



# DISCLAIMER



## PLEASE READ BEFORE USING THIS GUIDE

The information provided in this guide is for educational and informational purposes only and is not intended as medical advice.

*Your safety is your responsibility.*

### IMPORTANT INFORMATION



*Your Safety Comes First*

Always prioritize hygiene, use sterile equipment, follow proper protocols, and listen to your body. If you experience any adverse effects, discontinue use and seek professional medical attention.

- ♥ This guide is not a substitute for professional medical advice, diagnosis, or treatment.
- ♥ Always do your own research and consult with a qualified healthcare professional before starting any new treatment, especially if you have a medical condition, are pregnant, nursing, or taking medication.
- ♥ The techniques and recommendations in this guide are based on personal experience and research. Results can vary from person to person.
- ♥ You are **solely responsible** for your own decisions, actions, and results.
- ♥ The author and creator of this guide are not licensed medical professionals. All content is shared in good faith.
- ♥ This guide does not provide medical, legal, or professional advice of any kind. **Use at your own risk.**



#### DO YOUR OWN RESEARCH

Stay informed, ask questions, and educate yourself before trying any treatment.



#### HYGIENE IS EVERYTHING

Always use sterile equipment and clean products to reduce the risk of infection.



#### KNOW YOUR CONTRAINDICATIONS

Do not use if you have any conditions that could be worsened by the treatment.



#### START SLOW AND LISTEN

Everyone's skin is different. Start with less, observe how your skin responds, and adjust.



#### YOU ARE IN CONTROL

You know your body best. Always make empowered, informed decisions.

### ♥ LEGAL DISCLAIMER ♥

By using this guide, you acknowledge and agree that the author, creator, and any affiliated parties are not liable for any injury, harm, loss, or adverse reaction that may occur as a result of using the information provided. You agree to take full responsibility for your own health, safety, and results.



This guide is here to empower you with knowledge,  
*but you are the expert of your own journey.*



*Thank you ♥*

for being part of this journey and for prioritizing your confidence and well-being.

- Beauty Babes Only -

# Facial Muscle ANATOMY

## OVERVIEW

A FULL-FACE REFERENCE GUIDE

LEARN

IDENTIFY

UNDERSTAND



### Full-Face Muscle Overview

Facial muscles work together to create expression, protect vital structures, and support the skin.

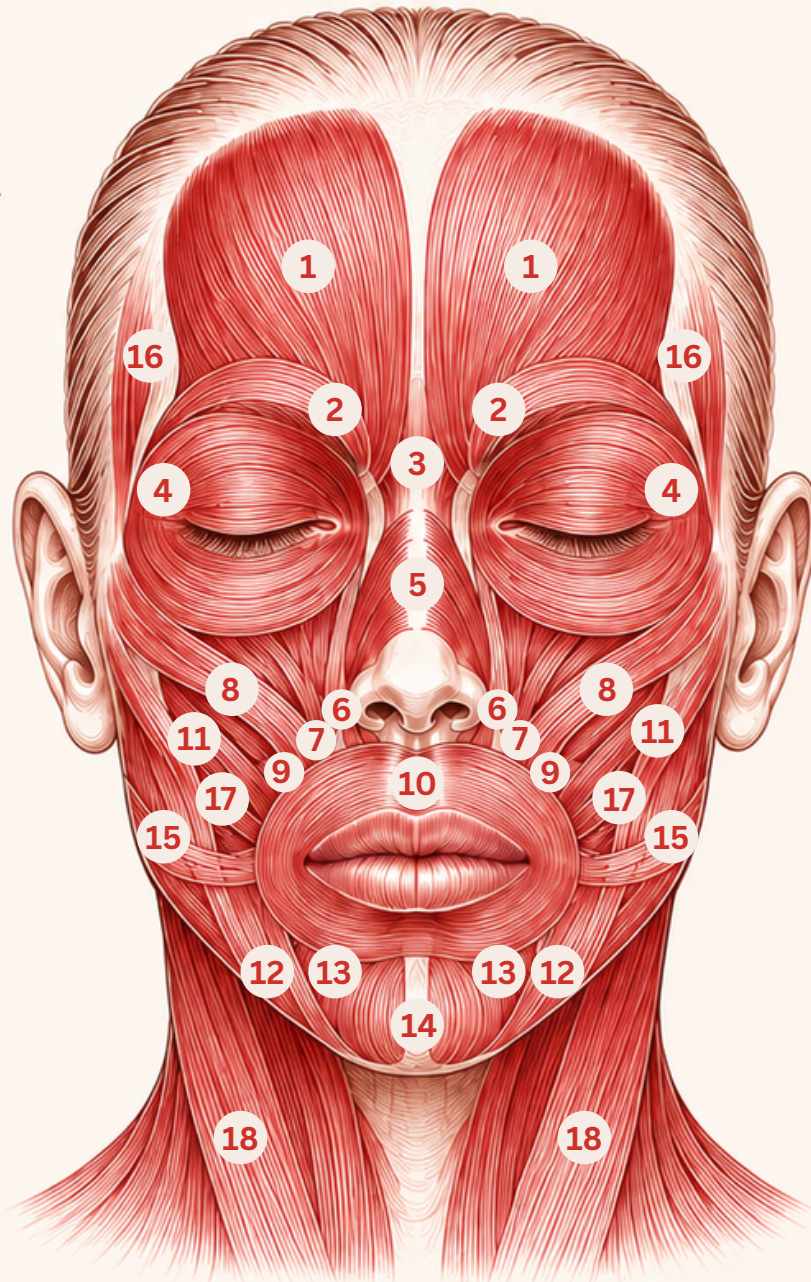
### Key Notes

These are the superficial muscles of the face.

Deeper muscles (not pictured) also play an important role in expression and function.

### MUSCLE KEY

- 1 FRONTALIS
- 2 CORRUGATOR SUPERCILII
- 3 PROCERUS
- 4 ORBICULARIS OCULI
- 5 NASALIS
- 6 LEVATOR LABII SUPERIORIS ALAEQUE NASI
- 7 ZYGOMATICUS MINOR
- 8 ZYGOMATICUS MAJOR
- 9 LEVATOR ANGULI ORIS
- 10 ORBICULARIS ORIS
- 11 RISORII
- 12 DEPRESSOR ANGULI ORIS
- 13 DEPRESSOR LABII INFERIORIS
- 14 MENTALIS
- 15 MASSETER
- 16 TEMPORALIS
- 17 BUCCINATOR
- 18 PLATYSMA



### WHAT THESE MUSCLES DO



RAISE, LOWER, & FURROW THE BROWS



CLOSE & PROTECT THE EYES



FLARE, WRINKLE, & COMPRESS THE NOSE



LIFT, SMILE, PUCKER & MOVE THE LIPS



PULL, CHEW & SUPPORT THE FACE



TENSE & MOVE THE NECK (PLATYSMA)



# FOREHEAD & BROW

— ♥ MUSCLES OF EXPRESSION ♥ —

## Overview

These muscles control movement in the forehead, brows, and around the eyes. They create the expressions we make every day.

### MUSCLE KEY ♥

- ① FRONTALIS
- ② CORRUGATOR SUPERCILII
- ③ PROCERUS
- ④ ORBICULARIS OCULI
- ⑤ NASALIS
- ⑥ LEVATOR LABII SUPERIORIS ALAEQUE NASI
- ⑦ ZYGOMATICUS MINOR
- ⑧ ZYGOMATICUS MAJOR
- ⑨ LEVATOR ANGULI ORIS
- ⑩ ORBICULARIS ORIS
- ⑪ RISORII
- ⑫ DEPRESSOR ANGULI ORIS
- ⑬ DEPRESSOR LABII INFERIORIS
- ⑭ MENTALIS
- ⑮ MASSETER
- ⑯ TEMPORALIS
- ⑰ BUCCINATOR
- ⑱ PLATYSMA



### KEY NOTES ♥

- These muscles work together in complex ways.
- Overactivity can lead to dynamic wrinkles over time.
- Relaxation and strengthening practices can help support balanced movement.



### REMEMBER ♥

Every face is unique. Muscle size, attachment, and movement can vary from person to person.



*Learn the patterns. Respect the individual.*

## ① FRONTALIS

**LOCATION:** Forehead, above the eyebrows.

**ACTION:** Raises the eyebrows and wrinkles the forehead.

**EXPRESSION:** Surprise, interest.

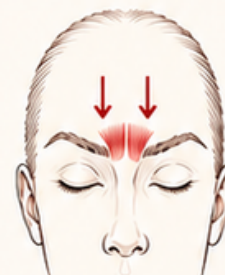


## ② CORRUGATOR SUPERCILII

**LOCATION:** Deep to the brow, runs from the inner eyebrow toward the bridge of the nose.

**ACTION:** Draws the eyebrows together and downward.

**EXPRESSION:** Frowning, concern, concentration.



## ③ PROCERUS

**LOCATION:** Between the eyebrows, over the bridge of the nose.

**ACTION:** Pulls the skin of the glabella downward, creating vertical lines.

**EXPRESSION:** Disdain, concentration.

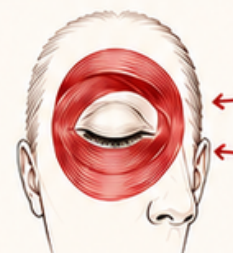


## ④ ORBICULARIS OCULI

**LOCATION:** Encircles the eye in a circular pattern.

**ACTION:** Closes the eyelids gently or tightly.

**EXPRESSION:** Blinking, smiling with the eyes, squinting.



## ⑤ NASALIS

**LOCATION:** Over the nose.

**ACTION:** Compresses the nostrils (narrowing) or dilates them (opening).

**EXPRESSION:** Disgust, sniffs, flaring nostrils.





# MIDFACE & CHEEK

— ♥ MUSCLES OF MOVEMENT & SUPPORT ♥ —

## Overview

These muscles shape expressions, lift the cheeks, move the lips, and support facial balance.

### MUSCLE KEY ♥

- 1 FRONTALIS
- 2 CORRUGATOR SUPERCILII
- 3 PROCERUS
- 4 ORBICULARIS OCULI
- 5 NASALIS
- 6 LEVATOR LABII SUPERIORIS ALAEQUE NASI
- 7 ZYGOMATICUS MINOR
- 8 ZYGOMATICUS MAJOR
- 9 LEVATOR ANGULI ORIS
- 10 ORBICULARIS ORIS
- 11 RISORII
- 12 DEPRESSOR ANGULI ORIS
- 13 DEPRESSOR LABII INFERIORIS
- 14 MENTALIS
- 15 MASSETER
- 16 TEMPORALIS
- 17 BUCCINATOR
- 18 PLATYSMA

### KEY NOTES ♥

- Midface muscles influence lift, smile, and expression.
- They work in harmony with each other.
- Overuse or tension can contribute to lines and volume changes.

#### 6 LEVATOR LABII SUPERIORIS ALAEQUE NASI

**LOCATION:** Beside the nose, from the upper jaw (maxilla) to the side of the nose and upper lip.

**ACTION:** Elevates the upper lip and dilates the nostril.

**EXPRESSION:** Wrinkling the nose, smiling, expressing disgust.



#### 7 ZYGOMATICUS MINOR

**LOCATION:** From the zygomatic bone (cheekbone) to the upper lip.

**ACTION:** Lifts the upper lip.

**EXPRESSION:** Subtle smiling.



#### 8 ZYGOMATICUS MAJOR

**LOCATION:** From the zygomatic bone (cheekbone) to the corner of the mouth.

**ACTION:** Pulls the corner of the mouth upward and outward.

**EXPRESSION:** Smiling, happiness.



#### 9 LEVATOR ANGULI ORIS

**LOCATION:** From the upper jaw (maxilla) to the corner of the mouth.

**ACTION:** Elevates the corner of the mouth.

**EXPRESSION:** Smiling, pleasant expression.



#### 10 ORBICULARIS ORIS

**LOCATION:** Encircles the mouth.

**ACTION:** Closes, puckers, and protrudes the lips.

**EXPRESSION:** Kissing, whistling, pursing the lips.



#### 11 RISORII

**LOCATION:** From the parotid fascia (cheek area) to the corner of the mouth.

**ACTION:** Retracts the corner of the mouth laterally (sideways).

**EXPRESSION:** Wide smiling, grinning.



# LOWER FACE & NECK

— ♥ MUSCLES OF EXPRESSION & STRUCTURE ♥ —

## Overview

These muscles support speech, chewing, swallowing, and facial expressions, while also stabilizing the neck and jaw.

## MUSCLE KEY ♥

- 1 FRONTALIS
- 2 CORRUGATOR SUPERCILII
- 3 PROCERUS
- 4 ORBICULARIS OCULI
- 5 NASALIS
- 6 LEVATOR LABII SUPERIORIS ALAEQUE NASI
- 7 ZYGOMATICUS MINOR
- 8 ZYGOMATICUS MAJOR
- 9 LEVATOR ANGULI ORIS
- 10 ORBICULARIS ORIS
- 11 RISORII
- 12 DEPRESSOR ANGULI ORIS
- 13 DEPRESSOR LABII INFERIORIS
- 14 MENTALIS
- 15 MASSETER
- 16 TEMPORALIS
- 17 BUCCINATOR
- 18 PLATYSMA

## KEY NOTES ♥

- Lower face muscles work together for speech, chewing, and expressions.
- Neck muscles provide stability and create movement.
- Balanced muscle function helps maintain facial harmony and reduces tension.

### 12 DEPRESSOR ANGULI ORIS

**LOCATION:** From the mandible (oblique line) to the corner of the mouth.

**ACTION:** Pulls the corners of the mouth downward.

**EXPRESSION:** Sadness, frowning.

### 13 DEPRESSOR LABII INFERIORIS

**LOCATION:** From the mandible (oblique line) to the lower lip.

**ACTION:** Pulls the lower lip downward and outward.

**EXPRESSION:** Pouting, displeasure.

### 14 MENTALIS

**LOCATION:** On the anterior mandible (chin area).

**ACTION:** Elevates and protrudes the lower lip, wrinkles the chin.

**EXPRESSION:** Pouting, assessing.

### 15 MASSETER

**LOCATION:** From the zygomatic arch to the angle of the mandible.

**ACTION:** Elevates the mandible (closes the jaw).

**EXPRESSION:** Clenching, chewing.

### 16 TEMPORALIS

**LOCATION:** Temporal fossa (side of the head) to the coronoid process of the mandible.

**ACTION:** Elevates and retracts the mandible.

**EXPRESSION:** Clenching, chewing.

### 17 BUCCINATOR

**LOCATION:** Deep in the cheek, from the maxilla and mandible to the corner of the mouth.

**ACTION:** Compresses the cheek, keeps food between the teeth.

**EXPRESSION:** Blowing, sucking.

### 18 PLATYSMA

**LOCATION:** From the chest (clavicle and pectoral fascia) to the mandible and lower face.

**ACTION:** Tenses neck skin, pulls the lower face downward.

**EXPRESSION:** Tightening neck, showing tension.



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♥ ANATOMY VARIES IN EVERY INDIVIDUAL. THIS GUIDE IS FOR EDUCATIONAL PURPOSES ONLY. ♥



# VENDOR PAGE

TRUSTED PARTNERS. QUALITY RESULTS.

| VENDOR / BRAND       | PRODUCTS OFFERED                      | WEBSITE                                                            | DISCOUNT CODE / NOTES |
|----------------------|---------------------------------------|--------------------------------------------------------------------|-----------------------|
| Acecosm              | tox, boosters, filler, fat dissolvers | <a href="http://acecosm.com">acecosm.com</a>                       | BEVY10                |
| Meamo Shop           | tox, boosters, filler, fat dissolvers | <a href="http://meamoshop.com">meamoshop.com</a>                   | BEVY                  |
| Celmade              | tox, boosters, filler, fat dissolvers | <a href="http://celmade.co">celmade.co</a>                         | BEVY15                |
| Get Glowing Skincare | peels, boosters, filler, skincare     | <a href="http://getglowingskincare.com">getglowingskincare.com</a> | BEVY15                |
| Dr Pen Online        | dr pens & cartridges                  | <a href="http://drpenonline.com">drpenonline.com</a>               | BEVY                  |
| Ion Peptides         | peptides                              | <a href="http://ionpeptide.com">ionpeptide.com</a>                 | BEVY15                |
| Peptira              | peptides                              | <a href="http://peptira.com">peptira.com</a>                       | BEVY                  |
| Platinum Skincare    | chemical peels                        | <a href="http://platinumskincare.com">platinumskincare.com</a>     | SAVE10NOW             |

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