spoon of honey;
- 1 coffee spoon;
- Mix to form a paste;
- Apply to the face in movements circulars;
- Let it act for 5 minutes;
- Remove with ice water.

Coffee has vitamin B and components that act as anti-inflammatory and antioxidant, in addition to helping to stimulate the production of collagen and elastin.

Honey, on the other hand, absorbs impurities and purifies the pores, softening scars, inflammation and the marks of the dreaded pimples.

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TIP**08****MASK FOR
HYDRATION**

A well-hydrated skin is essential, but we often don't find the perfect product for our skin.

Below you will find a homemade recipe with affordable ingredients to create your perfect face moisturizer.

- Choose a ripe banana;
- Knead until it forms a paste;
- Add a little cream to milk and mix;
- Apply a layer on the face;
- Let it rest for 15 minutes;
- Remove with cold water to activate the blood circulation.

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TIP

09

MASK DETOX



Several factors, both internal and external, have the power to change aspects of our skin. Points such as ambient temperature, food, hormonal disorders, etc.

Facial masks are a way to soften and make the skin more beautiful and silky.

There are several homemade recipes, with all-natural ingredients that can help you get amazing skin, it is recommended that you search for the mask that best fits the aspect your skin is currently looking at.

Below you can find a recipe for a basic detox mask, which helps to repel the bacteria that cause pimples, in addition to reducing inflammation, decreasing the chances of dry skin, itching and allergies.

- Heat 1 cup (of coffee) of tea;
- Add 1 sheet of gelatin;
- Apply to the face with movements ascending (from the center of the face outwards) to stretch the skin;
- Let it act for 15 minutes and rinse

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TIP**10****MOUSSE FOR
STRENGTHEN HAIR**

The hair mousse is ideal for keeping the strands in place and leaving them looking lighter. It is also indicated to be used before hairstyles, helping to fix them.

It is widely used to define curls, and keep them shining throughout the day. Below you will find a homemade mousse tip:

- 1 spoon of flaxseed;
- 100ml of boiling water;
- Put the above ingredients in a container, wait cool and turn into a gel;
- Strain the gel;
- Blend the flaxseed gel in a blender and add 2 tablespoons hair cream;
- Make a packet of colorless gelatin as instructed by the instructions. Wait to harden in the fridge;
- Add 3 tablespoons of colorless gelatin to your mixture.

Store the mixture in a container and use whenever you want.



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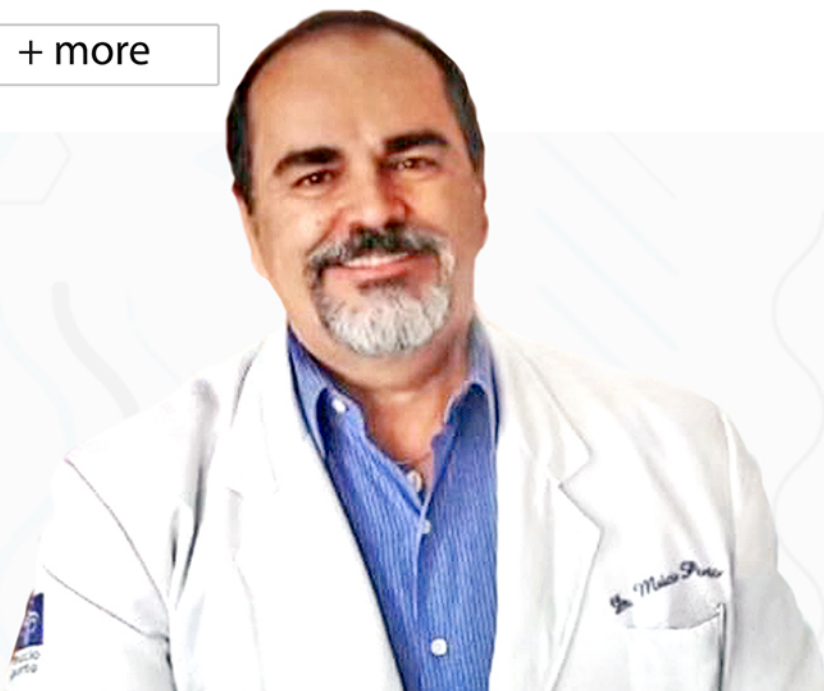
Dr Múcio Porto is from Patos de Minas from Minas Gerais and has lived in Brasília, the capital of Brazil, since 1969.

He graduated from the Federal University of Goiás and attended his internship at the public servant hospital of the state of São Paulo in 1985. He graduated as a general and digestive system surgeon at the Hospital das Forças Armadas in Brasília in 1988, during which he did an internship at the French Institute the hand and liposuction clinic of the renowned Dr Yves Gerard-Illouz in Paris and the plastic surgery center in Genova, Milan in Italy and Geneva in Switzerland.

Between 1989 and 1991 he specialized in plastic surgery at the Pontifical Catholic University of Rio de Janeiro, under Professor Ivo Pitanguy. During this period, he participated in training in the burn service of the Hospital do Andaraí, in the oral and maxillofacial surgery service of the Beneficência Portuguesa de Niterói, in the micro-surgery service of the Hospital dos Servidores do Estado do Rio de Janeiro, in addition to the hand service and reconstructive and aesthetic surgeries at the 38th ward of Santa Casa de Misericórdia as well as at the Ivo Pitanguy Clinic.

During this entire period, Dr Múcio Porto ranked first among colleagues from Brazil and several countries. He was also chosen as chief resident of Santa Casa, secretary of the "Professor Pitanguy Studies and Research Center" and also exclusive resident of the Pitanguy Clinic where he participated in private surgeries, scientific works and preparation of lectures and demonstrative surgeries as an assistant to Dr Ivo Pitanguy .

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