

Working with either ATX or ATXtra to either relax or restrict repetitive muscle movement it is first important to identify the muscle(s) that are repetitively moving to create that line/crease/wrinkle. Only treat the muscles causing the wrinkles. Relaxing the main muscle will allow the skin to smooth.

Finding the muscle responsible - Stand in front of the mirror and make the facial expression that causes the skin to line/crease/wrinkle. For instance, make a frown and notice the muscles that cause the vertical lines. You will notice a muscle or several muscles moving to create those vertical lines. Try to isolate the main muscle in this movement. This is the muscle (muscles) to apply ATX or ATXtra to, and not necessarily the wrinkle or crease itself. It most likely won't be necessary to treat the muscles that have a minor role in the movement.

ATX - apply a small amount and vigorously massage into the muscle(s)

ATXtra - apply a small amount to the muscle(s)

- With either product, apply first and let thoroughly dry, about 5 minutes before proceeding with your routine.
- These products are meant for spot treating areas, not for overall facial application.
- Always avoid application too close to the eye that might result in product getting into your eye. Never apply anything into the eye area that was not specifically made for the eye.

To give you a little more information about the primary muscles the following has been included for your reference.

The Human face contains roughly twenty-six main muscles. Although during a facial expression there are often many muscles involved, the following illustrates the major muscle involved in the expression.

1. **Frontalis**: The main brow muscle, connects to the skull at the hairline, and the skin under the brow.
2. **Corrugator**: The frowning muscle. Starts at the base of the nasal bridge and attaches to the middle of the eyebrow.
3. **Levator Palpebrae**: Lifts the eyelid. This muscle connects the top of the orbit to to the upper eyelid. Contracted it expresses surprise, by lifting the brows.
4. **Orbicularis Oculi**: The squinting muscle. This circular muscle attaches to the orbit, and the skin under the cheeks.
5. **Zigomatic Major**: The smiling muscle, connects the corner of the mouth with the *zigomatic* arch (The side of the head between the ear and the eye).
6. **Levator Labii Superioris**: The sneering muscle. It has three branches connecting the upper-lip with the base of the nose, the bottom of the orbit, and the *zigomatic* arch, respectively.
7. **Orbicularis Oris**: Lip tightener. Originates at the corners of the mouth.
8. **Risorius/Platysma**: The main crying muscles. The *Risorius* starts at the back of the jaw, and pulls on the corner of the mouth. The *Platysma* does the same thing but is a much bigger muscle starting on the upper chest.
9. **Triangularis**: This muscle pulls down the corner of the mouth from the lower edges of the jaw.
10. **Depressor Labii Inferioris**: Used in speaking. Connects the lower lip to the side of the chin and pulls it down.
11. **Mentalis**: Pouting muscle. Attaches to the jaw under the lower lip, and pulls on the ball of the chin.

