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How to Look YoungerAnti Aging Tips by [Julia Roger](#)

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No matter you are 30,55 or if you are just at the stage when your skin is starting to show the very first signs of ageing looking young and flawless will be your first priority. Keeping the time and situation in mind these days™ people are more conscious about their look, style, fashion and definitely age. Watching your youth slipping away is not at all a pleasant experience, especially for women. But then again aging is something that cannot be avoided. Therefore other than choosing any cosmetic procedure there are few natural tips that can be followed in order to achieve a younger look.

If you want to know how to look younger naturally so that the use of anti aging solutions are reduced then you should follow the below mentioned steps properly:

1. **Avoid Sun:** Sun is very harmful for skin, the UV rays of the sun create melanin and other hormones in the body that not only darken the skin but also cause skin problems like tan, spots, marks, wrinkles etc. Many studies organized by scientists have proved that the sun rays if absorbed in a heavy amount can cause serious damage to the skin and faster aging too.
2. **Sleep is necessary,** so get as much sleep as possible. Less sleep can produce cortisol hormone in the skin which is known for breaking skin cells. Sleeping will release more good and growth hormones that will tighten the skin.
3. **Drink lots of water, fruits and vegetables.** Protein is good for health and is needed too, but water is needed to throw the toxins out from the body. Fruits and vegetables have antioxidants and nutrients that are good for the skin and for the enhancement of skin texture and promoting anti aging.

Avoid Coffee and eat fish especially salmon. If these steps are followed one will automatically have healthy skin. And healthy skin ages late.

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