

# Looking Younger Checklist

By Fae Fisher

- Health
  - Eat a healthy, nutritious diet - eat lots of fruits and vegetables.
  - Drink at least 8 glasses of water a day.
  - Try to treat yourself to a weekly sauna - this helps the blood in your skin circulate better.
  - Exercise to improve your shape and muscle tone.
  - Use a good quality sun screen to protect your skin.
  - Don't ever start smoking or quit.
  - Try to get at least 7-8 hours sleep on a daily basis.
  - Rest often when you feel tired.
- Body
  - Wash your face at least twice a day, gently with a soft wash cloth.
  - Moisturise directly after having showered.
  - Where possible use natural products.
  - Get a moisturizing facial once a week.
  - Keep your hands moisturized at all times.
  - Makeup should be light and airy.
  - Eye tones should be neutral and soft.
  - Do not overdo with your eyebrows outlining.
  - Get a tooth whitener, or go to the dentist and have it done
  - Dress young, but not too young.
  - Always maintain a proper and confident posture.
- Mind
  - Learn to have a positive attitude.
  - Smile a lot.
  - Sing to yourself, whistle or doing something that makes you feel good.
  - Learn something new and feel fulfilled.
  - Listen to new music.
  - Try new things.
  - Learn some young terms.
  - When faced with a challenge, give it a go.

Keep up with the trends.