



7 Ways All Guys Can Easily Look Younger

Most high school males would give anything to be able to grow more than a few wispy hairs on their chins, but they'll be longing for those days in a decade or two. Once out of school, real world stresses can start to take a toll surprisingly fast. It's no wonder products geared toward helping guys look more youthful are flying off shelves faster than ever. Transparency Market Research reported the global anti-aging market is projected to be worth [\\$191.7 billion](#) in 2019. While you could [resort](#) to cosmetic surgery to get the look, it's not the only option. Follow these seven tips, and you'll be on your way to looking younger in no time.

1. Moisturize

Any guy who lives with a lady is well aware of all of the lotions she has on hand to keep her skin in great shape. Moisturizing isn't something that should be relegated to female grooming, though. Frank Shipman, former owner of TC Salon and Spa, told Everyday Health, "Dryness [exaggerates signs of aging](#) in the face and body. Moisturizer will help." While something light will do during the day, you'll want to use a cream at night. Men's Health explained something richer while you sleep is key, because that's when skin [tends to dry out](#).

Certain areas on your face deserve more targeted attention. AskMen suggested using an [eye cream](#) since it hydrates the gentle skin in this region, where wrinkles usually crop up first. Some of the best products can be [a little bit pricey](#), but you'll also find plenty of good options for around \$20.

2. Always wear sunscreen

If you're an outdoor lover, you definitely need to start thinking about how much time you're spending in the [sun](#). WebMD reported harmful ultraviolet (UV) rays break down skin fibers, which cause it to [sag and lose elasticity](#). In addition to looks, your health is at risk when you expose yourself to the sun. WSFA 12 News reported findings from the Skin Cancer Foundation, which revealed [40% of melanoma cases](#) occur in men. More shockingly, males make up 60% of deaths associated with this deadly type of skin cancer.

The easy, and [inexpensive](#), solution is to slap on some sunscreen before jetting out the door. Dermatologist Paul Jarrod Frank told GQ, "it's the best anti-aging product on the market." You'll want to pick something with a minimum of SPF 15, but more protection is always a good idea. Details recommended Beyond Coastal Active [SPF 34+](#) Sunscreen.

3. Add some color to your clothes

Most guys tend to gravitate toward clothes that are black, gray, or navy, and possibly brown for some occasions. While those are great essential pieces, you can inject a lot more youth into your look by adding a different hue to your regular rotation. Men's Fitness recommends finding something that [brings out your eyes](#). Don't just pick any green or blue, though. Instead, actually take a peek at your peepers to look for hints of other colors that are less obvious.

If you're new to the color game, [AskMen](#) offered some suggestions to get you started. But you don't need to pick something that looks like it was designed by a 5-year-old just because it feels tropical outside. The Wall Street Journal said [skip the crazy](#) colors and go for jewel tones.

4. Lose the booze

After a long week, happy hour can be a great way to blow off steam. Before you down too many too fast, keep in mind that every cocktail, beer, and glass of wine can add years to your appearance. One of the ways it affects your skin is causing you to flush. Everyday Health explained this is due to blood vessel dilation. Over time, the condition can become permanent, which can cause spider veins and give you a [bloated appearance](#). The article went on to say drinking can dehydrate you, making your skin look dull. Not exactly a recipe for a youthful glow.

You don't have to give up your favorite drinks, as long as you're mindful of the amount and content of what you're consuming. The Huffington Post explained that pure spirits don't have [added sugar and sodium](#), so a stiff drink could actually be a better choice than one of those super sweet margaritas. But be careful, because sticking to the hard stuff means it's that much easier to go overboard.

5. Deal with unwanted hair

Whether you like the look of a mustache or just don't feel like shaving, that extra scruff definitely has an impact on your appearance. Daily Republic reported findings from a British study that indicated men with facial hair looked about [10 years older](#) than they actually were. The other good thing about shaving is that it doubles as a way to keep your skin healthier. High 50 explained taking a razor to your face sloughs off dead skin cells and helps [stimulate collagen production](#), which will make your face appear younger.

Getting rid of the goatee might not be enough for some guys, because eyebrow, nose, and ear hair can make you look like an unkempt old man. About Style suggested investing in a [nose and ear hair trimmer](#) to keep yourself properly groomed. They're easy to find at the drugstore, and equally easy to use.

6. Exercise

The key to looking younger could be as easy as lacing up your sneakers, heading out the door, and working up a sweat. Time reported exercise helps reduce belly fat, improves your posture, increases metabolism, and can help [slow down cell aging](#). Interestingly, regularly working out can have a huge impact on your skin. The New York Times reported findings from a study that indicated exercise can make complexion appear [dramatically more youthful](#). That's definitely a reason to get your heart pounding.

7. Eat better

You already know that a diet full of candy and fried [foods](#) isn't great for your health, but it can also make you look like you've lived through quite a few more birthdays. One of the easiest, but potentially most painful, ways to improve your diet is cutting out excess sugar. GQ explained too much of the sweet stuff [leads to inflammation](#), which makes you appear older. More specifically, overloading on sugar damages collagen. Prevention revealed high amounts of sugar in the bloodstream causes the body to develop a type of molecule that destroys skin elasticity. The article went on to say that it also puts you at greater risk for sun damage.

It's not all about what to avoid, though. There are tons of delicious foods that are incredibly good for you. Men's Fitness listed [20 foods](#) that help keep you young. Some of the picks include fruits, veggies, whole grains, and even cheese.