- Aesthetics

# Keeping it light and easy

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YOUTH is light and easy, not overdone. If you're doing too much, it probably shows.



Hair

Youthful hair is healthy hair. Healthy hair has a certain shine. As we age, chemically lightening hair seems to be a default, but it's actually counterproductive for most people. Darker hair tends to look shinier, and we've already established that shinier equals healthier. Your hair frames your face and many assume light colour is the colour of youth or beauty, but if it doesn't suit you, it's a detriment.

Mascara

This is a favourite make-up item because it's a great way to "wake up" the eye, but it doesn't have to be black to be effective. Try brown or brown/black if you must, but you'll get a subtle natural effect by darkening and thickening your nearly invisible eyelash hairs.

Foundation

As women get older, some tend to rely more on coverage. A better strategy is tackling the underlying problem. See a dermatologist or visit a friendly impartial aesthetician and then be diligent.

Eyebrows

Ease up on the plucking/waxing/arching. This is a huge visual ager, even among the young. Lightly sculpting eyebrows is a great way to drastically change the appearance of your face; it can open the eye dramatically.

Acne

Pimples are the only youthful skin attribute we can do without, but patience is now on your side. Start by being less aggressive and give the new strategy time to take effect. Invest in a spot treatment, a wash, moisturiser and weekly mask suited for your condition. Next, adopt a hands-off policy and in case of emergency have the proper tools on hand and attack when your prey is most vulnerable, after a warm shower.

Skin

Moisturise, moisturise, moisturise. A healthy glow starts with smooth skin. Even if you didn't use lotion as a child, you should probably adopt the usage by adulthood. You're doing it to keep your natural moisture and keep your skin nice and supple.

Nails

Polish need not be neon to be youthful. A subtle look that evokes fresh and carefree is a nearly nude shade with hints of pinkish brown.

Wardrobe

If you wear the same thing every day, you are ageing yourself unnecessarily. Dark pants, medium tone top and sensible shoes equal visual boredom. Shake it up with a skirt and open neckline and watch the gleam of appreciation in the eyes of others. — Tribune News Service