

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.