

SOURCES

Sources of recommendations

The research and expert guidance behind the GlowUP practices.

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Last updated [LAST UPDATED DATE]

How we use sources

GlowUP offers gentle facial and posture practices for general wellness. It does not diagnose or treat any condition. We base our wording and our practices on reviewed guidance, and we list it here so you can read it yourself. Individual experiences vary.

References

1. [Association of Facial Exercise With the Appearance of Aging](#). Alam M. et al., JAMA Dermatology 154(3):365-367, 2018. Small uncontrolled pilot study (27 women enrolled, 16 analyzed) of a 20-week facial exercise program.
2. [Efficacy of Conservative Techniques for Mechanical Facial Rejuvenation: A Systematic Review](#). Seraj S. S. et al., Aesthetic Surgery Journal Open Forum 7, oja144, 2025. Systematic review of 12 studies of facial exercise, myofunctional therapy and manual massage.
3. [PubMed record 24327764](#). PubMed, U.S. National Library of Medicine.

Questions about a statement

If you think a statement on our pages is not supported, write to support@glowup.app.