Article published on July 3rd 2012 | Health

how to look younger? This is perhaps the most common question in everybodyâ€™s life that has remained unanswered since the question was put to the mind of man and more specifically, woman. Though some partially successful ways have been formulated, we have not been able to turn the clock back indefinitely. Even then, these methods are not permanent but very useful.

Here are some of the methods on how to look younger.

For women, the length of your hair should be ideally between your chin and your shoulder. This is a reasonable answer to, how to look younger?

Women of a more mature age need to steer clear of matte lipstick finishes and use more glossy lipsticks. This will give the impression of fuller lips whereas the matte lipsticks make the lines on your lips a lot more prominent.

For men, being elderly gives a more distinguished look. However having wrinkles may bother most people. For this, one should use a moisturizer with SPF in the morning and a richer lotion at night because then, the skin becomes a lot more dehydrated.

It may be manly to drink more than your compatriots but try to cut back on the alcohol because it makes your eyes extremely puffy because the body retains fluids. Also smoking decreases blood circulation as well as gives you high pressure.

There is of course the option of using botox to tighten your sagging skin but most people prefer to stay away from such treatments because they may lead to further complications.

With age, eyebrows tend to thin or grow bushy. A proper treatment of the eyebrows helps you to cut back on age. However, excessive plucking should be avoided as re-growth of hair after plucking is difficult after a certain age.

These are only a few tips on anti aging. Besides these, there are a lot more tips available online.

Article Source:
http://www.articleside.com/health-articles/how-to-look-younger-the-simplest-steps.htm - Article Side

Julia Roger - About Author:
For more information on a how to look younger, check out the info available online; these will help you learn to find the a anti aging!

Article Keywords:
how to look younger, anti aging

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!