



Easiest Age Erasers Ever

Use these 8 simple tricks to look and feel younger in seconds

Wouldn't it be great if the outside world could always see the youthful and vivacious woman you are on the inside? It's actually pretty simple: Looking your absolute best is a matter of taking good care of yourself and giving a small boost to the natural features that already make you stand out in a crowd. You'll wind up feeling more confident and improving your physical health, says Erlene Rosowsky, PsyD, an assistant clinical professor of psychology at Harvard Medical School.

For instance, a simple change in posture can shave years off your appearance and reduce aches and pains in your neck and back. Are you ready to start defying your age? First, acknowledge that you deserve the good things in life. Next, try these simple pamper-yourself tips. You'll look and feel younger in no time. Plus, you'll have all your friends saying, "Tell us how you look so great!"

1. Sit Up Straight

"People with good posture are often seen as younger, more confident, and happier than those who slouch, round their shoulders, or tilt to one side," says Paul D'Arezzo, MD, a certified emergency physician in Colorado Springs. You'll feel better, too: Proper posture prevents muscle and joint pain and can help sidestep tension headaches by reducing strain on the neck. To perk up your stance, start a regular yoga or Pilate's routine.

The exercises will strengthen the muscles in your abdomen, pelvis, and lower back that help hold your body upright. Also, stretch every hour or so when you're seated for long periods of time. Try this: Keep both feet flat on the floor with your shoulders and chin relaxed, hands on your thighs. Slowly draw your shoulders back and squeeze your shoulder blades together for a count of 5, then relax. Repeat three or four times.

2. Have Sex at Least Three Times a Week

Couples in their mid-40s who have sex that often look up to 12 years younger than those who enjoy intercourse less frequently, a 10-year Scottish study concluded. Researchers found that the faces of sexually active couples were less lined and wrinkled, and their skin was smoother and more supple. They credited oxytocin, a stress-reducing chemical that is released during sex, for turning back the clock. Nighttime sex also helps you sleep more soundly, so you look and feel more rested.

3. Beef up Your Brows

Our brains associate thick, groomed eyebrows with youthfulness. "When brows are thin and light, they make your features disappear, adding years to even the youngest looking face," says Damone Roberts, a celebrity eyebrow artist and costar of TLC's *10 Years Younger*. Fill in sparse spots with a dark brow shadow to create the illusion of thickness. Apply the powder with a washed and dried mascara brush (aka a spooly brush) and then use your fingertip to blend it. Don't, however, increase the height of your arch in order to "lift" your face. "You'll go from looking youthful to looking angry," Roberts says. Simply follow the natural contour of your brow.

4. Get Highlights

Dyeing away the gray is a good way to make your hair appear more youthful, but go the extra mile and add a few face-framing highlights in a shade two tones lighter than your hair. Not only will this make your hair look shinier and healthier--a telltale sign of youth--but it will also help disguise changes in over-40 skin that can lead to a dull, sallow complexion. "The various tones will reflect light and bring out more color in your face," says Rebekah George, Prevention's beauty editor.

5. Buy a New Bra

Breasts sag with age. We all know this--but we don't have to show it. "At the first signs of drooping, buy a bra that has a light padded liner in the cups and an underwire," advises Susan Nethero, author of *Bra Talk: Myths and Facts*. "This will help bring your breast line back to where it was in your younger days, which is midway between the shoulder and elbow."

To make sure your bra fits properly, get measured by an expert every 5 years--more often if you gain or lose weight. It'll improve your looks and your health: Sporting a too-loose bra or improperly adjusted straps can lead to neck, shoulder, and back pain. Nethero has even noticed that women who complain of numbness and pain in the arms say the symptoms stop after they change their bra. Ask your favorite lingerie retailer, like GapBody, about working with a bra fitter.