



5 Essential Tips to Looking Younger

Do you want your life story to be a long and joyous one, without having every line written on your face?

Yes, we all do! Is there anyone who doesn't want to look as good as they can, for as long as they can?

While there are some very quick fixes such as, minor to major cosmetic surgeries, there are some less extreme measures that you can use to look and feel younger on a daily basis.

(1) Check your attitude!

How do you feel about life? Is your life going the way you want it to? Do you take responsibility for what you have created good or bad? How about accepting who you are? Be grateful for what you have, family, friends, a job etc. Then do an assessment of the things you want to change, if any. Watch your self-talk, if you wouldn't say those things to others, don't say them to yourself! Be aware of why you want to make any change in your life. It must be something you have committed to, else you will most likely fail and add one more reason to criticize yourself.

(2) Know your nutritional needs!

What you eat has a huge impact on how you look and feel. The foods you eat help make and maintain soft, smooth, glowing skin. Wrinkle free skin is important in any anti-aging effort. The recommended daily food requirements are good guidelines, but you must know how to balance your food intake to keep your body performing at its best. At any given age, we might need to boost specific nutrients or hormones. Get regular checkups! Eat fresh fruits and vegetables as snacks, instead of over-processed manufactured "fast foods". Try not to rush your meals. When food is not given enough time to be digested properly, it becomes a burden on your body, causing un-necessary wear and tear and premature aging!

(3) Take timeouts!

When was the last time you had some fun? A good laugh, If you cannot remember, it's been too long! Even if you must laugh at yourself, find something to laugh about. Old photos, old clothes you've kept that you will never wear again, find something, anything. What about pampering? Done anything special for yourself lately? A facial or manicure, in home or at a salon, it doesn't really matter. It's the time you spend just focusing on yourself that will make you feel special and cared for. We all need that!



(4) Be interested and interesting!

Yes, we are all short on time, we are busy people, but you must make time to be interested in others, your community, the wider world. You will find that is the only way to be interesting yourself. Learn something new, a language, a new style of cooking or dance. Learn about a culture that's different than your own. Ageless, interesting individuals always seem to want to know more about life. Try not to pry or judge, just be open to sharing opinions and knowledge.

(5) Grooming is ageless!

When did you last update your looks? A new hair style or wardrobe is a very effective anti-aging tactic. Today there are so many flattering styles of outfit everyone of us can find one that works perfectly for us. Subtle changes in hair coloring can make you look years younger. Lose a few pounds if you need to. There is a diet that will work for you. Find skin care that's right for your skin type. Take care of your nails and teeth. Beautiful well cared for hands is a must for you, if you want to appear younger!

Anti-aging is more a matter of making the most of what you have, than the sporadic and temporary results gained by invasive and expensive surgeries. Agelessness is more about maintenance over the long-term than any quick fixes.

Meaningful beauty is not just smooth skin (which is nice) but it is also an outlook on life, your life. Treat yourself and others with respect. Balance your physical, emotional and spiritual life. No one else can or will do it for you! Get rest when you need it, play when you have the opportunity. Own your emotions, accept responsibility for your actions, apologise for your mistakes, give and accept praise gracefully. One of the best ways to anti-age yourself is to not only look good, but to be pleasant and interesting to be around!