

# Cultural Daily

Independent Voices, New Perspectives

## Five Factors That Affect Your Looks

Our Friends · Tuesday, September 21st, 2021

Are you tired of the struggles you have with your skin and your body? At the end of the day, you might have to blame it on yourself for most of these issues, but not all. Here are four common culprits that can ruin your pretty face.

### Aging

Aging is the biggest and most hated enemy that can steal away your good looks. The thing about aging is that its effects aren't only seen in the way you look, but the way you feel overall. It affects your levels of energy, and your overall wellness. What most women hate the most, undeniably, is the fact that it affects their good looks, especially when it comes to facial skin and the overall appearance of their bodies.

Sometimes, the change in your appearance, such as a 'turkey neck' becomes highly noticeable and extremely embarrassing. This might be when you decide to consult an expert [neck surgeon](#) who should be able to help you get rid of it safely, and completely!

### Hormones

Hormones, again, can riot in your body due to aging. However, that isn't the only possible cause of hormonal issues in your body. Hormonal imbalances and complications can be caused by several factors. Nevertheless, what it can do to your skin health and its appearance is always nasty, no matter what the cause.

Severe acne issues and obesity are two of the most common problems connected to hormonal complications. Both these conditions are dreadful to deal with and overcome. However, it doesn't mean that there's absolutely no solution. Some may resort to surgical options as a last and effective resort. [Chin and cheek surgery](#) are commonly opted for by those struggling with obesity.

### Lifestyle

Poor lifestyle patterns and habits are to be blamed for unhealthy skin and body. It can affect your skin and your overall health in ways you cannot imagine. Skin problems like acne, dull skin, darkening, are caused by poor lifestyle. Sometimes, it could lead to more serious skin conditions that may require surgery to improve or get rid of.

Even though you may not know, it certainly can make a huge difference and even save your skin

and your money if you cared to develop good lifestyle patterns and habits. If you develop a certain skin issue despite doing your best however, you may look for the most appropriate and effective solution to restore your looks.

## Stress

The damage stress can do is unimaginable. There's no better sign than in your face that can tell how stressed a person is. The effects of stress are quite complex. It can mess with your hormones, your moods, your body and your skin. That's when you can develop acne, wrinkles, pigmentation, and all kinds of problems you can name!

With all that is going on in our lives currently, it can be tough to do things normally. Avoiding stress might just be the most impossible thing to do. Nevertheless, one could wake up every day and do their best and if they happen to face trouble despite their effort, they could always look for the best possible ways to fix them.

*Photo by [EKATERINA BOLOVTSOVA](#) from [Pexels](#)*

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