

e-book

# THE GRIMACES THAT MAKE YOU OLD

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# The facial expressions that age you!

Hi! It's great to have you here. I'm Dr. Mucio Porto, a physician specializing in aesthetic procedures that enhance what you have that's most beautiful: your expression! But hold on, today we're not talking about erasing your identity... we're talking about **understanding how certain expressions — those involuntary faces we make every day — might be accelerating your facial aging without you realizing it.**

Have you ever considered that sometimes we worry so much about what we eat, sunscreen, skincare... but forget to look at what our face does on its own, all the time? That's right. The way you furrow your brow, squint your eyes, or twist your mouth could be marking your skin permanently.

This eBook is like a chat between us. Imagine we're on a live stream, laughing, talking, and I'm showing you everything you need to know to identify these expressions, understand why they appear, and most importantly, how to soften them — without losing your natural look.

If you've ever caught yourself saying "this little wrinkle appeared out of nowhere," then you're in the right place. Shall we start this journey?





# Have you ever looked at yourself in the mirror while making faces?

Let's be honest: have you ever looked at yourself in the mirror while talking on the phone? Or when you're focused on your computer, replying to that annoying email? I bet you have! And if you've never noticed this, here's your first exercise: next time you're distracted, take a quick look at your face. Seriously. You'll be surprised by the faces you make without realizing it!



We're constantly making all sorts of expressions. It's automatic. Furrowed brow, raised eyebrow, that little pout when you're angry, or the habit of squinting to see better. All of this repeats over and over... until it becomes a mark. Literally. The skin gets folded at the same points so many times that eventually it "learns" that path — and that's when expression lines appear.



And the craziest part? All of this happens well before we notice it in the mirror. By the time the little wrinkle appears, the process has already been going on for a while. But don't panic and try to keep your face still all day. The idea here is to understand that your face speaks — even when you're not saying anything.

And if it speaks, we can teach it to speak in a gentler way. Want to see how? Follow me in the next pages!



A woman with light brown hair, wearing a dark blue top, is sitting in a dark wooden chair outdoors. She has a concerned or thoughtful expression on her face, with her eyebrows slightly furrowed and her mouth set in a neutral but tense line. The background is blurred, showing green foliage and a warm, golden light, possibly from a lamp or the sun setting.

# Facial expressions: what they are and why they matter?

Let's quickly talk about what these facial expressions are. Simply put, they're automatic movements your face makes to show emotion. Anger, worry, joy, surprise... all of this appears on your face even before coming out of your mouth. Beautiful, isn't it? But it can also leave traces.

These expressions are commanded by very specific facial muscles. And unlike body muscles, which we exercise at the gym and they grow, facial muscles, when contracted too much, end up marking the skin above. And then, you know it: lines appear, the famous crow's feet, the marked forehead, that crease between the eyebrows...

But pay attention: **expressing is wonderful!** The problem isn't emotion, it's excessive contraction. It's as if your face is always on alert, tensed, even during small daily tasks. Imagine living with a furrowed brow all the time? Your face will understand that this is "normal" and will leave a memory there, in the form of a wrinkle.

Therefore, understanding the expressions you repeat without noticing is the first step. When you identify them, you start to relax. And this is where the transformation begins: you look at yourself more carefully and take care not only of your skin, but of your relationship with it.







# The most common facial expressions that accelerate aging

Now that you understand the basics, let's talk about the **champion grimaces** when it comes to premature aging. These are classics — and almost everyone makes them!

The first is the **furrowed forehead**. You know that habit of bringing your eyebrows together when you're thinking, reading something difficult, or even when you're in the sun? Well, this region is super active, and that's why horizontal and vertical lines end up appearing early.

Another villain is the **worried expression**. That face of "oh my God, what's happening?", you know? It activates the area between the eyebrows and leaves deep marks over time.

There's also the famous **squinting of the eyes** — those with nearsightedness or who spend a lot of time on their phones will identify with this. Besides creating lines around the eyes, it also reinforces crow's feet.

And the **lip pout**? Very common in people who talk a lot or smoke. It leaves those vertical wrinkles around the mouth, which many people call "barcode lines".

But the most important thing isn't to try to control everything. It's to notice. When you know what you're doing, you can start changing gradually — and with lightness. From here on, I'll show you how this can be resolved without losing your naturalness.





# How emotions impact your skin (and mark your face)

Now tell me: how is your emotional routine? Because, look, your face is practically a mirror of what you feel. Anger, stress, sadness, anxiety... all of this appears in the form of facial tension. The skin feels it.

When you're nervous, your entire body responds. The facial muscles contract — and stay there, tensed. If this happens every day, the muscle "gets used to" this contraction. And then, even at rest, it remains activated. The result? The skin above begins to give way and the dreaded marks appear.

Some people think it's just natural aging. But it's not. Often, it's poorly managed emotion. This doesn't mean you have to turn into a stone, feeling nothing. But recognizing what makes you tense, what leaves your face contracted, is already a big step.

That's why we say that true beauty begins from within. When you calm down inside, your face responds. It opens up. It breathes. And you rejuvenate. It's not magic, it's pure biology.

And you know what's best? Today there are ways to help your face "unlearn" these contraction habits. And that's where what I want to show you comes in...







# The cycle of invisible facial marking

Here's something interesting: the marks you see on your face today **began long before they appeared**. And that's the big problem — they form silently. It's what I call "invisible marking": that cycle where the face contracts, the skin folds, and gradually, that fold becomes a permanent line.

Most commonly, people only notice when the wrinkle is already there, visible. But the process started years ago, with small expressions repeated every day. You know when you fold a piece of paper in the same place several times? Eventually, it creates a permanent crease. It's exactly the same with skin.

The good news is that this cycle can be interrupted. How? By relaxing the muscle before it forms the permanent mark. And this has nothing to do with "freezing" your face. It's about restoring balance. Your face can remain expressive, but without excess tension.

And that's exactly what I help my patients do. With specific, gentle, and personalized techniques, it's possible to "re-educate" the facial muscles and soften the action of the most prominent facial expressions.

In the following chapters, I'll show you how to do this in a gentle, safe way and — most importantly — while maintaining your essence.







# What the mirror doesn't show... but time reveals

There are things the mirror doesn't show in the moment, but that time gradually exposes. And this is precisely where many people become frustrated: "But I take such good care of myself, why am I aging this way?" The answer, often, lies in those daily micro-expressions that no one notices... until they become visible.

The mirror shows the now. But time? Ah, time shows the habit. The constant furrowing of the brow. The squinting of the eyes. The tensing of the mouth. Small things, but when added up every day, they create that "tired look," even when you sleep well. Or that impression that you're angry all the time, even when you're feeling fine.

The truth is that these expressions accumulate like small traces of everything you've experienced — but without filtering what's worth leaving marked. And then we age without realizing that we're contributing to the process.

The good news? When you start paying attention and act preventively, the results are incredible. And better yet: natural. You don't need to look like someone else. You just need to look like you... only lighter, more rested, softer.





## The secret to preventing wrinkles without giving up on smiling

If there's one thing I always say, it's: **you don't need to stop smiling to avoid wrinkles.** We don't want a frozen face, without life. We want a face that's alive, expressive — but without marks that age before their time.

And the secret is in the balance. The key is to relax the right muscles, at the right points, with the right intensity. And this, of course, with professional guidance. Because the face isn't a cookie-cutter recipe. Each one has its own way, its own history, its own movement.

With small interventions — which seem subtle, but make all the difference — it's possible to prevent the appearance of new marks and even soften those that have already appeared. The ideal is to act at the right moment: **neither too early, nor too late.**

And there's nothing more satisfying than hearing "wow, you look so refreshed!" instead of "did you do something to your face?". That's the goal. That you continue being you, just more radiant, more confident, and with your face telling your story — the way you want to tell it.







# Treatments that soften marks without taking away your essence

Today, aesthetic medicine is much more intelligent and respectful of individuality. You can indeed soften the marks caused by facial expressions without losing what makes you unique. No frozen face without emotion. Here, the idea is to enhance the natural.

There are protocols that combine neuromodulators (yes, the famous Botox!) with personalized muscle relaxation techniques. It's not about applying it everywhere. It's about evaluating what really needs a touch, a breath.

And more: the right treatments work preventively. In other words, even if the wrinkle hasn't appeared yet, we can prevent it from settling in. It's like putting a soft pillow between the expression and the skin, you know?

And when done with criteria, planning, and sensitivity, the result is incredible: the face continues with movement, with emotion, with authenticity. But without the marks that make you look tired, angry, or sad that don't always correspond to what you feel.

You deserve to look in the mirror and recognize yourself — just the way you want to be seen.







## Schedule Your Transformation Today and Save!

I want to congratulate you for dedicating this time to learn more about **Facial expressions that age you**. My goal here was to show that there is a definitive and accessible solution for something that may have been bothering you for a long time.

Now, I want to speak directly to you: **this is your chance to transform not only your body, but also how you feel**. Imagine wearing that outfit you love without any insecurity. Imagine looking in the mirror and smiling, knowing that you made the decision to take care of yourself. That's the power of a well-informed choice.

Therefore, I want to offer you a special incentive to take the next step: **A special discount on your chosen procedure**. This is my way of showing you that the first step is the most important — and that you don't need to do this alone.

To schedule your consultation, it's very simple. Contact us via **WhatsApp (61) 8288-4546**, mention that you read this eBook, and my team will schedule an appointment for the day and time most convenient for you.

Remember: the best time to take care of yourself is now. Don't leave until tomorrow the opportunity to feel more confident, more free, and happier. I'm here to help you achieve this, with safety, care, and real results.

Shall we go together? I'm looking forward to welcoming you for a consultation and following your transformation!

