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Tresor Rare Reveals: The Secret Behind the “Eternal Youth” Look of Celebrities

Our Friends · Wednesday, September 11th, 2019

Think of any female celebrity at the moment that’s still actively performing. Think of Mariah Carey. How old do you think she is? If you didn’t know, pay close attention — she’s 49. In other words, in less than a year, she will turn 50.

Now, say you didn’t know about her age, what number would you say? 30? 40? She could even pass with a 20. She looks that young.

How does she do it, you might be asking? It’s definitely not an elixir of life. Celebrities care about their looks and devote a lot of time to it. Let’s take a look at some of the secrets that make them look younger.

Getting a Beauty Sleep

Sleeping is perhaps the most important factor that affects our skin. It’s not enough that we sleep seven to eight hours a day. We need to consider the quality of our sleep as well. If you wake up during the night and have nightmares every time you close your eyes, that’s not going to be as effective as sleeping tight throughout the night.

How does one manage to sleep well and rest during the night? First of all, it’s very important to have a sleeping schedule and get your body accustomed to your rhythm. In other words, you should always go to bed at the same time and wake up early in the morning.

Luxurious Skin Products

Sure, washing your skin and applying basic skin care products is great, but in order to really look young and fresh, you need to consider using some of the luxurious skin products. You can check out [Tresor Rare Reviews](#) and learn more about the way these products work.

A general misconception about them is that they are very expensive. Of course, they certainly aren’t cheap, but the truth is — they are not that costly at all given the result that they provide. In fact, Mariah Carey uses Tresor Rare herself, which is yet another sign that the best products for your skin don’t have to cost thousands of dollars which you would have spent visiting spa centers and other wellness facilities.

If you want to find out more about how luxurious products work, you can read this text about

[Tresor Rare on Fashioners](#). It will give you a detailed overview of how things such as gold dust and diamond particles affect your skin and make it appear younger.

Eating Habits

You are what you eat, so go healthy to stay healthy. Your skin will be the first thing to show that you are feeling well and happy. But having a good diet is just a part of your eating habits. You should also try to eat at the same time every day, and, most importantly, not eat too much or too little.

Drinking Habits

It's also important to discuss your drinking habits. Most of the female celebrities that retained youthful looks actually carefully chose their drinks. In other words, they avoided drinking alcohol and consuming any type of liquid that could create wrinkles. Needless to say, don't even think about smoking as it will have a negative effect on your entire body.

Another important thing is to keep your skin hydrated. Now, the first thing that comes to mind is applying appropriate body milk, and that's something you should definitely do. However, don't forget that your entire body needs to be hydrated so that body milk has any effect on your skin. In other words, drink enough water and make sure it's bottled! Tapped water is not always healthy in some parts of the world, so bottled water is a safer bet.

Conclusion

It seems like an easy task. All you have to do is stick to a tight sleeping, eating, and drinking schedule while applying skincare products along the way. In reality, it's a bit more complicated than that. In fact, applying luxurious products is the easiest part and [Tresor Rare](#), as reviewed on [JPost](#), is something that would be sufficient for a youthful and healthy look of your skin.

However, if you want to retain your look for a long time, then you need to stick to certain rules in your life when it comes to the overall lifestyle you lead. In other words, giving up smoking, drinking alcohol and staying up late is a next-level game that will give positive results, that's for sure.

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