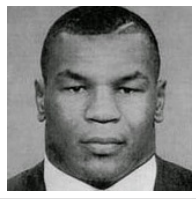




[Looksmax] Increasing the prominence of your supraorbital ridge

[Looksmax] Increasing the prominence of your supraorbital ridge

Thread Modes



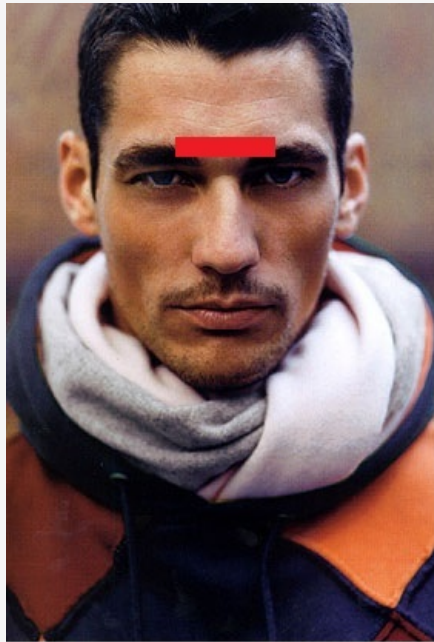
ideal
Member



Posts: 213
Threads: 49
Joined: Nov 2016
Reputation: **886**

05-25-2017, 12:42 AM

#1



Using a weight plate, pummel the red zone of your supraorbital ridge. Apply more force centrally.

I normally use a 10 or 15kg weight plate, but smaller plates are also effective. The edges of thinner plates tend to be less smooth though so you're more likely to get red marks on your face.

Don't place a towel or other piece of clothing over your head. They will increase friction, causing your skin to peel off and you to start bleeding with only a few hits.

This exercise will 'pump' that area for most of the day, and over time permanently increase the prominence of your supraorbital ridge.

Will this make me look like a subhuman caveman?

No.



If you look at Zaza Pachulia, you'll see that his supraorbital ridge is very prominent at the outer parts.

In contrast, hunks such as Jason Momoa, Miro Cech and Gandy all have brow ridges that are more prominent at the glabella, which is where this exercise targets.





Find

Reply

05-25-2017, 12:45 AM

#2

This is legit legit legit

FUUUCK

would it work for chin projection too?



Post Singularity

Virgin

Asian Slayer



Posts: 6,444
Threads: 1,748
Joined: Oct 2016
Reputation: 6,406

Find

or just supraorbital

what about zygos>

Reply



dough

most likely to end up in prison



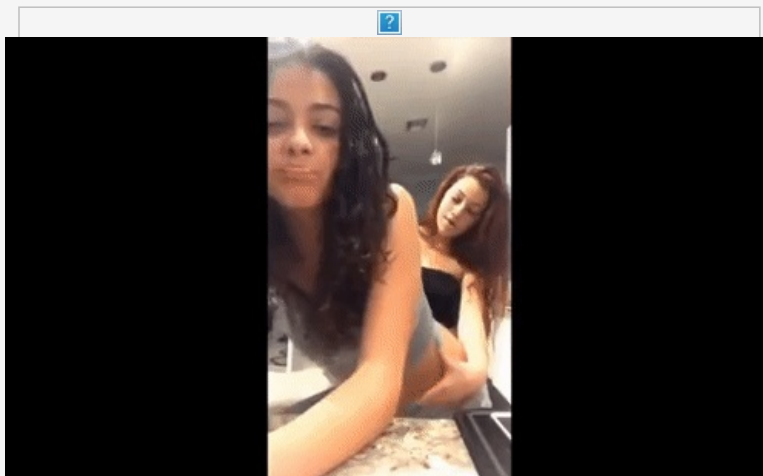
Posts: 9,818
Threads: 3,188
Joined: Jan 2017
Reputation: 8,926
Kisses: 1
Slay Count: 1

Find

05-25-2017, 12:51 AM

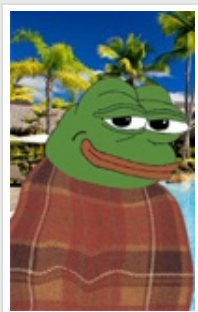
#3

enjoy tbi tbh



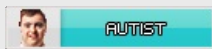
post snot again and I'll take away your right to a signature

Reply



SoUglyItHurts

Has panic attack when he sees a girl IRL



Posts: 1,566
Threads: 44
Joined: Jan 2017
Reputation: 2,412

Find

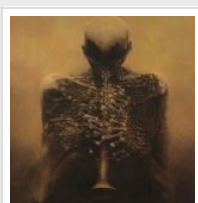
05-25-2017, 12:52 AM

#4

Has anyone tried this before?



Reply



Post Singularity

Virgin

Asian Slayer



05-25-2017, 12:53 AM

#5

I'm going to do this on cheekbones glabella and chin

but it wont do anything now sadly

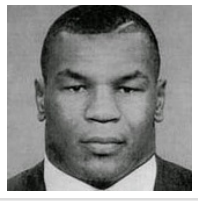
imagine if the entire world is redpilled id bet every kid would be doing this and there parents would be encouraging them

Posts: 6,444
Threads: 1,748
Joined: Oct 2016
Reputation: **6,406**

Find

"remember timmy to do your glabella impactions today! the doctor said 5x10 or no video games!!"

Reply



ideal
Member



Posts: 213
Threads: 49
Joined: Nov 2016
Reputation: **886**

05-25-2017, 01:24 AM

#6

Post Singularity Virgin Wrote: →

(05-25-2017, 12:45 AM)

This is legit legit legit

FUUUCK

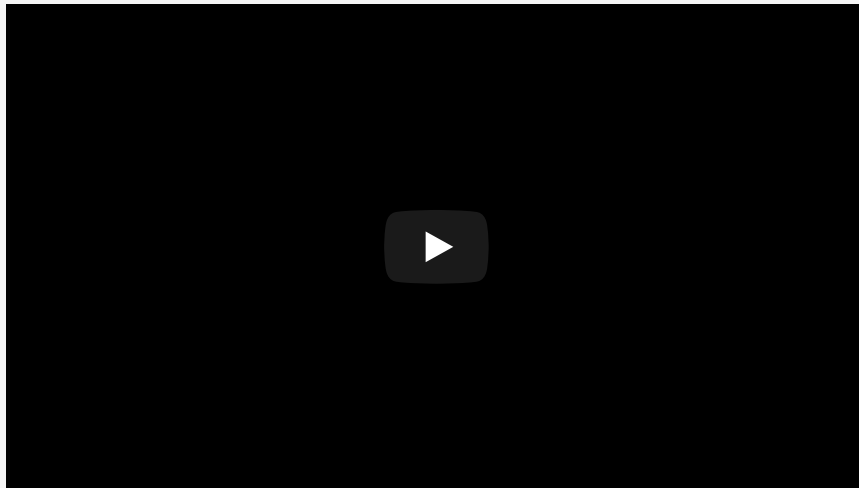
would it work for chin projection too?

or just supraorbital

what about zygos>

zygos definitely, I'm still not sure what the best way to approach the chin is though.

Here are some examples demonstrating the malleability of the face for those unconvinced:

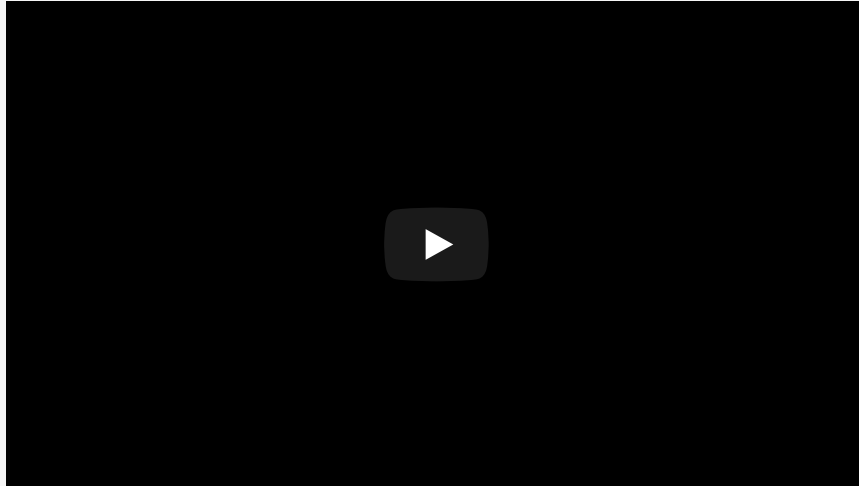


This guy is using an incredibly inefficient technique, but look at those damn zygos.



Normal people don't have zygus like this.

5to9 posted this one.



Compare her craniofacial development to the average girl her age and there'll be a massive difference. I've never seen a girl with a brow ridge that prominent before, she looks like an amalgamation of O'Pry and Barrett.

Find

Reply



Post Singularity
Virgin ●
Asian Slayer
★★★★★★

Posts: 6,444
Threads: 1,748
Joined: Oct 2016
Reputation: **6,406**

05-25-2017, 01:29 AM

#7

ideal Wrote: →

(05-25-2017, 01:24 AM)

Post Singularity Virgin Wrote: →

(05-25-2017, 12:45 AM)

This is legit legit legit

FUUUCK

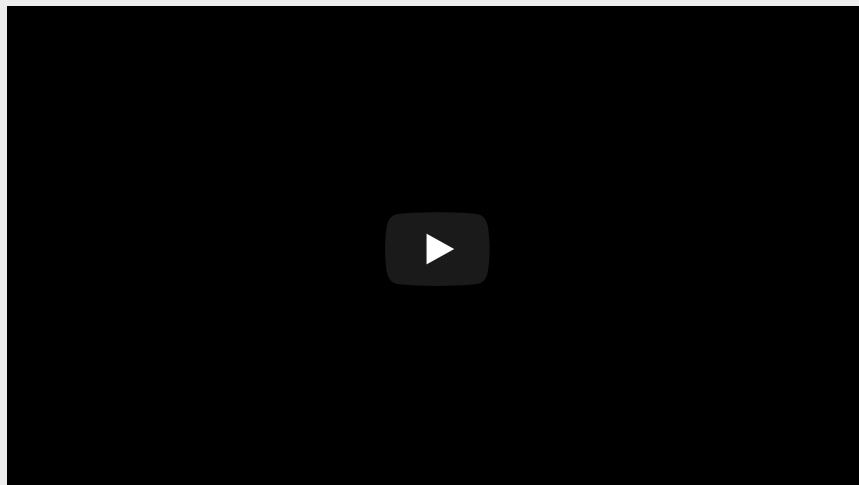
would it work for chin projection too?

or just supraorbital

what about zygus>

zygus definitely, I'm still not sure what the best way to approach the chin is though.

Here are some examples demonstrating the malleability of the face for those unconvinced:

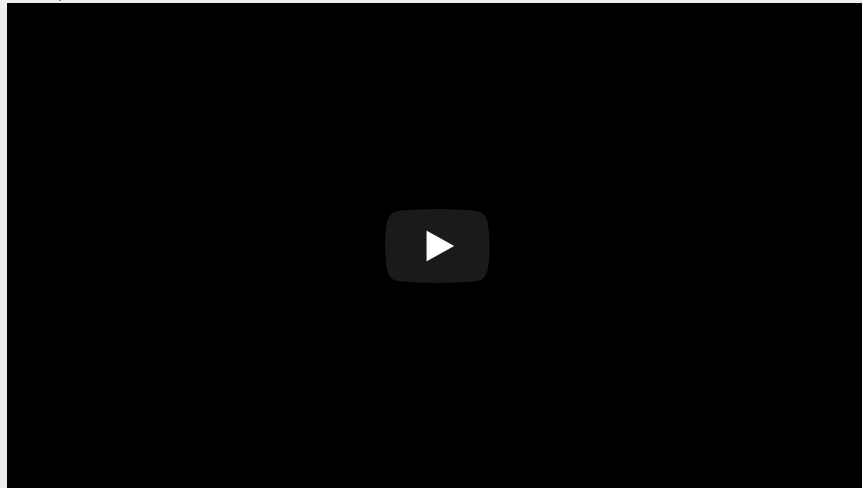


This guy is using an incredibly inefficient technique, but look at those damn zygus.



Normal people don't have zygus like this.

5to9 posted this one.



Compare her craniofacial development to the average girl her age and there'll be a massive difference. I've never seen a girl with a brow ridge that prominent before, she looks like an amalgamation of O'Pry and Barrett.



if you put her face on a 6 foot male she would be a chad

man this is extremely eye opening

imagine a 300 dollar machine that automatically does this? every single guy would buy this shit lol, literally it would be worth the social stigma

do you think this would work on low surface area locations like the chin and rammus?

Find

Reply



TallWhiteCel
Senior Member



Posts: 908
Threads: 213
Joined: Dec 2016
Reputation: **252**

Find

05-25-2017, 01:37 AM

#8

What about skin health? Or infraorbitals? This seems like it would cause permanent soft tissue damage.

Reply



iftsj

Mr. 9 inch french baguette

Posts: 539
Threads: 287
Joined: Jul 2015

Find

05-25-2017, 02:17 AM

#9

This is just superficial swelling that go away quickly. Like when you boxe and get hit in the face. I tried it its retarded

Reply



Zoosus
dick connoisseur



5k Reps

Posts: 963
Threads: 192
Joined: Aug 2015
Reputation: **5,886**

05-25-2017, 03:27 AM

#10

ideal Wrote: →

(05-25-2017, 01:24 AM)

Post Singularity Virgin Wrote: →

(05-25-2017, 12:45 AM)

This is legit legit legit

FUUUCK

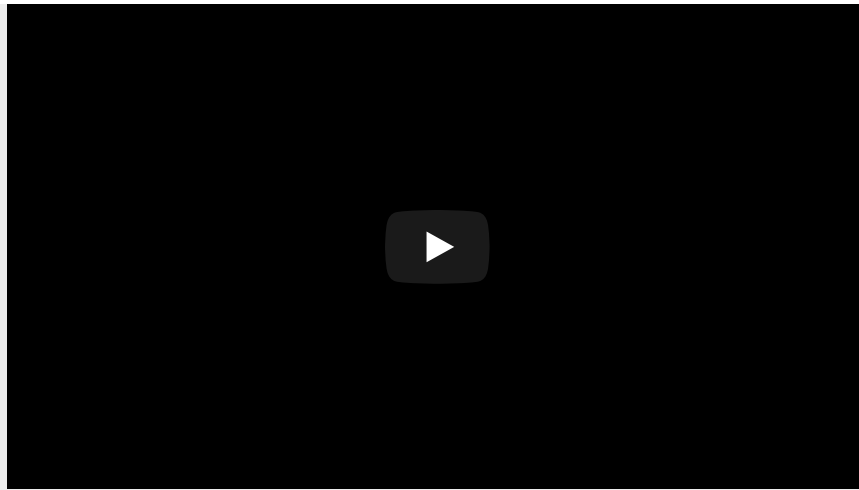
would it work for chin projection too?

or just supraorbital

what about zygos>

zygos definitely, I'm still not sure what the best way to approach the chin is though.

Here are some examples demonstrating the malleability of the face for those unconvinced:

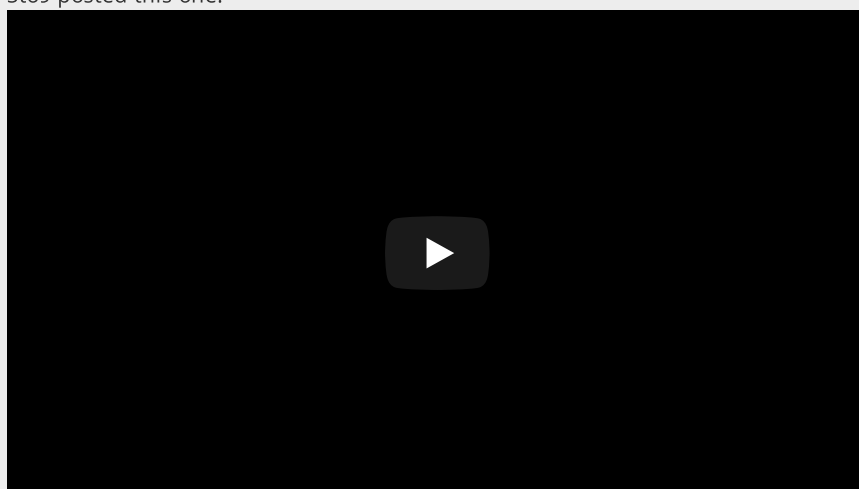


This guy is using an incredibly inefficient technique, but look at those damn zygots.



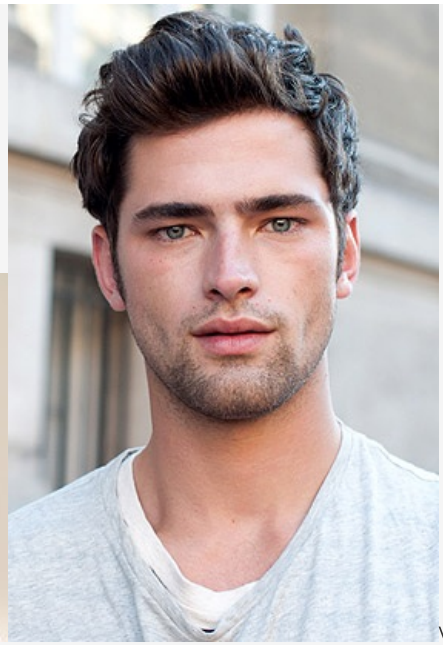
Normal people don't have zygots like this.

5to9 posted this one.



Compare her craniofacial development to the average girl her age and there'll be a massive difference. I've never seen a girl with a brow ridge that prominent before, **she looks like an amalgamation of O'Pry and Barrett.**

Yea, she totally looks like this



WTF are you talking about buddy



Find

Reply

05-25-2017, 03:32 AM

#11

Are you sure bone smashing is actually going to grow bone, or is it just going to build up scar tissue?



Trump2020

Super Poster



Posts: 1,564
Threads: 387
Joined: May 2017
Reputation: **607**

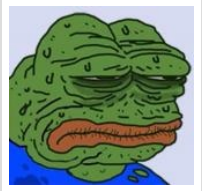


Looksmaxing:

[Neck Training Thread - Consensus on Mewing - Nordic Looksmaxing](#)

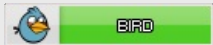
Various:

[Personality Restructuring Log - Before you brag about slaying a sub-7 white woman off of Tinder, click here](#)



cuck king

Senior Member



Posts: 344
Threads: 41
Joined: Jun 2016
Reputation: **401**
Tinder Matches: 70
Dates: 3
Kisses: 1
Slay Count: 1
Relationships: 1



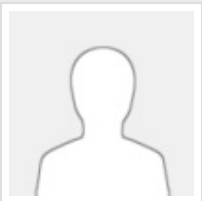
05-25-2017, 03:40 AM

#12



I have the opposite of this tbh, mine tapers off to nothing on the sides, its shaped like a semicircle

It was over before it even began.



fkinlol

Super Poster



Posts: 1,701
Threads: 20
Joined: May 2017
Reputation: **762**



05-25-2017, 03:44 AM

#13

lol holy the fuk always amazes me how you fellllas spot this shit



5to9

manlet rage personified



Posts: 3,088
Threads: 548
Joined: Feb 2017
Reputation: **-48**

05-25-2017, 03:50 AM (This post was last modified: 05-25-2017, 03:52 AM by 5to9.)

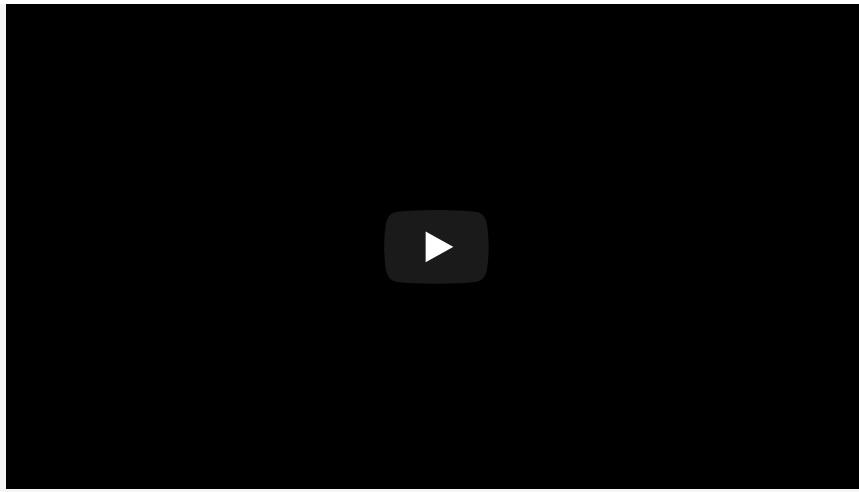
#14

IMO, this is great for literal retards because their brains are already fucked, so they can bash their heads in as much as they want and they are still retarded.

But I'm skeptical if a regular healthy human could undergo the amount of blows they've taken to the face and still be fine mentally. I mean that kid was kicking himself in the face as hard as he fucking could lmao.

Also, I fear this may be Mewing 2.0. You had to be taking punches as a young kid to see any growth. I've been researching boxers/fighters faces for a while now, they all look mostly the same from 16 to adulthood.

but literally every fucking autistic self harmer has great fucking bones. I mean just look at this kid's zygo popping out:



Find

Reply

05-25-2017, 03:58 AM

#15

Those aren't autists, they are just hardcore looksmaxxers



Post Singularity

Virgin

Asian Slayer



Posts: 6,444
Threads: 1,748
Joined: Oct 2016
Reputation: **6,406**

Find

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05-25-2017, 04:15 AM (This post was last modified: 05-25-2017, 04:15 AM by Sto9.)

#16



Sto9

manlet rage personified



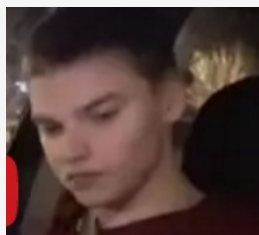
Posts: 3,088
Threads: 548
Joined: Feb 2017
Reputation: **-48**

Post Singularity Virgin Wrote: →

(05-25-2017, 03:58 AM)

Those aren't autists, they are just hardcore looksmaxxers

fuck man, in the thumbnail he nearly looks like Barrett with that flanging



but I truly believe that it is from fucking YEARS of repeated blows to the head, everyday, for hours on end. What else does an autist do?

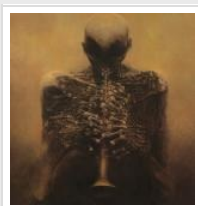
I met a guy who legit took his dick from 6.5 to 8 inches long... after like 7 years of jelqing and massaging and shit. he would go at it for 3 hours everyday.

Most things like this are legit but they just take nearly a decade of dedication. The possible brain damage that could also occur outweighs the few mm in bone mass. Just visit fucking Eppley and have him cement you up instead tbh.



Find

Reply



Post Singularity Virgin
Asian Slayer



Posts: 6,444
Threads: 1,748
Joined: Oct 2016
Reputation: **6,406**

05-25-2017, 04:17 AM

#17

5to9 Wrote: →

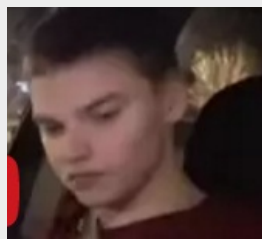
(05-25-2017, 04:15 AM)

Post Singularity Virgin Wrote: →

(05-25-2017, 03:58 AM)

Those aren't autists, they are just hardcore looksmaxxers

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Most things like this are legit but they just take nearly a decade of dedication. The possible brain damage that could also occur outweighs the few mm in bone mass. Just visit fucking Eppley and have him cement you up instead tbh.



he does lmao

I mean the risk/reward is somewhat skewed, yeah it would be more efficient just to work and then get surgery but if were talking about efficiency its probably just more efficient to be a normie why even bothering posting on psl?

Find

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05-25-2017, 04:28 AM

#18





5to9

manlet rage personified



Posts: 3,088
Threads: 548
Joined: Feb 2017
Reputation: -48

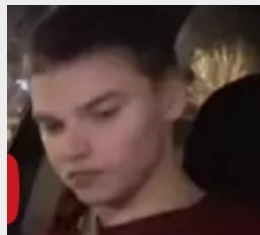
Post Singularity Virgin Wrote: →

(05-25-2017, 04:17 AM)

5to9 Wrote: →

(05-25-2017, 04:15 AM)

fuck man, in the thumbnail he nearly looks like Barrett with that flanging



but I truly believe that it is from fucking YEARS of repeated blows to the head, everyday, for hours on end. What else does an autistic do?

I met a guy who legit took his dick from 6.5 to 8 inches long... after like 7 years of jelqing and massaging and shit. he would go at it for 3 hours everyday.

Most things like this are legit but they just take nearly a decade of dedication. The possible brain damage that could also occur outweighs the few mm in bone mass. Just visit fucking Eppley and have him cement you up instead tbh.



he does lmao

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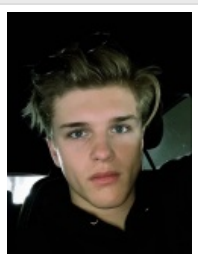
why even bothering posting on psl?

because i can't cough up the red pill 🙄



Find

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05-25-2017, 05:33 AM

#19

All the browridges in the OP look ugly and gross as hell, legit looks like a swollen tumour. I lol'd when you posted Miro as having an ideal browridge too because his brow is his worst feature by far.

Golden-Blue

Banned

Posts: 995
Threads: 55
Joined: Mar 2016

Find

Reply

05-25-2017, 05:39 AM

#20



Wasted Potential

Incel

Mega Super Poster

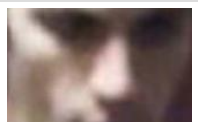


Posts: 3,741
Threads: 92
Joined: Dec 2016
Reputation: -3,193

Find

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Holy shit @ this thread. Bone smash theory is legit as fuck



Lel

kek



Posts: 3,067
Threads: 75
Joined: Nov 2015
Reputation: 7,355

Find

Reply

05-25-2017, 10:21 AM

#21

I do it with a small hammer. Have seen results but it takes months. Inflammation swelling is legit though, makes your face slayerish but only for a few days. Perfect for ONS and tinder dates.



AsymmetryIsDeath

Godlike Poster



Posts: 10,397
Threads: 568
Joined: Apr 2017
Reputation: 12,217

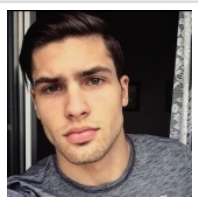
Find

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08-28-2017, 03:32 PM

#22

how long would this take until i start seeing a real effect(that isn't just inflammation)? months? years?



armadylbrah767

WORST POSTER OF 2017 ALL TIME



08-28-2017, 03:40 PM

#23

keep coping op lol

When You Get Slapped By Your Arab Muslim Pimp;

Posts: 4,548
Threads: 619
Joined: Jan 2016
Reputation: **-7,055**



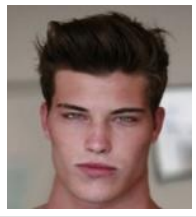
BBTakeover
CUCKHOLD

Posts: 3,055
Threads: 362
Joined: Sep 2016



Find

Reply



asiancel
from asia



Posts: 4,823
Threads: 88
Joined: Mar 2016
Reputation: **5,156**

Find

09-09-2017, 05:54 PM

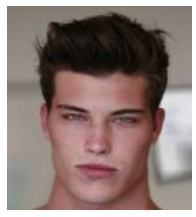
#24

constant force on cranium=your body thinks it's under attack and must reinforce that targeted area. more growth factors pumped towards area, scar tissue builds up, bone become denser and higher volume.

i can guarantee you most male models growing up had high facial contact with the ground, bedpost, chairs, etc.



Reply



asiancel
from asia



Posts: 4,823
Threads: 88
Joined: Mar 2016
Reputation: **5,156**

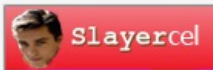
Find

09-10-2017, 06:13 PM

#25



lumberjack jaw from stone smash



Reply



Downey
Mega Super Poster



Posts: 2,071
Threads: 328
Joined: Mar 2017
Reputation: **3,552**

10-13-2017, 05:33 AM

#26

updates on this?

Find

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TheAspieGymcel ●

Mega Super Poster



5k Reps

Posts: 3,452
Threads: 489
Joined: Oct 2017
Reputation: **5,502**
Tinder Matches: 1000+
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+

Find

10-13-2017, 05:44 AM

#27

I am about to do this on my zygos. I need moree forward projection. I would look so much better with a millimeter of forward projection

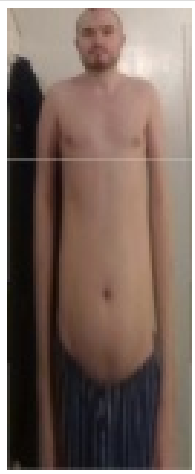


Femcel Wrote: →

(12-30-2017, 11:04 AM)

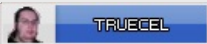
you were my daddy.

Reply



Cunt. ●

Senior Member



Posts: 586
Threads: 23
Joined: May 2018
Reputation: **825**

Find

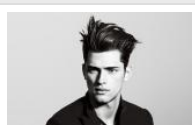
07-21-2018, 05:06 PM

#28

i wonder what 12 yo me wouldve thought about pummeling myself into a vegetative state just for a few mm of bone. what am i doing with my life



Reply



Steam ●

Mega Super Poster



1k+ Reps

Posts: 2,112
Threads: 92
Joined: Mar 2018
Reputation: **2,875**
Tinder Matches: 1000+
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+

07-21-2018, 05:10 PM (This post was last modified: 07-21-2018, 05:11 PM by Steam.)

#29

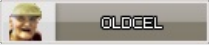
Is this the reason why MMA fighters have such prominent browridges?

Find

Reply



subhuman_curry
Member



Posts: 155
Threads: 11
Joined: Jan 2018
Reputation: **282**

Find

07-21-2018, 06:17 PM

#30

Or you can not be a retard and just get filler.



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Pages (2): 1 2 Next »

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Current time: 10-05-2019, 12:09 PM