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How Facial Adaptation is Different than Facial Exercise

Facial exercise provides many benefits. But it only *works* the muscles. Oralift helps your facial, breathing, swallowing, and posture muscles adapt to new resting positions on a cellular level.

The Benefits of Facial Adaptation with Oralift

The first thing you will notice about [Oralift](#) is there is no surgery, invasive devices, needles or harmful substances. A mouthguard device is all you need to begin the process of facial adaptation. The device works to subtly change the resting position of your facial muscles, which are unique at adapting very quickly. Changes occur inside the cells and tissue in response to changes in the immediate biological environment, stimulating your facial muscles to adapt. Over time, the natural resting position of your facial muscles is changed and magically lifted.

Check out [this video](#) to see the magic of Oralift!

Reversed Biological Aging

You can't turn back the clocks and reverse age-related ageing. But you can reverse biological ageing for facial rejuvenation. Facial adaptation with Oralift is the most effective non-surgical face treatment and doesn't cost the earth. Using the Oralift mouthguard device gives you a natural look to your facial structure that makes you look younger by reversing biological change as part of a healthier lifestyle. And all this is done without exercises that work the muscles, toxic dermal fillers or expensive cosmetic surgery. And it costs less and lasts longer.

Posture Correction

Oralift is among the best anti-ageing treatments for the face without invasive or dangerous surgeries. The obvious benefits of facial adaptation include younger-looking facial skin and a more natural look. However, the process of adaptation triggers a reaction by every affected cell. So, in addition to [facial rejuvenation](#), you can also correct a lifetime of poor head and neck posture. From corrected posture comes other benefits, including stronger throat muscles for better gastrointestinal health and enhanced breathing techniques for better circulation.

Improved Circulation

Circulation relates to how your blood is pumped throughout your body and through organs like the brain. Poor circulation causes health issues like chest pains and weakened muscles. Your lifestyle affects circulation, with obesity, diabetes and heart conditions among the most common causes. Facial adaptation helps via improved posture. Poor posture tightens muscles, joints and arteries, which means your circulatory system must work harder to pump blood. Better head posture opens up circulation through the neck and to your brain, your most vital organ.

Similarities to Exercise

Of course, there is always a benefit to exercising any part of your body. Facial exercise is no different. Facial exercise works your muscles and strengthens them. However, you must repeat the process often to gain any benefits. And the effects are reversed if you don't keep it up. Oralift is the [best non-surgical face treatment](#) to obtain a natural look for your face. However, exercise is excellent for boosting your immune system, and Oralift is too. It is a myth that your immune system gets worse because of ageing. It is an adaptive process helped with Oralift.

Summary

Facial adaptation works on a cellular level to correct your natural composure for facial rejuvenation, improving your natural smile, reversing biological ageing and a better posture.