

👑 LUCKY TOMAR OFFICIAL MASTER GUIDE

Lethal Face Card Blueprint

The Ultimate Client Protocol for Jawline Hypertrophy, Debloating, Bone Definition,
High-Contrast Hair Framing & Facial Aesthetics

✅ PROVEN REAL RESULTS BY LUCKY TOMAR

The 4 Pillars of Face Aesthetics

Facial attractiveness is engineered. It relies on a low body fat percentage, zero fluid retention, masseter muscle density, and sharp hair & brow framing.

| Body Fat & Hollow Cheek Protocol

1. Target Body Fat Range

To reveal hollow cheeks and sharp zygomatic arches, male clients must target an 8–12% body fat range. Facial fat is the final layer mobilised by the body during calorie deficits.

2. Caloric & Cardio Strategy

Maintain a moderate 300–500 kcal deficit with high protein intake (2.0g/kg). Supplement with 8,000–10,000 daily steps to shed soft tissue reserves without losing lean mass.

I Daily Facial Debloat Protocol

- 💧 **Potassium–Sodium Balance:** Consume 3,500mg+ potassium (spinach, coconut water, avocado) to flush excess sub-dermal water weight.
- 🥤 **Gallon Hydration Rule:** Drink 3.5 to 4 Liters of filtered water daily. Dehydration forces emergency facial fluid holding.
- ☕ **Natural Diuretic Flush:** Dandelion root or green tea in the morning speeds up lymphatic water release before key events.
- ❄️ **Cold Shock Immersion:** 3–minute morning ice-water face submersion instantly constricts facial blood vessels and removes puffiness.



| Jawline & Neck Training Routine

EXERCISE NAME	TARGET AREA	SETS X REPS	REST PERIOD	FREQUENCY
Masseter Chewing Work	Masseter Muscle (Jaw Angle)	3 Sets x 15–20 Reps (Hard Gum)	60 Seconds	3× / Week
Chin Tucks (Neck Flexion)	Deep Neck Flexors / Submental	4 Sets x 20 Reps (Hold 2s)	45 Seconds	4× / Week
Weighted Neck Curls	Sternocleidomastoid (SCM)	3 Sets x 12–15 Reps	60 Seconds	2× / Week
Platysma Tighteners	Lower Neck & Submental Base	3 Sets x 15 Reps (Hold 3s)	45 Seconds	Daily
Palatal Tongue Presses	Submandibular Muscle Base	4 Sets x 30s Isometric Hold	30 Seconds	Daily

| Mewing & Proper Tongue Posture

1. The Suction Hold Technique

Place the posterior third (back) of your tongue flat against the roof of the mouth, creating a vacuum pressure. This elevates the hyoid bone, instantly tightening skin under the jawline.

2. Nasal Breathing & Mouth Taping

Strictly breathe through the nose 24/7. Use hypoallergenic mouth tape at night to prevent open-mouth breathing, jaw recession, and morning facial bloating.

| Skin Radiance & Texture Routine

- 🔄 **Cellular Turnover (PM):** Apply Retinoid / Tretinoin (0.025%) 3 nights per week to boost collagen density and smooth fine lines.
- ☀️ **Morning Luminosity (AM):** Use Vitamin C serum (15% L-Ascorbic) combined with broad-spectrum SPF 50+ to eliminate dark spots and protect glow.
- 🛡️ **Barrier Protection:** Repair skin moisture barrier with Ceramides and Hyaluronic Acid on non-retinoid nights for plump, glass-like skin.
- 💎 **Sub-dermal Drainage:** Daily 5-minute morning Gua Sha or roller strokes from chin to earlobe to drain stagnant lymph fluid.



| Facial Symmetry & Glow Essentials



Intracellular Balance

Combine unrefined sea salt or electrolytes with hydration to maintain full, healthy skin cells without holding watery fluid underneath.



Circadian Light Reset

15 minutes of direct morning sunlight resets cortisol and melatonin timing, lowering stress-induced facial cortisol swelling.



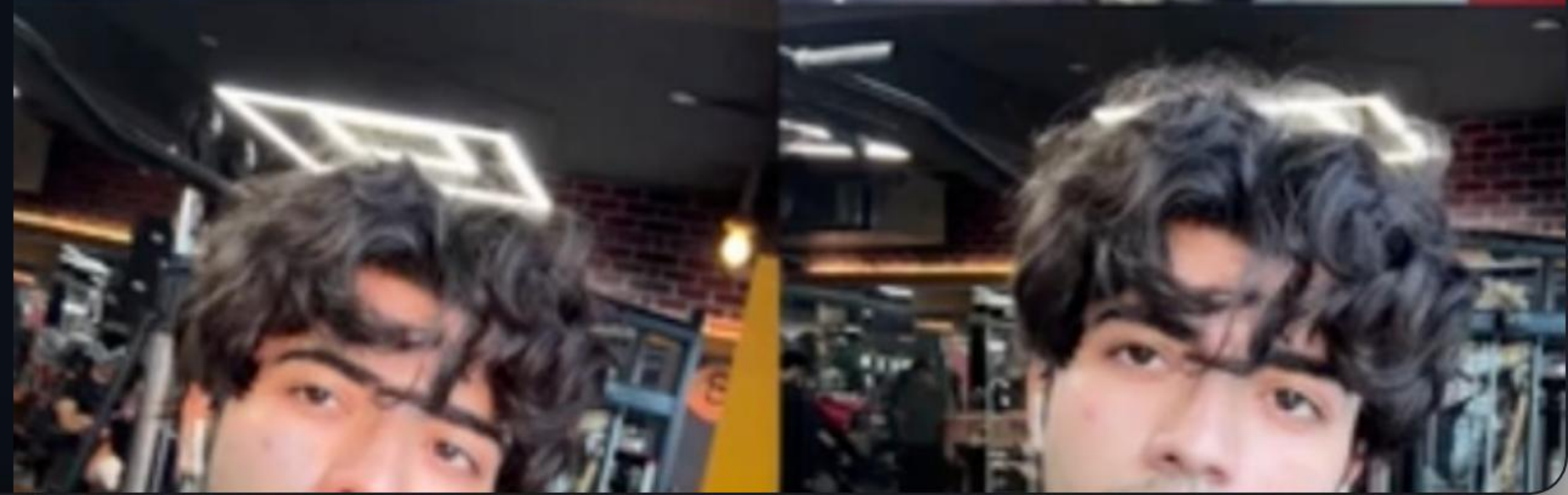
Micro-Grooming Details

Regularly trim stray eyebrow hairs, clean beard boundary lines, and exfoliate lip tissue to maximize overall facial contrast.

| Hair Texture, Brows & Framing

High-Contrast Framing

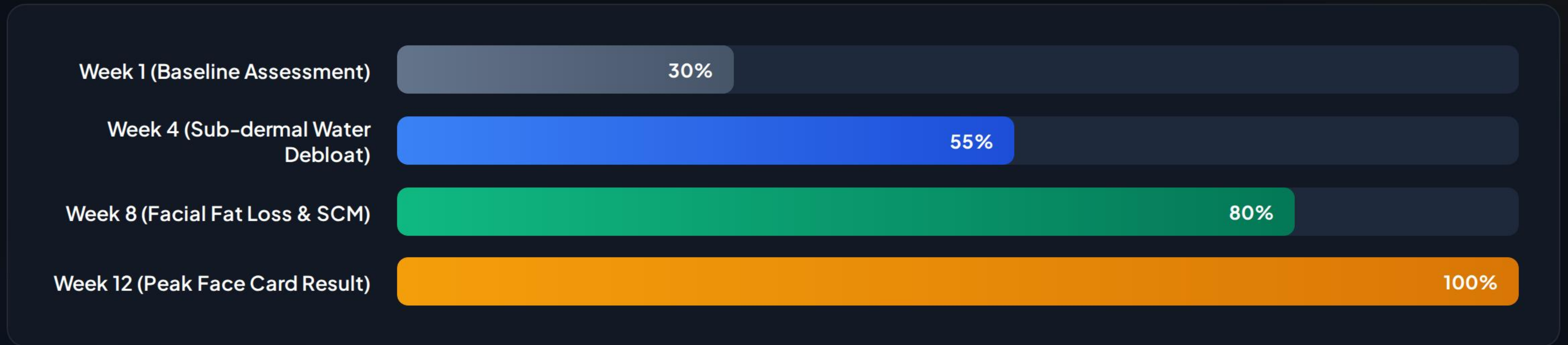
A lethal face card requires powerful facial framing. Maintain dark, dense eyebrows to accentuate eye contrast and positive tilt. Leverage natural wavy or textured hair volume to frame the forehead and sharpen your mid-face proportions.



Weekly Client Action Schedule

Day	Jaw & Neck Exercises	Gua Sha & Ice Therapy	Skincare Focus	Debloat Protocol
Monday	Masseter Chewing + Chin Tucks	5–Min Gua Sha (Morning)	Vitamin C (AM) + Retinoid (PM)	4L Water + 3.5g Potassium
Tuesday	Weighted Neck Curls + Platysma	Cold Face Immersion	Vitamin C (AM) + Barrier Cream	Dandelion Tea Flush
Wednesday	Masseter Chewing + Tongue Holds	5–Min Gua Sha (Morning)	Vitamin C (AM) + Retinoid (PM)	4L Water + Low Sodium
Thursday	Chin Tucks + Platysma	Cold Face Immersion	Vitamin C (AM) + Barrier Cream	4L Water + 3.5g Potassium
Friday	Masseter Chewing + Neck Curls	5–Min Gua Sha (Morning)	Vitamin C (AM) + Retinoid (PM)	Sauna Sweat Session
Weekend	Rest & Tongue Posture Only	Ice Roll as needed	Exfoliate + Deep Hydration	Maintain Sodium Ratio

| 12-Week Definition Progression



Adhering strictly to the Lucky Tomar Official protocol yields maximal facial lean-ness, jaw definition, and skin clarity in 12 weeks.

Ready to Transform Your Clients?

Provide your clients with the exact blueprint for jawline aesthetics, facial debloating, and high-contrast grooming.

👑 **Lucky Tomar Official — Master Consultations & Coaching**

