

Exercise Your Facial Muscles To Look Younger

You are probably well aware of the muscles in your body and realize the importance of exercise to keep them toned but how much do you know about your facial muscles?

Few of us have any understanding of our facial muscles, how they work and - most importantly - what part they play in the aging process. Most anti aging remedies focus on two approaches - skin care treatments and surgery. There is very little awareness of the importance of muscle tone in facial aging.

The truth is that the muscles of the face - properly toned and exercised - can decrease or even reverse the effects of aging. You may be aware that most of the 600 muscles in your body are attached to your bones but not to the skin. The fifty seven face and scalp muscles are unusual in that they are attached directly to the skin of the face but they are not connected at all to the bone. This is one of the main reasons why your face can so quickly start to betray your age.

As your facial muscles weaken with age, wrinkles and sagging occurs. What is happening is that slackening muscles are pulling the skin downwards producing a sagging, drooping look

The good news is that now you can restore your facial muscle tone in just 2 weeks at the comfort of your own home. TUA VISO is an advanced electronic face lift device from Italy designed to stimulate and exercise the facial muscles giving you a younger face naturally. It is the non-invasive approach to lifting and toning your facial features. TUA VISO generates impulses that induce precise muscular exercises without provoking any unpleasant pain, even at high intensity. Facial exercise can increase the amount of oxygen to the facial muscles and helps rejuvenate the cells, giving your face a younger and healthier appearance. Doing the right facial exercises regularly can lift and tone your whole face - including your chin, cheeks, and eyebrows - and what's more, it should take no more than just a few minutes of your day.

The electrostimulation works on both the skin and the supporting muscle tissue underneath the skin - restoring form and vitality to facial muscles that have gone soft due to lack of use and lack of circulation. It concentrates on correcting the sagging muscle, which in turn firms and lifts the face. Besides that electrostimulation also results in improvement to the lymphatic drainage of the face which reduces eye bags and brightens the complexion.

TUA VISO offers a safe, non-invasive and effective alternative to other wrinkle or face lifting treatments such as botox injections or laser. An independent clinical trial conducted at Bologna University, has shown visible facial lift and redefinition after 8 – 10 sessions of using TUA VISO with 2 – 4 minutes per area. Easy to use and portable due to its lightweight and compact design, TUA VISO is a professional home use device you can use anywhere anytime at your own convenience. It is TUA VISO is a safe, painless and effective face lift for personal use, complying with stringent international safety standards including European Directives (CE) and US Food & Drug Administration (FDA).

Facial exercises have been around for much longer than cosmetic surgery and are proven to work when done properly. TUA VISO will help banish your wrinkles, crow's feet, forehead creases & double chins and visibly lifts, tones and tightens, making you look years younger naturally, representing a major alternative for those who cannot or do not want a surgical face lifting. It is easy and effortless and it can be used by both men and women.