

## 7 Tips You Need To Know About Looking Younger With Facial Exercise

### 1. What Is Facial Exercise?

Facial exercise, also frequently called "facercise", "facial gymnastics" or "facial yoga" are specialised programs designed to give your facial muscles a good complete workout to help you achieve a more youthful look. Just like how you exercise your body to stay in shape, you can exercise your facial muscles to improve your appearance. Facial exercise is popular in the US & European countries as it is a safe and effective way to look younger naturally unlike invasive and dangerous procedures like botox.

### 2. How Does Facial Exercise Help Us Look Younger?

Your face, just like your body consists of muscles, nerves, arteries and veins. There are in fact 30 over muscles on your face and neck As you age, these supportive facial muscles go soft, slack, lax, saggy and baggy no matter how good your skin care may be. As a result, your face starts to lose the elasticity, firmness and unsightly wrinkles, folds and bags appear.

Facial muscles connect to both the skin and the bone, and form the "cushion" to support your skin. Facial exercise done correctly, can increase the firmness and tone of these supportive facial muscles and give you a smooth, wrinkle-free skin and a young, lifted face. Besides, it also helps to improve your skin tone, as exercise will increase the blood flow to the skin assists in nutrition absorption and toxin disposal.

Facial exercise is meant for everyone - mature people to achieve a younger face and reverse the aging process; young people to maintain their youthful looks and slow down the aging of the face.

### 3. How Do We Exercise Our Facial Muscles?

While there are books and DVD programs on facial exercise, many people have failed to achieve good results due to the complexity of the programs. As there are many different muscles on the face and facial exercise is not a natural movement we are familiar with, it is often difficult to "exercise & move" the right muscles the right way to achieve the desired results. Facial exercise, done incorrectly will not yield any results.

**To exercise your facial muscles effectively to achieve a younger looking face, you should consider using TUA VISO.**

### 4. What Is TUA VISO?

TUA VISO (which means "your face") in Italian, is the first and only non-surgical face lift device designed to exercise your facial muscles safely and naturally. Using advanced electrical stimulation technology, TUA VISO provides an effective and complete workout for your facial muscles to achieve the optimum results you would obtain by doing the facial exercise manually.

### 5. What Are Some Of The Results We Can Get From Facial Exercise?

By exercising your facial muscles, you can firm and lift your face to give you a younger looking face. It can slow down the aging of your face or even turn back the clock. You can **reduce or eliminate wrinkles, fine lines, double chins, sagging skin, facial folds, flabby cheeks, turkey neck, droopy eyelids and all other aging symptoms.**

**6. How Soon Can We See The Results?**

Facial exercise, just like body exercise, takes time and must be done regularly to achieve and maintain results. Also, results may vary depending on your age, existing condition and genetics. Based on the clinical lab test results, most users can expect to see visible results in 8 - 10 sessions. Having said that, many individuals have experienced instant face lift in even the first session!

**7. How Do We Use TUA VISO To Exercise Our Facial Muscles?**

TUA VISO is a simple and easy to use facial exercising device designed for home use. It is a lightweight and handy facial exerciser you can use anytime anywhere at your convenience. All you have to do is to place the unit on the target "exercise" area and it would do the rest! For best results, we recommend you to use TUA VISO to exercise your facial muscles daily for at least a month, or until the desired effect is achieved. After that, you can use it at least three times a week to maintain the results.

**Availability:**

TUA VISO is available at Beauty Impress Mid Valley showroom office, 51-2 Mid Valley City The Boulevard and other leading pharmacies and retailers, including Caring, Vitacare, Healthlane, Constant, Revive, Maycare, Pinang Medical Supplies, Alpro, ITP & A Cut Above.

Interested parties can call 03-2287 2522 for a one time FREE TRIAL or visit <http://www.BeautyImpress.com> for more information.