Wear a moisturizer with SPF. Although this tip is a no-brainer, it’s essential you heed proper sun protection.

Don’t smoke— another no-brainer. Smoking causes age spots and wrinkles around the mouth.

Keep your hands away from your face. Your hands carry a plethora of bacteria, germs and acne-causing agents.

Don’t exfoliate daily; this may irritate skin, causing it to dry out. Rather, exfoliate every other day. If you have dry or sensitive skin, exfoliate only twice a week and use a gentle face scrub that has round beads.

Use a moisturizer in the winter. Even if you have oily skin, the harsh and dry outdoor air and indoor heating drains moisture from skin. Choose a lightweight, oil-free moisturizer to combat dryness and restore suppleness.

Realize that individuality is what makes a person beautiful. Beauty is all about being true to who you are, not conforming to society’s boring standards of what is beautiful. Don’t be ashamed for what you are and what you’re not.

When it comes to shopping, finding the perfect pair of jeans is one of the hardest things to do. There are tons of different styles, washes and cuts, and to make matters worse, it often seems like each brand has its own sizing system.

How do you find the perfect pair of jeans for your unique body— without getting frustrated? Follow these easy steps for a hassle-free shopping experience that hopefully leaves you with dynamite denim.

The first thing to remember is that the perfect pair of jeans is out there. Also, always try on jeans before you purchase them. It’s wise to take three pairs of jeans into the dressing room with you, including your usual size, a size below and a size above, as each brand of jeans has its own sizing system.

Jeans According to Body Type

Petite

If you are petite, look for jeans with a short inseam. Skinny jeans that have a linear cut are a good place to start. You want your jeans to hit ¾ inches from the floor without bunching up. Avoid pencil cut jeans, which taper and bunch at the bottom. If you want to look curvier, try the straight wide-leg trouser style, and also look for jeans in lighter washes.

Tall

For tall women, it’s all about the inseam. Look for inseams that are 34, 35 or 36-inches long, as well as jeans that are low rise.

Short Waisted

For ladies that are short waisted, choose low-waist jeans that make the torso appear longer. Look for jeans that have long pockets; they add balance to the outfit.