

# Things that can make you look older than your actual age

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## Not changing or cleaning pillows regularly

The type of pillow you sleep on can affect both your skin and your hair. If you wake up with frizzy hair or wrinkles on your face, your pillow could be to blame. Using a cotton pillowcase can actually create friction, leading to hair breakage and eventually wrinkles.

Switching to a silk or satin pillowcase can reduce that friction, while also helping to keep both your skin and hair healthy. Silk pillowcases can help retain moisture and protect the delicate skin on your face.

## Staying in air conditioning for too long

While cozy, cranking up the heat too high can leave your skin feeling dry and dull. Indoor heating systems often suck the moisture out of the air, which can lead to dry, cracked skin and even contribute to premature aging. This lack of moisture can leave your skin looking dull and lifeless.

Keeping a humidifier in your room or setting the temperature to a moderate level can help keep your skin hydrated during the colder months. Keeping your skin hydrated is key to maintaining a youthful appearance.



## **Regular manicure**

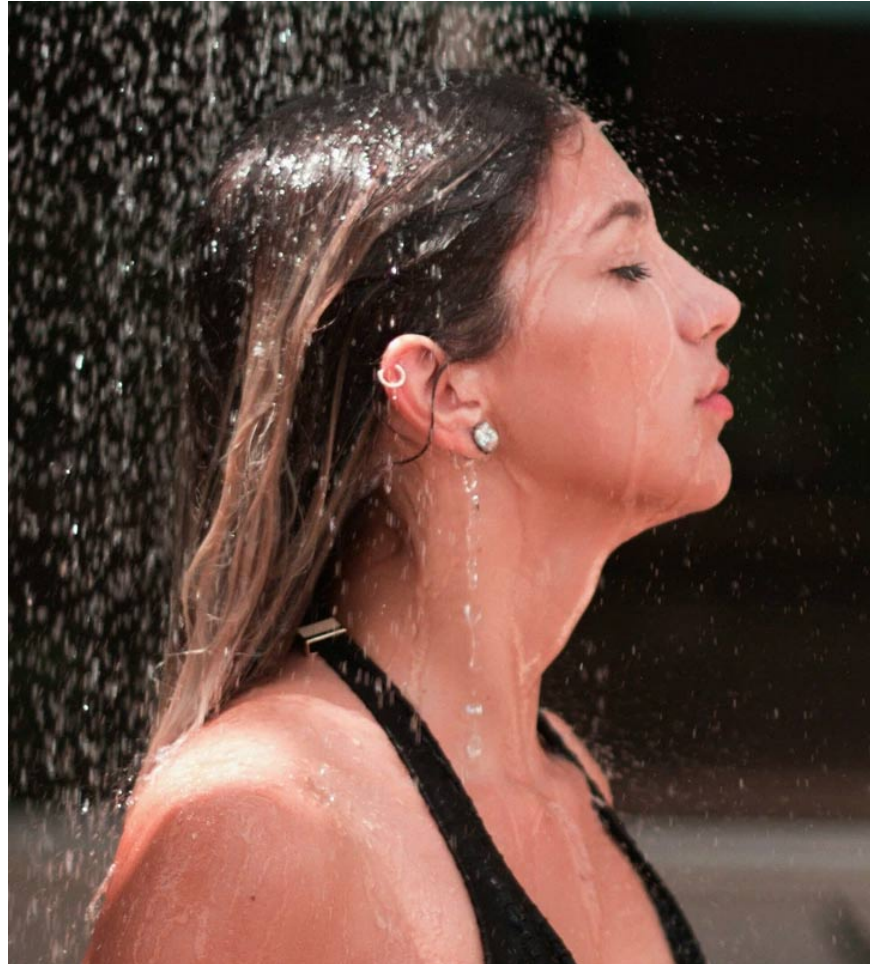
Getting regular manicures can age your hands faster than you think. The UV light used in gel manicures can damage your skin, just like UV rays from the sun. This exposure can speed up the aging process, leading to dark spots and wrinkles on your hands.

Dermatologists recommend applying sunscreen to your hands before getting a gel manicure to protect against these effects. Exposure to UV rays from nail lamps is enough to affect the health of your skin over time.

## **Use a straw when drinking water**

Drinking through a straw can contribute to premature wrinkles around the mouth. This repetitive grimacing can cause fine lines, similar to the wrinkles that form around a smoker's mouth.

While it may seem like a small thing, over time these small movements can lead to visible wrinkles. If you're trying to prevent wrinkles, consider drinking straight from a glass instead of using a straw. Repetitive muscle movements can lead to fine lines that deepen as we age.



## Hot bath

There's nothing like a hot shower to relax you, but it can be bad for your skin. Hot water strips your skin of its natural oils, leaving it dry and irritated. Over time, this can make your skin look older, more wrinkled, and less elastic. It's best to use warm water instead and take quick showers to avoid drying out your skin.

'Aging gracefully' is all about taking care of yourself — from the pillow you sleep on to how you stay warm in the winter. By making small tweaks to these seemingly harmless habits, you can maintain a youthful appearance and keep your skin and hair looking fresh and healthy.

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