

# LOOK GREAT

Be at your brilliant best



## Turn back time

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# how to look **ten** years **younger**

**THE FOUNTAIN OF YOUTH IS FED BY MANY SOURCES: PHYSICAL, MENTAL, EMOTIONAL. WE EXPLORE THE BEST WAYS TO LOOK, THINK AND FEEL YOUNGER, INSTANTLY**

*By Pip Harry*

WHO DOESN'T WANT TO LOOK more youthful? It would be fantastic to have strangers assume you're a decade or so younger than your telltale driver's licence age.

So, we asked Australia's leading experts for insider secrets and our readers for their tips on how we can all look and feel years younger, starting today. ▶

## Meditate

An easy daily meditation could help turn back the clock. A 2008 Harvard University study showed that the relaxation response to meditation, as well as yoga, tai chi, qi gong or repetitive prayer, positively affects our genes, helping to counteract and slow the ageing process due to its stress-busting properties.

Meditation coach Trish Miller ([sydneymeditationcoach.com](http://sydneymeditationcoach.com)) agrees that incorporating regular meditation into our busy lives can help open the door to that elusive, untapped fountain of youth. "Meditation calms the whole body and reduces inflammation. It reduces the stress hormone, cortisol; it reduces blood pressure instantly," she says. "When we're not stressed, we look much younger and meditation helps us to achieve that very easily."

## Whiten up

Discoloured teeth can unfairly age your face. "Tooth enamel becomes more translucent with age, giving a darker, more yellow appearance," says cosmetic dentist Dr Michael Tam ([cosmeticdentistryaustralia.com.au](http://cosmeticdentistryaustralia.com.au)).

The easy, age-defying solution? Tooth lightening. "You can either get a take-home procedure where you put a tooth-whitening gel into a customised tray and wear that in your mouth at night for a few weeks. Or you can opt for an in-chair procedure that takes roughly 60-90 minutes and involves a more highly concentrated teeth-whitening solution," says Dr Tam. The results are fairly similar but if you're after a speedy result, opt for the in-chair treatment. The take-home kit costs \$200-\$600, while the in-chair treatment costs \$650-\$1500.

## Spot on

Forget lines and wrinkles. A recent study showed that women with skin discolouration – including dark spots, age spots, melasma and pigmentation – can increase a woman's perceived age by up to 20 years. The truth is that the best idea is to use a strong sunscreen daily to prevent damage (or further damage).

However, if the signs of ageing are already there – and you can take the short-term pain – then Dr Craig

“Instead of taking a coffee break, take a walk around the block for some fresh air and exercise. It'll quickly put a youthful spring in your step”

Rubinstein, plastic surgeon at Cosmetic Surgery for Women ([cosmeticsurgeon.com.au](http://cosmeticsurgeon.com.au)) uses the non-surgical Fraxel laser to blast pigmentation and sun damage, which appears mainly on the hands, face, neck and cleavage. "The treatment clears sun spots by emitting microscopic, pinpoint laser beams to penetrate beneath the skin's surface to disperse and eliminate old, damaged skin cells," says Dr Rubinstein. Fraxel treatments are available for about \$1250.

For a more affordable alternative, investigate IPL (Intense Pulsed Light) treatment, which helps reverse sun damage, freckles, age spots and uneven skin texture on fair skin (available from around \$250). Most importantly, ensure you decide on a qualified practitioner, and are extremely careful to stay out of the sun and use SPF 30+ on your face post-treatment.

Or you could try Clinique's Even Better Clinical Dark Spot Corrector (RRP \$89, 30ml) which is a dermatologist-developed serum formulated to help reduce age spots.

## Stretch it out

Tai chi and yoga are also excellent for improving that "hunched over" look and will quickly start giving you better posture and also relieve strain and stress on your body, helping to avoid injury. If you work at a desk for hours at a time, counteract that stiffness by doing regular basic stretches (find an empty meeting room if you want privacy), or instead of taking a coffee break, take a walk around the block for some fresh air and exercise. It'll quickly put a youthful spring in your step.



## TOP TIPS

### Brow shaper

A good brow shape and tint will only cost from around \$25 and can make you look like you've had an instant facelift.

### Have sex!

Need an excuse to have an early night with your partner? Regular nookie can help make you look and feel years younger as it increases your blood flow, endorphins and, most importantly, your confidence.

### Get to sleep

When you don't get enough sleep, blood flow slows and cortisol – the stress hormone responsible for breaking down skin cells – rises. OK, so it may not always be possible, but the truth is that one of the keys to looking years younger is to get a solid and restful 7-8 hours sleep. So, when you can, set yourself a bedtime, turn off the TV and get some restful Zzzzs...

PHOTOS: (EYEBROW) THINKSTOCK; GETTY IMAGES



“Carrying your body correctly gives a look of self-assurance and confidence, and you look slimmer and younger”

– June Dally-Watkins

## Walk tall

Mum's advice to stand up straight and look great was spot on, says department expert June Dally-Watkins ([jdw.com.au](http://jdw.com.au)). "Carrying your body correctly gives a look of self-assurance and confidence, and you look slimmer and younger. Incorrect posture is bad for your health. It makes it difficult for your lungs to breathe."

She also advises that we "reach for the stars" when trying to improve our posture. "I suggest to students that they constantly endeavour to make the centre of their head touch the ceiling when they're standing or sitting. Or, when walking along the street, that they imagine the centre of their head is reaching for the sky," she adds. Hunching is one of the first – and worst – signs of ageing.

## Gain control

LA-based celebrity stylist Annabelle Harron says you can instantly peel back the years simply by wearing a great pair of control undies. "Undergarments are a key factor in looking slimmer," says Harron. "It's a red-carpet secret that's so accessible." Harron's personal favourite is Spanx ([spanx.com](http://spanx.com)). "They have bras and underwear, body shapers, swimwear, tights and now even tops!"

Just ensure you buy the right size, advises Harron, adding: "Incorrect fit in undergarments is not only unflattering, but uncomfortable. Being personally fitted is ideal, but if purchasing online, most websites have sizing charts to reference, and even customer help lines." It'll help give you curves in all the right places.

## Wear flattering jeans

Nowadays it's almost impossible to outgrow jeans as a style, especially with classy denim options like Not Your Daughter's Jeans ([nydj.com.au](http://nydj.com.au)), which are designed to fit and flatter a (slightly) more mature body.

"Dressing to appear younger is a combination of smart choices and confidence," says Harron. "Find the balance between following a trend and establishing personal style. Make age-appropriate decisions with cut and silhouette but have fun with colour and accessories."

Unsure of what suits you? Consider a one-on-one styling session, offered by some shops and by Westfield shopping centres around Australia ([westfield.com.au](http://westfield.com.au), costs vary depending on location, from \$75 per hour, two-hour minimum booking). ♦



A huge part of looking younger lies in how you carry yourself



“Enjoy a nice, big, cheesy smile. Then try to feel bad. It’s hard! Smiling and grumpiness don’t occupy the same space”

## Think young

Grin and you could cut years off your look and live longer. A British study showed that smiling women in photos were judged younger than those frowning, while in other research, US baseball photos from the 1950s revealed smiling players lived seven years longer on average than those with a poker face. That’s because smiling releases happy hormones and lowers blood pressure. “Find something every day that makes you smile,” says health coach Susan Sheehan. “Think about something really funny, and enjoy a nice, big, cheesy smile. Then try to feel bad. It’s hard! Smiling and grumpiness don’t occupy the same space.”

## Reach for retinol

There’s one anti-ageing product considered a magic wand: Retin-A. “Initially used as an acne treatment, it was noted to also smooth the skin and reduce fine lines, and left some patients reluctant to give it up,” says dermatologist Dr Cara McDonald. Although Retin-A can produce some irritation and flaking, says McDonald: “Studies show that long-term use reduces the loss of collagen that’s seen in normal skin ageing, and speeds up the turnover of skin cells, giving the skin a fresher appearance.”

## Make-up: less is more

Strip back the years by getting rid of the pancake look, advises make-up artist Nicola Kelly. “Often women think the more they wear, the more it will cover. The opposite is true. Too much foundation, powder and

concealer will settle into lines, creating shadows and highlighting them.”

Another classic mistake is sticking doggedly to your make-up routine. “While dark red lipstick or smoky eyes may have looked hot in your 20s, in your 40s it may age you,” says Kelly. “Start with a blank canvas and use a good SPF and a moisturiser. A primer can also help even out the skin, and a light foundation or tinted moisturiser will even out skin tone, too.

“Use a peach tone blush, rather than a pink or red tone, and apply it with a big, soft brush. To make the lips appear larger, use a medium-toned lipstick and a gloss to create a highlight. Dark colours only make lips look smaller, so avoid very dark reds, browns and pinks.”

## Face first

Clean up your diet, and you’ll see the benefits in your face first. For that coveted youthful glow, eat foods like salmon, nuts, avocado and olive oil, which are rich in omega-3 fats.

“Try to eat from the core food groups, especially vegies, fruit, yoghurt, spices, nuts and seeds, legumes, wholegrains and unsaturated fats,” says dietitian Taryn Swift. “Minimise your intake of foods high in energy but low in nutrition, such as biscuits, cakes, lollies and high-energy drinks – plain water is the best way to keep yourself hydrated.”

The positive effects will show on your face and your whittled waistline. ●



For more advice on looking, thinking and feeling young, visit [healthsmart.com.au](http://healthsmart.com.au)

## TOP TIPS

### Make your way to younger-looking skin

Don’t be afraid to experiment when it comes to make-up. However, err on the side of caution when it comes to attending a special event. Decide on one area of your face to highlight – such as your eyes or your lips – not both.

So, if you’re focusing on creating “dramatic eyes”, consider light-coloured or well-defined nude lips. Less is definitely more. A dash of light crème blush on the apples of your cheeks can also be flattering and help you exude a youthful glow.

### Drink up!

Want dewy, younger-looking skin? Drink lots of water and use a good moisturiser. Hydrated skin will allow make-up to sit better on your face. If you don’t drink enough water, your skin starts “sucking in” and absorbing your make-up – and that’s why it goes “patchy”.

### Make-up 101

Want to learn how to use make-up to look more youthful? Consider going back to school. Gorgeous Cosmetics offers a three-hour class for \$150 that’s fully redeemable against purchases, so if you spend \$150 on products, the class is essentially free ([gorgeouscosmetics.com](http://gorgeouscosmetics.com)).

Most big department store cosmetic counters also have qualified make-up artists who will be able to help update your skills and products. If you want a great, everyday, natural yet well-groomed look, consider wearing a tinted moisturiser (with SPF to help protect your skin).