Uši, nos, krk:

https://www.youtube.com/watch?v=6hXxtKEe7Ds

Oči:

https://www.youtube.com/watch?v=gWPOXNcCdIE

Cvičení pro oči:

https://www.youtube.com/watch?v=ZWywOpeWl-4

https://www.youtube.com/watch?v=c\_PEm5O5T5Y

Kůže:

https://www.youtube.com/watch?v=yuA97bj0tTQ