

## **Looksmaxing top 5 tips (+1 bonus):**

### **1. Weight:**

You want to avoid being fat, that's highly unattractive, but you also want to avoid being too thin, as that's unattractive. Aim for between BMI 23 and 25 because in tests women said they liked the body type this was associated with best. Interestingly men thought 25-28 BMI looked the best, so they like to get a bit more heavy than is maximally attractive.

### **2. Muscle:**

Muscle helps you look better. It's not going to make you go from a 6 to an 8, but it will make some positive difference. So, how do you gain muscle? First exercise- go to the gym. Secondly, Creatine, which more than doubles muscle gain in many studies. Creatine is safe, legal and effective and can be bought as a powder or is naturally occurring in foods like chicken.

### **3. Posture:**

Posture makes a big difference. People don't focus on it much because it's not necessary to take the best possible photos, but if you look at somebody with the posture of Gollum, even if they're good looking, they are going to appear ugly. If you're average looking, but have strong posture, you're going to look significantly better. Think about every superhero ever, how many of them have poor posture? None. Not only does this help with looks, it helps with social esteem and with your emotions (makes you feel more confident) so go ahead and adopt good posture. How to do this- Stand up straight with your shoulders back.

### **4. Benzac and Retinol:**

Two great products. They both reduce the number and severity of pimples by about 50%. Benzac targets bacterially caused pimples (you can tell these because they are red and inflamed) and retinol targets all other types of pimples by reducing skin blockages.

## 5. Hair:

Hair is a tool used to help your face look symmetrical. Your face has three thirds, top, middle and base. You want these to be of roughly equal size. For example if your forehead is too big, grow out your fringe, too small? Put your hair up like Marge from the simpsons.

### **Bonus:**

#### Mewing:

This bonus is aimed at people 18 years old and younger- Putting your tongue on the top of your mouth. It's a good trick, and it feels like the tongue is meant to be there (because it is). Strengthens the jaw, and causes positive jaw development as you age. However, if you are over the age of 18, your face is already mostly set, feel free to experiment with mewing and jaw strengthening exercises, but it's not going to cause any large structural changes to your face and so you're not going to look a ton better.