

# Larchmont Chronicle

Hancock Park • Windsor Square • Fremont Place • Park LaBrea • Larchmont Village • Miracle Mile

## On Looking Better

A quick look in the mirror and we start wondering, “Where’d that frown line come from? And when did my lips disappear?”

We fret and frown and the frown sticks. Collagen loss means sagging skin and thinning lips. Everyone takes that hit with aging. It’s like Mother Nature’s “gift with purchase.”

When we don’t like the face looking back in that mirror, it has a tremendous **cascading effect on the quality of life.**

Self-esteem and self-confidence affect how comfortable we are relating to others, how confident we might feel about asking for a promotion or raise or even how likely we are to stand up for ourselves in awkward situations. *(Ever let a rude person step in front of you at the grocery store checkout because you’d prefer to stay invisible with that zit on your chin?)*

And fair or not, our appearance also affects the way we’re perceived and treated by others. Looking the best we can is not a guarantee that life will be everything we hope for, but it does take us one more step in that direction.

That’s not implying that you have to go into debt for appearance sake. There are a plethora of small steps you can take that will make big differences in how you look at yourself and also how others look at you.