

20 Ways to Look Younger – Without Looking Like You're Trying **And Avoid These Nips and Tucks**

1. CoolSculpting

The procedure, which freezes fat cells, isn't as gut-altering as it's made out to be. "CoolSculpting can remove only about one centimeter of fat, and it's designed only for specific spots, like love handles," says New York City dermatologist Paul Jarrod Frank. In other words, if you have extra meat all over, you won't notice.

2. Cosmetic tattooing

A real thing many men do. A practitioner tattoos the skin at the scalp with a fine needle to portray thicker hair. "I have had several patients come in who've had cosmetic tattooing to cover up hair loss," says Geyer. "But look closely in bright lighting and you can see the pattern of dots that have been placed."

3. Lip filler

Two words: Mickey Rourke.