WHAT IS CLAIMED IS:

1. A nasal seal comprising:

a seal body formed of a soft flexible material and defining an inner cavity and a supply opening for supply of breathing gases from the inner cavity to the patient, the seal body comprising:

a first portion that comprises the supply opening;

a second portion that comprises a first nostril prong and a second nostril prong, and a thickened region extending across the front of the prongs;

a bellows structure located between the first portion and the second portion, wherein the bellows structure is configured to deform to vary a distance between the first portion and the second portion, and wherein the outer perimeter of the first portion is larger than the perimeter of the second portion;

wherein a total width of the first portion is at least about 90 percent of a total width of the second portion.

2. The nasal seal of Claim 1, wherein the total width of the first portion is at least about 95% of the total width of the second portion.

3. The nasal seal of Claim 2, wherein the total width of the first portion is at least about 97.5% of the total width of the second portion.

4. The nasal seal of Claim 1, wherein the total width of the first portion is greater than the total width of the second portion.

5. The nasal seal of any one of Claims 1-4, wherein the first nostril prong defines a first opening and the second nostril prong defines a second opening, wherein each of the first opening and the second opening comprises a major axis, wherein each of the first opening and the second opening are asymmetric about the major axis.

6. The nasal seal of Claim 5, wherein each of the first opening and the second opening comprise a minor axis, wherein an inner portion of the minor axis is smaller than an outer portion of the minor axis.

7. The nasal seal of Claim 6, wherein a ratio of the inner portion to the outer portion of the minor axis is about 6:7.

8. The nasal seal of any one of Claims 1-7, wherein the supply opening is wider than the total width of the second portion.

9. The nasal seal of any one of Claims 1-8, further comprising a clip that is constructed from a material that is more rigid than a material of the seal body and is configured to connect the seal to a frame, wherein the clip is attached to the seal body and extends around the supply opening, wherein the seal body further comprises a rib that contacts the clip.

10. The nasal seal of Claim 9, wherein the rib extends outwardly away from the inner cavity.

11. The nasal seal of Claim 9, wherein the rib extends inwardly toward the inner cavity.

12. The nasal seal of any one of Claims 1-8, further comprising a clip that is constructed from a material that is more rigid than a material of the seal body and is configured to connect the seal to a frame, wherein the clip defines a male connection portion configured to engage a female connection portion of the frame.

13. The nasal seal of Claim 12, wherein the clip comprises a bias flow vent.

14. The nasal seal of any one of Claims 1-13, further comprising support features that extend from each lower outer corner of the seal body and are configured to contact an upper lip of a user in use.

15. The nasal seal of any one of Claims 1-14, wherein a wall thickness of the first portion is different than a wall thickness of the second portion.

16. The nasal seal of Claim 15, wherein a wall thickness of the first and second nostril prongs is different than a wall thickness of a region of the second portion that connects the first and second nostril prongs, and/or wherein a wall thickness of the bellows structure is equal to the wall thickness of the first portion.

17. The nasal seal of Claim 16, wherein

(a) the wall thickness of the first portion and the bellows structure is between 0.7 mm and 1.0 mm, or is about 0.85mm, and/or

(b) the wall thickness of the first and second nostril prongs is between 0.9 mm and 1.1 mm, or is about 1.0 mm, and/or

(c) the wall thickness of the region of the second portion that connects the first and second nostril prongs is between 0.7 mm and 0.8 mm, or is about 0.75 mm.