Best Thing for Wrinkles | How Not to Look Old

If you want some advice about how not to look old, grab a cup of green tea and read on.

How is it that some people look so great for their age, while others are born looking old? If you tend to look older than your years, don't worry (it causes more wrinkles!) There are things you can do to shave off a few years from your appearance.

If you look in the mirror and are shocked to see that you are looking older at an alarmingly quick pace, the time to take action is now rather than later, and consistency is the key.

The things that make us look older include:

Gray, course hair

Fine lines and wrinkles

Sagging, loose or crepey skin

Wrinkled, thin skin on hands

Dull tone and texture of skin; enlarged pores

Outdated looks that just aren't working for us anymore

So, if you're looking to knock a few years off your appearance, one really quick fix is to simply dye your hair. Now, the goal should be to eliminate the grays and improve the texture or condition of your hair.

As the pigment drains from your hair, the hair turns white or gray. When this happens, the texture of your hair also changes. If you've ever noticed those annoying stragglers of gray hair here and there, you'll notice that the texture is very course and wirey, not smooth.

A good conditioning and moisturizing of your hair will work wonders for improving the condition of your tresses.

And when you dye your hair, you want to take the more conservative approach. For example, you don't want to go from a good deal of gray to Elvis jet black hair. Any massive change with a really strong or too dark or bleached blonde look might make you look just plain strange instead of younger.

You also want to get an updated haircut to get rid of dry, dead-ends or a cut that is plain unflattering or "old" (liked a teased up beehive with tons of bobby pins holding everything in place.) A brand new cut with a flattering color and no gray hair can do wonders for your new younger look and attitude.

Can you believe that your eyebrows can age you, as well? Nicely shaped and filled-in brows can actually make you look younger. You can get your brows shaped and even dyed for a reasonable price at your salon, and it's well worth the investment.

When you get older, one of two things happens. You can get those bushy, out-of-control brows, or you start to lose the hair in your brows.

If your brows are crazy long, the gray hairs will stick straight out and look unmanaged.

If you start to lose the hair in your brows, it's generally on the half of the brow towards the outer edge of the eye. Sparse brows can age you, too. You want to either have them dyed or gently "feather" or pencil in missing hair. What you don't want is to have a very fake looking, too dark or oddly-shaped brow line. Again, less is more because you don't want to walk around looking like Joan Crawford, which will seriously age you!

Another thing to look at is your make-up. If you're wearing the same "pancake" powder or brightly colored "rouge" on your cheeks, you need to change it up.

Less is always more and if your skin looks good naturally, you won't need a lot of make-up in the first place. Remember that the make-up you wore in your 20's isn't going to work for you in your 40's or 50's because your skin is so different.

If you are into the powder, keep in mind that as the day wears on, that powder sinks right into the creases of your wrinkles, draws more attention to these areas and of course, makes you look older.

A wild or super dark lipstick shade can also draw attention to the lines around your lips. Is it time to schedule a visit to your dentist to clean your teeth? Stained, yellow teeth not only age you, but don't look good with any color of lipstick.

Get rid of the robin's egg blue eye shadow or tons of dark eyeliner around your eyes like Criss Angel. When you have sagging eyelids or crow's feet, the stark look of dark or unusual colors will only accentuate your aging issues around the eyes.

I can't stress enough that less is more and a more natural look - like you're barely wearing any make-up - can make you look a lot younger.

A better choice is to start with clean, hydrated skin and lightly enhance from there. There are so many good anti-aging make-up options out there today, and you can experiment until you find a brand you like.

The biggest giveaway of age is when you begin to "show" your age with the onset of fine lines, wrinkles, crepey skin, blotchiness of the skin and enlarged pores. All of these things start to creep up on us as we age, and the sooner you can diminish all of these problems, the sooner you will begin to look much younger.

One of the first things you can do is to pump up the vitamins. A daily dose of vitamin C fights off free radicals and gives the skin some more of the loving care it needs.

You must start a daily skin care routine. This means washing your face in the morning and at night, and never, ever skipping the moisturizing (and sunscreen during the day) step. You need to keep the skin hydrated, which makes it harder for those wrinkles to attack dry skin and start those fine lines and wrinkles from setting in. Retin-A (vitamin A) skin cream is great for revving up tired-looking skin and encouraging a more radiant skin tone. It really helps with cell turnover, exposing younger-looking skin faster once those old, dead skin cells are removed from the skin's surface.

One of the best ways to attack the ravages of time is to use facial exercises. Facial exercises are amazing because you can repair all of the problem areas you see showing up on your face. These problem areas - and sure age giveaways - include:

Forehead wrinkles and/or deep "worry" lines

"Eleven" lines which form on the bridge of your nose between your eyes

Heavy, hooded eyelids which make you look old and tired

Crow's feet

Thin, crepey skin on the face, especially the cheeks and under eyes

Wrinkles on upper and lower lips

The "smile lines" which set in from the sides of your nose to the sides of your top lip

Lines that appear from your lower lip to the bottom of your chin

Jowls

Sagging, corded or "turkey" neck

You can have any combination of the above-mentioned signs of aging, but it only takes a couple of them to make you look older than your years.

Facial exercises are easy to learn and you can perform them in only 15 minutes per day in the privacy of your own home. Take 15 minutes to do something good for yourself, and take years off in the process. It only takes a few weeks to notice a difference.

The first thing you'll notice is an improvement in the look and texture of your complexion. You'll look less tired, get better-looking skin and hey, it's a great first step in how not to look old.

There are also exercises you can do for specific problem areas like a droopy chin, saggy neck or old lady hands. It feels good and once you get into the routine of doing them, it's a minimal investment of your time for real and lasting results.

Add a great skin care routine to the exercises and speed up the process. You can also give yourself some extra rest, keep the skin plump and clear by drinking extra water, and exfoliate the old, dead skin cells on a regular basis. Steer clear of the sun and use a sunscreen daily.

So, now you have some action steps as to how not to look old. These are easy things you can do to look younger in just weeks.

For more helpful articles on your anti-aging issues, check out the info here on the Best Things for Wrinkles blog.

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