

7 Ways All Guys Can Easily Look Younger

Most high school males would give anything to be able to grow more than a few wispy hairs on their chins, but they'll be longing for those days in a decade or two. Once out of school, [real world stresses](#) can start to take a toll surprisingly fast. It's no wonder products geared toward helping guys look more youthful are flying off shelves faster than ever. [Transparency Market Research](#) reported the global anti-aging market is projected to be worth \$191.7 billion in 2019. While you could resort to cosmetic surgery to get the look, it's not the only option. Follow these seven tips, and you'll be on your way to looking younger in no time.

2. Always wear sunscreen



If you're an outdoor lover, you definitely need to start thinking about how much time you're spending in the sun. [WebMD reported](#) harmful ultraviolet (UV) rays break down skin fibers, which cause it to sag and lose elasticity. In addition to looks, your health is at risk when you expose yourself to the sun. [WSFA 12 News](#) reported findings from the Skin Cancer Foundation, which revealed 40% of melanoma cases occur in men. More shockingly, males make up 60% of deaths associated with this deadly type of skin cancer.

The easy, and inexpensive, solution is to slap on some sunscreen before jetting out the door. Dermatologist Paul Jarrod Frank [told GO](#), "it's the best anti-aging product on the market." You'll want to pick something with a minimum of SPF 15, but more protection is always a good idea. [Men's Journal](#) offered some good choices.