

Uši, nos, krk:

<https://www.youtube.com/watch?v=6hXtKEe7Ds>

Oči:

<https://www.youtube.com/watch?v=gWPOXNcDIE>

Cvičení pro oči:

<https://www.youtube.com/watch?v=ZWywOpeWI-4>

[https://www.youtube.com/watch?v=c\\_PEm5O5T5Y](https://www.youtube.com/watch?v=c_PEm5O5T5Y)

Kůže:

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