

How To Look And Feel Your Best This Fall

Written by Arizona Foothills Magazine
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When it comes to general health and beauty tips for this fall, focus on attitude, health, well-being, beauty, and fashion. With the right attitude, you'll find it easier to improve your health and well-being. When you're feeling good, it will be much easier to do the things that will enhance your appearance -- for instance, you'll have the patience to follow a skin- and hair-care regime until you get the desired results. Finally, when you're feeling on top of the world, you'll wear your clothes better because you'll carry yourself with joy and confidence.

With that in mind, let's take a closer look at each of these ways to look and feel your best.

Attitude

A cheerful disposition can change your life. Your life doesn't have to have reached a state of complete equilibrium before you can be happy. Instead, see things in a positive light. This, in turn, will lift up your mood. It will also improve your relationships and help you make the best of all situations. If you have set some goals, you'll find them easier to achieve if you have the right attitude.

Confidence is important, too. Again, you don't have to wait for everything to go your way before you can feel confident. Instead, choose to feel confident. When you stand tall, you feel confident, and when you believe in yourself, you look beautiful.

Health & Well-Being

Attitude is mental while health and well-being is physical and emotional. Taking care of yourself is not complicated. Here are four fundamental ideas to get started:

1. *Improve diet and exercise.* Eat the right foods. Get enough rest and sleep. Exercise to stretch, tone, and build muscle. Also, exercise to improve cardiovascular health. You should also manage stress and refrain from drugs and alcohol.
2. *Practice good hygiene.* Have daily baths. Use clean sheets in bed. Wear clean, fresh clothes. Brush your hair and teeth. You can even experiment with skin brushing.
3. *Enjoy your life more.* This can mean spending time with friends. It can also mean dancing, gardening, reading, or pursuing your favorite hobby.
4. *Calm your mind.* It's only too easy to get upset over trivial things when you feel overwhelmed. Psychologists call this catastrophizing. It's the old story of blowing things out of proportion, of making mountains out of molehills. There are many ways to recover your emotional balance. Go for walks in nature. Take long baths with mineral salts in candlelight. Get a professional massage. Do yoga, either joining a class or following a DVD. And practice some form of daily meditation or contemplation.

Beauty

When it comes to beauty, spend the most time on hair and skin care.

Hair Care

For hair-care, focus on hair cuts, taking care of your scalp, and styling your hair.

1. *Get regular haircuts.* When people think of cutting their hair, they are generally thinking only about grooming. But there is another reason to cut your hair more often: to remove split ends. All you have to do is cut half an inch every other month to remove split ends. [Serge Normant](#), a hairstylist, says, "The ends of long hair have been styled and colored so many times that they get dry and frizzy quickly."
2. *Take care of your scalp.* The growth, strength and texture of your hair is usually a result of how well you take care of your scalp. Massage a serum to nourish your scalp for healthy, strong hair. The massage will improve circulation. The serum will provide your hair with the nutrients it needs.
3. *Style your hair.* One quick solution to styling your own hair is to use the [IN BLU](#) system. It provides you with all the tools you need. This includes products to tame frizzy hair, a photonic hair dryer and a hot styling comb. You'll be able to choose long lasting looks such as curly and wavy, to bouncy and voluminous, or even sleek and shiny.

Skin Care

For skin care focus on using a moisturizer, an anti-aging cream, and a good cleanser.

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1. Use a moisturizer. In [a WebMD article on skin care](#), dermatologist Charles E. Crutchfield III, MD describes a moisturizer as "a product that will do anything from gently adding moisture, to sealing in the moisture you've achieved, to helping your skin produce more moisture -- and which type you choose should be based on your skin's individual needs."

2. *Use anti-aging cream.* Anti-aging product helps preserve or even build collagen. Collagen is what makes skin look full, moist, and youthful. Wrinkles are a result of insufficient collagen. Research various kinds of anti-aging products to find one that works best for you.

3. *Use a mild cleanser.* Overdoing skin cleansing can even be worse than not doing it at all. If you overdo it, you strip your skin off its protective oils. If you don't do it enough, your skin follicles will clog up. You should wash your skin no more than twice a day. Ordinary soap is often too harsh. Cleansers are special products that help ensure a gentle wash. Again, research and experimentation is necessary to find the one right for your type of skin.

Get Ready for Fall Fashion

Fashion is an individualistic thing. There are many options available. There's East Coast style. There's West Coast. Fashion can also be classified as Classic, Chic Whimsical, Bohemian, and Avant-garde. The way to figure out your best look is to review magazines and websites that discuss "fall clothing trends for 2015." Then spend time shopping and trying things out. Take a good friend with you to get some essential feedback on what looks good on you.