

A woman with long brown hair is shown from the waist down, wearing a bright pink bikini. She is standing on a sandy beach with turquoise water in the background. She is holding a pink flip-flop with colorful starfish and seashell patterns. A pair of sunglasses is tucked into the side of her bikini bottom. The text 'YOUNGER YOU' is overlaid on the image in white, with 'YOUNGER' in a cursive font and 'YOU' in a bold, sans-serif font.

# YOUNGER YOU

LEARN KNOWN  
TACTICS TO  
BECOMING YOUNGER

# **A Younger You**

# Age Defying Options For Men

With the ubiquitous cosmetics designed for women, who says men don't need stuff like such? Covertly or not, men put some effort to make them look good. And staying young, too!

As the common notion says, men become vainer as they get old. But a lot are hiding this need as this is not too manly for a man. However, the developments of this generation have helped lessen that masculinity notion.

In 2005, more than a million American men underwent skin treatments, according to the American Society of Plastic Surgeons. Adding to that is the 44% upsurge in the slightly invasive procedures in which men underwent from 2000 to 2005. Vanity has indeed taken its strike to more men.

But what are the exact things men should do and improve for the vanity of looking young to take effect?

## Age-defying Skin Treatments

While diet can be very helpful for men to look young and well-rested, men can also do this by some skin treatments that do not require a needle and a knife.

Men may try microdermabrasion. In this procedure, the surface of skin that contains astounding number of dead skin cells are removed with a vacuum suction device. Together with a mild chemical crystal formulation, microdermabrasion aids in revitalizing the complexion, lessen ultra-fine wrinkles, help cosmetics to be absorbed more, and make skin glowing young. This 30-minute procedure results to a more evenly textured skin.

Men may also use chemical peels. These topical products allow peeling of damaged surface of skin. Chemical peels excite production of collagen making the skin firmer with improved texture and with a

reduction of surface lines, wrinkles, dark spots, and sun damage. It makes look more relaxed, energetic, and young. More men tend to seek for light chemical peeling which is by the way one of the most common skin treatments among men.

However, this light chemical peeling has to be redone for the effect to last for more than a few months. A medium peel's effects persist about a year.

Another skin procedure men may choose is the light skin rejuvenation. This procedure invigorates the face using light-based devices such as noncutting laser beams that send off pulsed energy to the skin. Light or laser skin rejuvenation also fuels the growth of collagen to give a firmer skin.

While it does not use of any harsh chemicals, it can reduce lines and help give men a revitalized aura. Despite the fact that it can redden the skin for a little while after the procedure, this procedure requires no extreme aftercare. Really good news for men.

### **Another manly option**

For a man who is committed to delaying the course of aging, a regular exercise is a must-do. According to the American Heart Association, for a man to build endurance and strength, he should perform eight to 10 types of workouts to be repeated eight to 15 times, and to be done thrice in a week.

An astounding number of studies have shown that a regular exercise fights the thrashing of muscle strength, endurance, and the reduction of muscular and bone density that tends to worsen as men age. In addition to its health benefits, a regular exercise can also make a man a magnet among girls, which quite explains why a lot have been going to the gym.

# Combat Aging Wisely

Suddenly, looking in the mirror is a burden. Suddenly, you don't go out that much. The sight of crow's feet haunts you even if you don't have them. Face it, you're aging.

Technically, aging means a process that includes changes in the structure and elasticity of the skin over time. Usually, it starts as early as your late teenage years and may start as late as in your late twenties. Our skin does a lot of things.

It analyzes sensations such as pressure, pain and touch. It also protects us from the environment, helps balance fluid and electrolytes and most of all, helps in the regulation of our body temperature. With that said, our skin is clearly overworked. The least we can do is protect it from further harm.

Aging is majorly caused by either of these two: normal physiological aging (no matter what we do, we will wrinkle in time) and UV exposure (accounts for 95% of the wrinkles that you might have now). The enemy that we have to combat is the UV exposure. How can we beat it?

## **KNOW YOUR ENEMY**

There are three kinds of UV rays: the UVA, UVB and UVC. These are graded according to their wavelength. The longest wavelength range are UVA rays and the shortest, UVC rays.

UVA wavelengths are almost harmless. The hazard is not non-existing but it's highly negligible. Sunlight, when passing through ordinary glass contains UVA wavelengths. Short UVA wavelengths are those used for sun/UV tanning.

However, this form of tanning is not completely safe. It still exposes your skin to UV rays and hastens its aging. Also, around 50% of skin cancer is acquired through sun tanning.

UVA does not damage DNA directly, unlike UVB and UVC. It doesn't cause sunburn but it can penetrate deeply. UVA can produce reactive chemical intermediates which can harm the DNA such as hydroxyl and oxygen radicals. UVA rays damage the collagen fibers of your skin.

Next, let's talk about UVB. Your skin can only take small amounts of UVB rarely. Meaning, no matter how small the exposure is, it is dangerous if it's every day. UVB, like UVA, can deplete the Vitamin A in your skin. Unlike UVA, UVB light causes DNA damage directly.

It awakens the DNA molecules in the skin cells, causing a modification on the DNA's growing strand. This is a mutation that is commonly found in most skin cancer cases. UVB also causes collagen damage, albeit slower than UVA.

UVC is the least penetrating since the outermost portion of your skin, the epidermis, is made of dead cells. This portion protects you from UVC. UVC is quite damaging to living cells and has burning effects.

## **ARM YOURSELF**

The best that you can do to combat these culprits is to wear sun block/sunscreen every day. The higher the SPF (Sun Protection Factor), the better. Experts suggest wearing sun block/ sunscreen with at least SPF 15 for everyday use.

However, if you are at the beach, or biking, or hiking, your sun block should have a minimum of SPF 30. It's like having 15 layers of skin every day or 30 layers of skin when you are heavily exposed to the sun.

Don't think that if there's no sun you can steer clear from UV damage. Wear sunblock EVEN IF there is no sun. Remember that the stronger

UV rays can penetrate through the clouds and these can still damage your skin. These are the rays that you should protect yourself from. Also, some bulbs contain UV rays, albeit weaker. So even if you're just indoors, it's still advised to wear sunblock.

There. That is just everything you need to fight aging. Remember to keep the principles handy. First, learn about your enemy and then arm yourself. It's the "art of war"... of beauty war.

## **On Being YOUNG**

One can never stop the passing of time. Hence, aging is inevitable. But being and looking old now seems to be just an option. One can still have the better option, and that is to feel and look young. But what does this ideal really mean? Is it limited to a radiant skin and wrinkle-free skin? Is it just the absence of the torment of arthritis?

Definitely not. Staying young encompasses a wide range of ideas and includes more good conditions than the aforementioned. Being young comes from the mind, body, and the heart.

### **Being sharp**

As people age, they tend to be less smart, alert, and intelligent. Compared to a young grade-schooler, an old person can hardly recite the multiplication table with ease, speed, and accuracy. This is because as they age, neurons weaken and lessens its ability to recall facts and details. To avoid this and be young in the mental capacity, people should do few good things.

Meditating, resting well, and getting enough sleep help brain to be at ease. Playing board games like chess, scrabbles, and word factory can help boost your brain. Eating a healthy diet with less cholesterol is helpful.

Doing moderate aerobic exercises can produce Brain-Derived Neurotrophic Factor (BDNF) that maintains a healthy neuron. BDNF is a protein that acts on certain neurons of the central nervous system (CNS) and the peripheral nervous system (PNS) that aids in the survival of existing neurons. Adding to that, BDNF encourages the growth and differentiation of new neurons and synapses.

## **Being Healthy**

Being young is almost synonymous to being healthy. If one is at his optimum health, he is sure to look and feel good, which is by the way, how many define being young. As we all know, to be healthy is to guard your own body. Eat more nutrient-packed greens, more Omega-3 containing fish, and other healthy stuff like whole-grains, tomatoes, milk, fruits, and water.

And of course, less foods containing tons of cholesterol (burger patties, barbecues, fries) and sodium (chips, MSG, salt). Exercising for at least ten minutes a day, avoiding stress, and a regular visit to a doctor are of great help to staying healthy.

Being young wouldn't be complete without a healthy skin. As the body's largest organ, it can tell how well your health is and how well you are aging. Eating at least 5 serving of anti-oxidant rich fruits and vegetables, sipping anti-oxidant rich green tea, and drinking at least 8 glasses of pure water a day are of prime necessity.

Not to mention, a smile can really deceive others of your age.

## **Being optimistic and vigorous**

Having an encouraging, dynamic, and balanced approach or outlook towards your individual and collective possibilities is a healthy advantage. Not only does it provide you with better results in what you seek, it also gives your youthful energy a boost.



Optimism and vigor shape a huge part in the expansion of your emotional life. If you wish to live well and young, you will have to remove the self-defeating pessimism from your mind, and replace with a constructive attitude.

Being young is also being optimistic and vigorous, and that requires more of us than exhibiting a compelled smile and telling yourself, "you can do it." Being young is living your life at full capacity, and we can only go beyond what we think we can if we expand ourselves rather than holding yourself back, and rather than putting you forward. After all, who got blinded by looking at the brighter side of life?

Indeed, being young is also skin-deep. And because it is, you should examine a little more within you to know whether you too can feel and look young. And if you will, the inside will radiate a more beautiful being.

## **Say Hello to A Forever Young You**

As you grow older, your priorities become redirected. Before, the greatest problem you could possibly have is what to wear on your school/ office wash day. Fast forward, the hurdle you're facing is a 2-year old child. Fast forward again, you look in the mirror and realize that all those worrying and "problematizing" finally took their toll on your skin.

It's about time that you know yourself more and pay less attention to your outside appearance. After all, what really matters is how you feel inside. A rich man can feel that he still needs to get richer; so in principle, he is not rich at all.

However, a poor man can be more contented than a millionaire and at the end of the day, the poor man becomes happier. Let's cruise

through what keeps one young by not applying a wonder cream or doing a wonder work-out.

## **MEDITATE**

The day-in, day-out stress will make you feel like “slipping away” from the things which used to make you happy and things which used to make you feel like a child again. Rekindle these good memories by meditating at least ten minutes a day.

Take some time to detach yourself from the world and think. You don't need to philosophize deeply or to draft your next blog entry. Just enjoy some silence and a piece of world peace.

Choose a ten- to fifteen-minute break in your day. Just a short while. You have twenty-four hours a day. Surely you can find or MAKE time for some productive self-healing.

## **KEEP A DIARY**

A diary is a very important tool for a writer. However, even if you're not a writer or even if you are not a grammar expert, it is also advisable to keep a diary. A diary is an outlet. It is a friend which will listen, will not judge and handy also. A diary is a tool of letting-go of the bad things that have happened to you which pull you back from moving forward.

You need to pass on some of your worries somewhere so you can focus to more important things like the relationships around you and the smallest get-happy detail of your everyday life. Keeping a diary also is like keeping a record of your psychological states. There are people who freak out when they realize that they're starting to age and surely you don't want to be one of them.

Don't look at it as a task. Just write whenever you want to. Even in the middle of the night. Isn't it just neat that someone will listen to every detail of your nightmare and not brand you a lunatic?

## **HAVE A DATE WITH YOURSELF**

The most important person in your life should still be yourself EVEN IF you have aged. Remember when you were younger, when all you wanted was the latest gadget and the in pair of jeans? That's exactly how you should still feel, albeit being more mature. Try not going into the selfish path; that's too much.

Watch a movie alone; save yourself from the pains of having to explain to someone how the plot should have gone. Devour your favorite cake alone, go shoe-shopping alone, brim in front of the mirror and say "I'm the king/queen of the world"! Err, please remember to do the last thing alone too. Please. It's for your own good.

When you were young, it was all about you. Now that you're older, let it still be all about you. The secret to staying young is all in the mind. You don't even need to get out of your home, right? There's no use studying what certain chemicals can do to save your skin while not learning to know, love and embrace yourself. Your beautiful, ethereal self.

# Keeping Skin Youthful

The young rushing to grow old and the old doing all that it takes to stay young is one of the most observable ironies in life. Well, blame the latter to vanity, or, perhaps, let's be thankful for it.

So that this time, it would be vanity's chance to strike 'coz staying young is just a simple routine that would spell a huge difference. And to boost this regimen, some experts share relevant tips for a younger-looking skin.

## **Clean face properly**

Remove all traces of cosmetics on your face by using cotton balls and moisturizing cream. Using lukewarm water (that also opens pores for deeper cleansing) and a soap-free, non-comedogenic, and mild cleanser, gently rotate your middle and pinky fingers upwards avoiding hard rubbing that could damage your skin. Make sure hands are clean to prevent spreading bacteria and dirt which can worsen acne and other skin problems.

Massage face wash on skin for about 60 seconds to wipe away dirt, bacteria, pollutants, and product residue. Rinse at least three times to remove residues that will clog our pores. After patting skin dry, use an alcohol-free toner that preferably contains glycolic acid or alpha hydroxy acid. These acids can reduce the size of you pores and can give you instant results.

## **Use soap on select areas**

To maintain the softness of skin, soap should be applied only on select areas--your face, underarms, feet, groin, and buttocks. These are the areas that need the cleansing effects of soap so other areas won't be unnecessarily stripped off of its natural skin oils. Some experts say

that rinsing other areas with water alone is enough to make them clean.

### **Moisturize while you wash**

Moisturizing after cleansing is absolutely necessary. Washing the face can aggressively remove the natural oil of the skin. Moisturizing after cleansing will replenish the necessary oil that was lost. Use products which contain the number of harsh additives. Pure Vitamin E and aloe Vera oil can be applied too for intensive moisture treatment. Just open a capsule and apply directly on skin for that intense moisture you need.

### **Let moisturizer be absorbed well**

Set moisturizer for at least three minutes before applying makeup. This will let your moisturizer to be completely absorbed and will help our makeup to last all day.

### **Clean a damp face, not a dry one**

Use cleansers on damp skin. According to Dr. Mary Lupo, a professor of dermatology at Tulane University, cleansers are more likely to be irritating if applied on dry skin. This will also lock in moisture.

### **Splash face with cold water before a makeup**

This helps shrink pores and is a trick used by makeup artists to help makeup glide on seamlessly. Moreover, smaller pores give little space for pollutants and cosmetics to reside, hence, a more radiant skin.

## **Apply products properly**

The effectiveness of products depends chiefly upon its penetration unto the skin. For better absorption of ingredients, follow this sequence: toner, serum or treatment products (like retinoids), moisturizer, and sunscreen. This sequence will keep heavy formulas from preventing lighter ones to be absorbed well.

## **Move your sun shade**

Change the placement of your sunshade in your car. Move this to your left to block UV rays while you are driving. If not, the left side of your face would tend to look older than the other side because of the sun damage. Nevertheless, place a shade wherever you are seated in your car. It does not only protect your skin, but also that of your fellows.

Experts have done their share, so now it's time to do yours.