

# How to look ten years younger

## Book Club - 11 Ways to Look 10 Years Younger, Beauty Photos



Description: -

- How to look ten years younger
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Notes: Originally published New York, Rawson, Wade, 1980.

This edition was published in 1983



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Tags: #25 #Easy #Ways #to #Look #Younger #Now

### 20 Easy Ways to Look a Decade Younger

Having your pants hug a little closer to your legs helps lengthen and define your figure, as opposed to the puffiness in the baggy pants which makes me look smaller and stockier.

**How to Look 10 Years Younger: Arpel, Adrien, Ebenstein, Ronnie Sue: 9780892561018: vivchar.tom.ru: Books**

Tackle Trouble Spots You need to remember to moisturize both of your hands and your lips before bedtime.

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Increase The Intake Of Vitamin C This is another one among natural ways on how to look 10 years younger naturally that you should know, and then try to add vitamin C-rich foods to your daily diet for good. What's just as aging as dark circles: The redness around Sharon's eyes. Get Enough Sleep You can experience dark circles under your eyes when you do not have enough hours of night sleep.

### How to Dress Younger and Shave Years off Your Age

Look online or at magazines to see what styles people are rocking to get inspired, or ask your stylist for advice. Warming up the hair with gold, honey, sand and toffee tones works wonders for a pale complexion.

## Related Books

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- [COM \(1999\) 160 Final, Brussels, 21.04.1999: 09 - Finance; 01 - Institutional Questions; 17 - Statist](#)
- [Good goats - healing our image of God](#)
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