

Simple Steps To Make You Look Younger

[Aging Backwards]



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Wouldn't it be great to shave off a few years instantly and with very little effort? It's possible to appear younger in just a few minutes with these simple but practical tips.

- Wear the right scent. Studies show that certain aromas can influence age perception. A rose scent has been shown to remind men of older women while citrus denotes younger women. A patent pending anti-aging perfume called Ageless Fantasy by Harvey Prince incorporates pink grapefruit with

pomegranate, jasmine, mango and musk — a combination the maker says has been proven to make men perceive women as eight years younger.

- A nice tan can be slenderizing and give the appearance of a youthful glow, but sunbathing also can make your skin wrinkled, leathery and uneven in tone. Today's self-tanners are effective and natural looking. The Solerra Sunless Tanning Mitt is my favorite way to get the slimming, youthful effect of a healthy tan without the self-tanner ever touching my hands. It's available at www.solerra.com.

- Hands can show your age, but here's a quick way to fool Father Time: Research shows that photos of hands with nail polish and jewelry look younger to study participants than photos of the same hands without polish and jewelry. Also, hiding blue veins and other



imperfections on the hands is simple using a tinted moisturizer with SPF 15 or higher, such as Olay's Touch of Foundation.

Incorporating these shortcuts into your regular routine can put you on the fast track to looking younger and feeling more confident.

Jackie Silver is the founder and president of Aging Backwards and author of "Aging Backwards: Secrets to Staying Young." Send your questions or comments to: jackie@agingbackwards.com or follow her on Twitter, @AgingBackwards. Sign up for her free newsletter at:

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