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Anti Aging Tips For Seniors



Synopsis

Weâ™ve all been there: That moment midappointment when you catch yourself shamelessly staring at your hairdresser, dermatologist, or dentist and thinking, How the heck does she pull it off? Whatâ™s the secret to her great hair, pore-free complexion, or flawless teeth? Well, we decided to go straight to the source and find out how to get that ageless lookâ”naturally. We asked the beauty industryâ™s most sought-after stylists, aestheticians, and MDs to divulge their tricks for stopping the clock. If thereâ™s no fountain of youth, their unexpectedly simple advice might be the next best thing.

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