Hollywood Stars' Secrets - forever young

Contributed by admin
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After watching the Emmy's, you are probably wondering how actresses over 50 years old are able to maintain their fabulous skin. In fact, some Hollywood A-listers look like they have not aged since the day they reached 30. Although these stars have all the money in the world to spend for skin care, there are things they do that even not-so-rich people like us can follow.

If you want to shed off 10 years from your face, then read on to learn about the secrets of A-list celebrities in keeping their healthy and youthful looking skin.

Don't Over Tweeze Your Brows

If you want to look like you are snobbish and angry all the time, go ahead and make your brows as short and thin as you want. However, brows that look pencil thin make a person look angry and old. Besides, your eyebrows might no longer grow when you are over 50. So, what you can do is just pluck strays to make your brows look more defined and clean.

Maintain Good Posture

Women who sit and stand up straight look sexier and more confident, but those who slouch usually look unsure of themselves. Besides, when you slouch, the love handles on the sides of your body and belly will easily show. So make a conscious effort to sit and stand up straight.

Sleep Well At Night

Beauty sleep is called as such because it really assists in maintaining soft and beautiful skin. People who lose sleep usually have puffy eyes, dull complexion and saggy skin. So the next time you think about ditching sleep to finish the TV show you are watching, better think about your skin first.

Choose Cream Over Powder Makeups

If you already have fine lines and wrinkles, you better stay away from matte eye shadow or blush. The powder can settle between your wrinkles, highlighting the imperfections of your skin. It would be better to use cream makeup because they make your face and skin look plumper.

Whiten Your Teeth

When you were young, your teeth were probably pearly white. However, smoking and drinking coffee and soda can stain your teeth, making them look dingy and yellow. Nothing can make a person look older than stained teeth. So you better head to the dentist to have your teeth whitened.

Don't Wear Matte Or Very Dark Lipstick Shade

Wearing dark shades of lipstick can also enhance the wrinkles and lines around your mouth. It will also highlight your discolored teeth. Light hues are better for older women because such colors will resemble your natural lip color. By the way, you should also stop lining your mouth with a lipliner that is darker than your skin tone; this practice is no longer popular these days.

Invest In All-Natural Anti-Wrinkle Moisturizer

One thing that you should never forget is to put on a moisturizer that is made of ingredients that are all-natural. Even if you have no wrinkles yet, it may be wise to invest in an anti-wrinkle moisturizer if you are already over 40 years old. One moisturizer that you can use is Dermaxin.