

# On the Ball

A new therapy for tension.

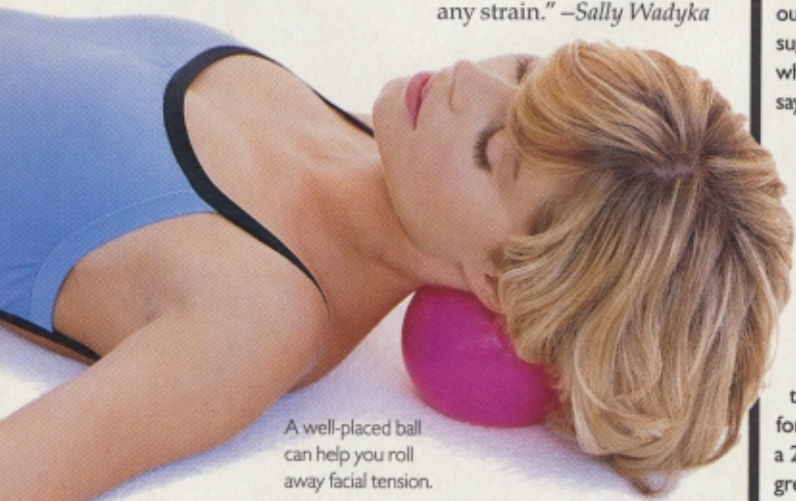
However it may look, this is no playground move. You lie on the floor with a five-inch rubber ball under the back of your neck. You breathe rhythmically and slowly roll from right to left. Then you move the ball to your lower back, bring your knees up and breathe some more.

After a while you sit up, feeling wonderfully relaxed. But then comes the unexpected: You glance at your face in the mirror and notice that you look younger, prettier, happier. Could it be that your tense facial muscles have relaxed as your mind cleared during the workout?

Absolutely, says instructor Elaine Petrone, who created this relaxation and



realigning technique, called ball therapy, at the Noelle Spa for Beauty & Wellness in Stamford, Connecticut. "If you learn to release muscle tension, the body will find its natural sense of alignment again," she says. Petrone explains that when tension is released from our jaw, neck and shoulders, the entire face becomes more relaxed. "After class, people hold their bodies and heads just like children, without any strain." —Sally Wadyka



A well-placed ball can help you roll away facial tension.

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