

Ten Ways to Look 10 Years Younger!

by Dr. Amiya Prasad



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1. Enjoy the Benefits of Botox Cosmetic!

Embrace one of the most potent youth enhancers ever created. Botox Cosmetic is safe, virtually painless and relatively inexpensive. It will help reduce the “number 11s” between your eyebrows, which tend to give people an angry look, even when they are feeling just fine. Botox Cosmetic also softens crow’s feet and forehead lines. I can’t stress enough how a little Botox Cosmetic will take years off your appearance. A relaxed look is always youthful.

2. Get Enough Sleep.

There is no doubt that lack of sleep makes you look older, primarily by making your eyes look tired. Few things age you as quickly as a poor night's sleep. Your eyes become puffy, your face saggy and your skin sallow and dull. Most people require a minimum of seven hours of sleep each night.

3. Pamper Your Skin.

Every person over the age of 25 should be on an at-home skin care regimen that includes (at the least) a gentle cleanser, a facial/neck moisturizer and an eye cream. I really do not believe all products are created equal, since all faces are not created equal. Different ages and different skin types require different types of treatments.

4. Style Your Hair.

For a truly younger-looking hairstyle, keep your hair length between your chin and your shoulders. Side-swept bangs and shoulder-length hair will take years off your look.

5. Choose the Right Lipstick.

Your shade of lipstick can actually age you. Steer clear of brown lipstick shades and avoid matte lipsticks, as they tend to settle into your lip lines. Instead, try creamier lipsticks or glosses. Glosses are especially youthful and make your lips appear fuller.

6. Use a Filler.

You can enhance your lips and get rid of lip lines with fillers such as Juvederm. As we age, our lips get thinner and start to turn down rather than up. Sometimes people develop tiny lines above the upper lip (sometimes called smoker’s lines). With just a bit of filler you can soften your lips, which in turn, softens your appearance, making you look more youthful. Juvederm can also be used to give your lips a slight upturn rather than downturn, which creates a more inviting look.

7. Avoid Puffy Eyes.

Your eyes are the first feature to give away your age. Puffy eyes and hooded lids can easily be corrected with an upper or lower eyelid procedure that takes under one hour. Eyelid surgery can take years off of your appearance!

8. Whiten Your Teeth.

Over time, teeth may yellow from coffee, tea or red wine stains. You can whiten teeth quickly with over-the-counter products such as Crest Whitestrips or with cosmetic laser teeth whitening or bleaching.

9. Stand up Straight.

Think about all the sexy women you know. They stand up straight and confidently. Not only will this make you look ten pounds thinner in seconds, it will make you look five years younger as well.

10. Tighten Your Neck and Jowls.

Nothing gives away your age more than sagging jowls or a turkey neck. Somewhere around age 50, many people will consider a mini facelift to smooth out their neck and jaw line. This simple procedure goes the furthest to rejuvenate and refresh your appearance and can easily erase ten years from your face.