

# How do you reduce a double chin?

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by Niamoto Sko

Our double chin is something we definitely want to get rid because it's one of the first things we see on our face. It is not easy to get rid of because when you gain weight, our chin like any other part of our body accumulates fat and fluid toxins. This may be due to the aging weight gain or due to hereditary factors.



Try some of our tips to eliminate your double chin

- Eat lots of fresh fruits and vegetables. Hydration will help flush away toxins. Eat a high fibre diet and avoid fast foods – this will add to your fat.

- Try these mouth and facial exercises
  - open your mouth and push your jaw upwards
  - now forward
  - extend your lower teeth to touch your upper lip
  - do this 10 to 15 times
  - repeat three times a day.

- [Use the Coolherbals Chin Firming Treatment](#)

Coolherbals Chin Firming Treatment is an effective 2 step treatment to help maintain a perfect profile and help "lift" a sagging chin. Coolherbals CoolSlim Chin Firming Paste is a naturally based formula with Red Grape Seed Extract. This has a concentrated source of proanthocyanidins considered helpful in improving and preserving the elasticity of skin. Mineral rich Gopichand clay blend helps to detoxify and give chin a firm appearance. Coolherbals Chin Firming Serum has a unique formula containing collagen, siloxanetriol and botanical oils to help give a firm and refined appearance. See the results in about 45 minutes. When a double chin is treated, it will take about 5 wraps. Use the Firming Serum daily and the Wrap every other day.

- Surgery. Lipectomy or neck lift. A more drastic action for those who have a serious problem.