



# Vanity 101

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## Cosmetic Karma



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**I**t is true – everything that goes around comes back around; and we all know what they say about Karma...! The same karma-tic principles do not exclude your aesthetic and cosmetic priorities, as well. Everything that seemed like a good idea at the time in your youth may eventually come back to haunt you down the line, as you get older.

Here are the top 5 things that you [think you] can get away with for now, but are sure to catch up to you in the not-so-distant future, if you are not careful:

### #1 Not using a daily moisturizer and eye crème.

Eighteen – 20 years of age is the prime time to begin an anti-aging skin care regimen (although it is NEVER too late!). Doing so will significantly decrease the amount of fine lines and wrinkles you are destined to experience at a later age. If you choose not to, however, you are much more likely to be plagued by crow's feet, frown lines, and other natural facial disasters, starting as early as in your 30's.



### #2 Keeping super scrawny eyebrows.

Hair always seems to grow where you don't want it to, but unfortunately for your brows, once too much hair has been taken off, too many times; and damaging the follicle with waxing and/or tweezing, they seem to never grow back the way that they used to. It takes time (sometimes years, if ever again) for them to fill in properly without the aid of makeup enhancement.

Now, onto the vices . . .

### #3 Tanning.

Everyone looks and feels healthier with a tan, but it does not come without consequences – and potentially serious ones, at that. UV exposure, whether it occurs naturally through the sun or from the bulbs of a tanning bed, over time will cause "sun-spot" skin discolorations, and possibly cancerous cells. You **MUST** use an SPF to lower your chances of a malignant aftermath.

### #4 Smoking.

Sense of sound and smell aside; you can very clearly visually recognize a smoker by their mouth. Even social smokers cannot escape the unsightly vertical line-laden lips that await them in years to come. Furthermore, as we know, years of smoking contribute to an un-aesthetically pleasing yellowish stain to a smoker's teeth.

### #5 Drinking (the wrong liquids).

Your 20's are meant for partying, however, making it a long-term lifestyle paves the way for multiple bodily downfalls. Externally, excessive alcohol consumption will cause your skin to dry and become dehydrated, and can also trigger a flare-up in Rosacea. To keep your skin looking and feeling healthy, the only beverage you should be chugging is water. And a lot of it!

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