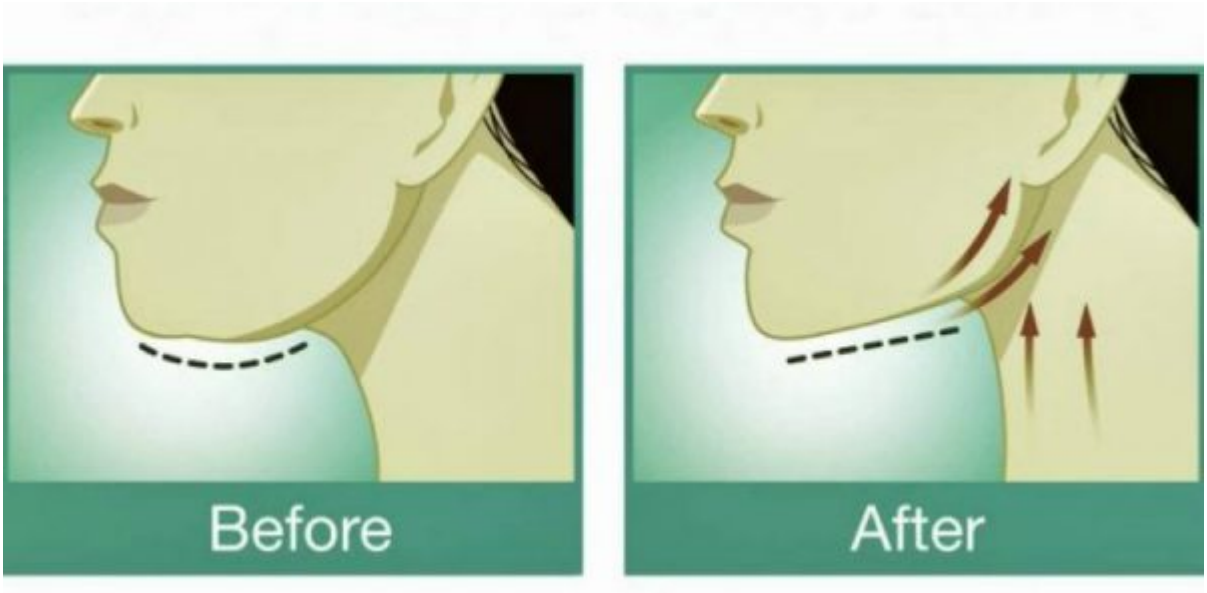
HOME

10 Quick Exercises to Tone the Neck & Reduce Double Chin

By bestfolkmedicine · 18/07/2018 · 3 min read



One thing is for sure; no one likes having a double chin because it lowers our self-confidence and makes us look older. Double chin or saggy skin in the neck area can develop due to several factors, like genetics, aging, and weight gain. Let us learn more about the major causes in detail now.

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What Causes a Double Chin?

1. **Genetics**

Inheriting a double chin from your parents can happen in the same way you inherit a hair or eye color.

2. **Aging**

The double chin is known to grow as we age, mainly because the skin becomes looser and the muscles weaken.

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3. **Weight gain**

This is the major reason for double chin, i.e. if you are overweight or obese, the chance for a double chin are much higher.

How to Tone Your Chin Naturally

- **Tongue pressing**

Sit straight and tilt the head back while your face is pointed upwards. Then, press the tongue against the upper palate and keep it there while slowly bringing the head in the primary position and then move it towards the chest. Make sure you do not move the shoulders, but let the neck be in charge. Do 20 repetitions.

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- **Chin rotations**

Stand up straight and keep the head straight. Begin rolling the head and stretch it as much as you can but be gentle and slow. Repeat the same to the opposite direction and stretch the head once more. Repeat it 10 times.

- **Head lifts**

Lie down on the bed and hang the head off it. Start lifting it towards the chest and hold the pose for 3 seconds. Repeat it 10 times.

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- **Kiss the sky**

Sit on a chair and hold the back against it. Tilt the head back and keep the face upwards. Stick out the lips and maintain the pose for 5 seconds. Opt for 20 repetitions per day.

- **Side neck stretch**

Stand upright and keep the shoulders in a straight line and begin to stretch the head with the help of the hand on that side and then do the same on the other side. Go with 10 reps.

- **Pout and tilt**

While standing or sitting, stick out the lower lip and you will feel a pulling sensation in the neck. Then, bring the chin towards the chest by using the neck. Hold the pose for several seconds and then release. Repeat the exercise 20 times.

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- **Jaw release**

Open the mouth and stick out the tongue and hold it like that for 5 seconds. Repeat it 20 times.

- **Pigeon**

Place the thumb and index finger on each side of the jaw and push the head forward while holding the hand strong against it. Hold the pose for 5 seconds and repeat it three times.

- **Tongue movement**

Open the mouth and stick out the tongue and start to move it around while making sure the head is still. Bring the lower jaw as low as you can.

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- **The “O”**

Sit on a char and hold the back against it. Then, tilt the head backwards and the face needs to be towards the ceiling. Pull the lips together to make the letter “O”. Bring the chin towards the chest while still maintaining the shape of the lips. Go with 20 repetitions.

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