# How to Look Your Best Every Day (for Girls)

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Looking your best every day includes everything from good hygiene to clothing choices and how you take care of yourself. It takes effort to achieve your best appearance, but it's easy to do and maintain once you are in the habit of it. Start by perfecting your personal grooming and then work on incorporating more stylish pieces into your wardrobe. Then, take a look at how you might improve your appearance using healthy habits.

**Method 1**

## Method 1 of 3:
## Improving Your Grooming Habits



**1** **Develop a facial skincare routine** **that works for you.**   A basic skincare routine involves cleansing your face, using a toner, and moisturizing your face twice daily. However, you may need to adjust your skincare routine based on your skin type, such as by washing your face 3 times daily if you have oily skin or only using toner once per day if you have dry or sensitive skin.[1]

- If you're prone to acne, choose skincare products that include anti-acne ingredients, such as benzoyl peroxide and retinol.

- Some people also include exfoliation in their skincare routines, but try not to exfoliate more than twice per week as too much can irritate your skin.

**2** **Brush your teeth at least twice daily.** Use a fluoride toothpaste to brush your teeth for 2 minutes after each meal or at least twice daily. Brush the front, back, and sides of all of your teeth. Then, follow brushing with flossing to get in between your teeth.[2]

- You may also consider using a whitening toothpaste or whitening strips to make your teeth look brighter.

**3** **Shampoo your hair every 2 days.** You don't need to shampoo your hair every day, but washing your hair with shampoo once every other day or every third day is important to control oil and keep your hair looking its best. Use a shampoo that suits your hair type and follow it up with conditioner.[3]

- You can also use dry shampoo on days when you don't wash your hair to help perk it up.

**Tip**: Try to get your hair trimmed once every 6 to 8 weeks as well. This will help to prevent your hair from developing split ends.[4]

**4** **Trim your fingernails once per week to keep them looking neat.** Use nail clippers and a nail file to trim down your nails and shape them with a nail file to neaten the edges. You can also apply clear nail polish to make your nails look shiny, or apply a colorful nail polish, if you like.

- Try giving yourself a manicure once per week for beautiful looking nails.



**5** **Take a shower every day and whenever you're sweaty.** Taking a daily shower will help you to look and feel your best, so work this into your daily routine. Try taking a shower right after you wake up, after exercising, or before going to bed at night as a relaxing way to end your day. Use a mild soap or body wash to cleanse your skin, especially under your arms and your groin area. Then, rinse thoroughly and dry yourself off with a clean, dry towel.[5]

- Try applying moisturizer right after your shower. This will help to lock the moisture into your skin to keep it feeling soft.

**1** **Choose items that fit you well and make you feel good.** Avoid wearing clothing that doesn't fit you properly, such as clothes that are too tight or too loose. Only wear items that fit you well and make you feel good. Look for clothing that flatters your body and wear more of those kinds of items.[6]

- For example, if you find that your body looks best when you wear high-waisted jeans and crop tops, wear more outfits that include these items.

- Consider getting rid of any items in your closet that don't fit, are damaged, or that you don't like.

**Tip**: Choosing colors that flatter your skin tone is another great way to enhance your looks. For example, if you're fair-skinned with red hair, you might look best in shades of green and purple. If you've got dark skin with black hair, you might look best in bolder colors, such as red, yellow, and orange. Try different colors to see what works best for you.

**2** **Opt for shoes that are comfortable and stylish.** Don't force yourself to wear high-heels or other shoe types that make you feel uncomfortable. Go with what you feel most comfortable wearing and what compliments your clothing.[7]

- Try wearing plain black or camel-colored ballet flats for a comfortable, dressy shoe option.

- Pair white sneakers with blue jeans and a T-shirt for an everyday, casual look.
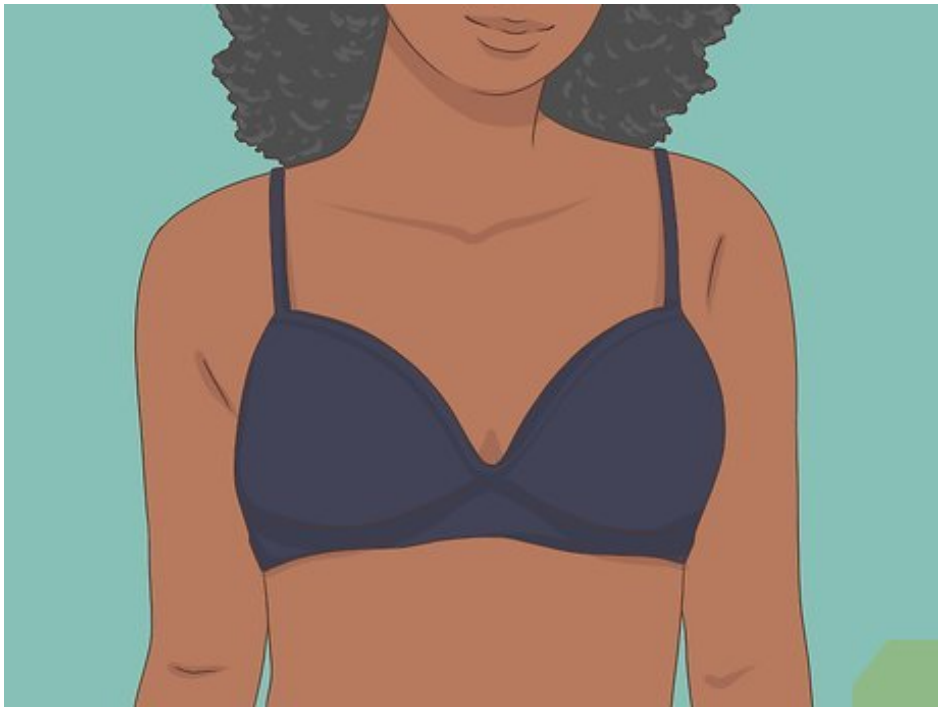
**3** **Wear a bra that fits you properly.** If you don't have a bra, ask a trusted family member to take you shopping for one, such as your mom, an aunt, or an older sibling. Try on a few different styles and sizes to find what fits you best. A well-fitted bra should be snug around your chest, but not so tight that it feels uncomfortable.[8]

- Bras come in a wide range of styles, such as push-up, padded, sports, and triangle.

- If you go bra shopping in a lingerie store, a store associate can take your measurements to help you find your bra size.

**4** **Purchase a few high-quality staple items if needed.** If you often find that your wardrobe is lacking in basic pieces, such as jeans, a coat, or a dress shirt, you may want to consider investing in a few quality pieces. Watch for sales and check thrift stores if you are on a limited budget. Choose items that fit you well and that you can wear over and over again.[9]

- For example, a high-quality pair of jeans or winter coat is something that you can use for years.

- Keep up with the latest magazines and newspapers to see what's trending in the fashion world. Also, pay attention to fashion shows and see what's coming out on the runways.[10]

**Tip**: Avoid purchasing trendy items since these are likely to spend more time hanging in your closet than on your body.

**Method 3 of 3:
Enhancing Your Looks with Healthy Habits**



**1** **Exercise for 30 minutes every day to boost your health and self-esteem.** Regular cardiovascular exercise is good for your health in general, but it can also help you to feel more confident in yourself. Since many people find confidence attractive, this may help you to look your best. Choose a form of exercise that you enjoy and try to fit in 30 minutes on 5 days of the week.[11]

- For example, if you enjoy running, go for a run after school each day or get involved with your school's cross country team.

- If you like dancing, dance around in your bedroom to music while you get ready for school or take a dance aerobics class a few times per week.

**2** **Eat healthy foods to nourish your body.** Eating healthy foods will help to promote good health in general and this may improve your appearance. Focus on eating a wide variety of fruits, vegetables, whole grains, and lean proteins. Eat healthy fats in moderation, and avoid unhealthy foods as much as possible, such as fast food, cookies, chips, and candy. [12]

- Making simple swaps is a great way to improve your diet. Instead of eating a piece of fried chicken, have grilled chicken. Or, instead of eating potato chips, have fresh apple slices.

- Aim to fill your plate half full of vegetables or fruit at every meal for another easy way to eat healthier.
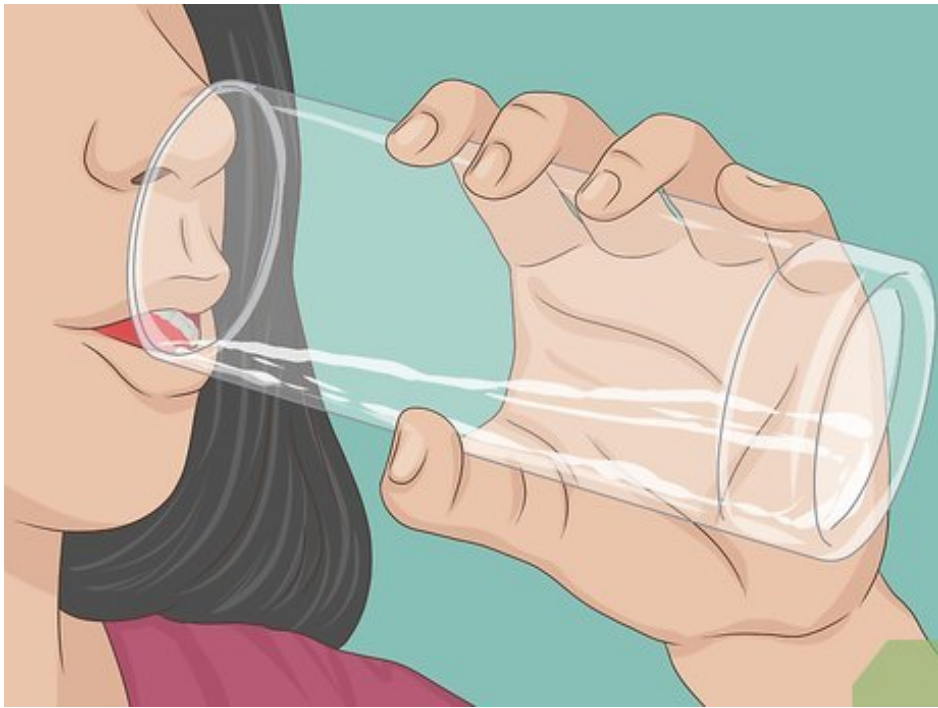
**3** **Drink water every day to keep yourself well hydrated.** While there's no exact amount of water that you need to drink every day, drinking water as your main beverage will help you stay hydrated. Avoid drinking sugary beverages, such as soda, juice, and sports drinks. Instead, keep a water bottle with you at all times and take sips throughout the day whenever you are thirsty.[13]

**Tip**: If you are not a fan of plain water, try adding a twist of lime, a few fresh berries, or a cucumber slice to flavor it without adding sugar or calories. You can also drink your water cold, at room temperature, or warmed up if you prefer.
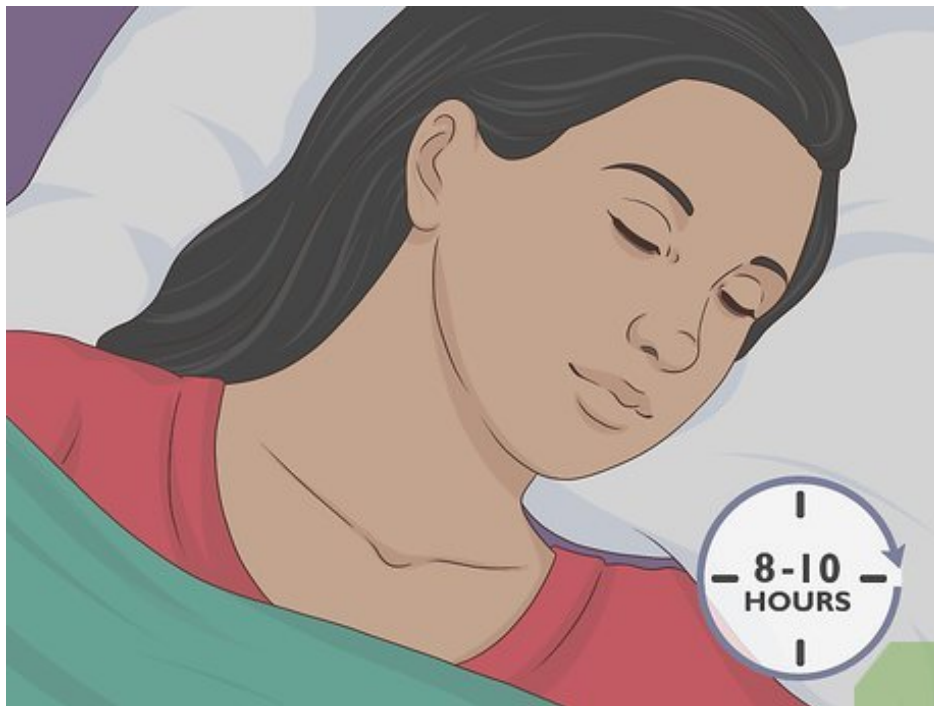
**4** **Sleep for 8 to 10 hours every night.** Being well-rested will help to improve your appearance, so make this a priority. Go to bed and wake up at the same time every day to ensure that you get enough sleep. Some other things that may help you to get more sleep include:[14]

- Keeping your room cool, dark, clean, and quiet.

- Avoiding caffeine in the afternoon and evening.

- Developing a bedtime routine for yourself, such as by taking a bath, putting on pajamas, and reading a chapter of a book each night before you go to sleep.

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**?** **Community Q&A**

**Question**

**What if I'm not allowed to wear makeup? What could I use for my skin to make it nice?**

**Community Answer**

Apply moisturizer after you wash your face to keep your skin soft. Then, use an eyelash curler to make your eyes stand out more. You could also apply a clear or lightly tinted lip balm to add a hint of color to your lips.

Helpful  60   Not Helpful  6

**Question**

**I hate my body. How do I feel more confident?**

**Community Answer**

Try focusing on physical features that you do like, whether that's your hair, your eyes, or your ankles. Look in the mirror and give yourself a compliment every day. Over time this may help to improve your self-confidence.

Helpful  41   Not Helpful  5

**Question**

**Do I have to exfoliate my skin?**

Community Answer

No, you don't have to. It can be helpful for some skin types, but if your skin is sensitive or dry, you may want to avoid it.

Helpful 28    Not Helpful 9

**Question**

**What is the best way to make a good impression on the 1st day of work/school?**

Community Answer

Wear something you like, take care of your personal hygiene, such as by showering, styling your hair, and brushing your teeth, and be confident! Smile and be yourself!

Helpful 31    Not Helpful 7

**Question**

**If you have a crush, how can you impress them with your looks?**

Community Answer

Just be yourself! Embrace your personal style and if they like you, they'll notice. Avoid trying to be something you're not because people often find this off-putting.

Helpful 34    Not Helpful 7

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# About This Article

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This article was co-authored by Shelley Golden. Shelley Golden is the founder of Shelley Golden Style based in the San Francisco Bay Area. With over 20 years of fashion and visual arts experience, Shelley has worked for The International Academy of Merchandise and Design in Chicago, the Wellesley Historical Society, and at Bloom formerly: Image For Success. Shelley is a certified Color Consultant from The Image and Color Institute International and a Color Specialist Member of Color Designers International (CDI). Shelley holds a BS in Textile and Business from Arizona State University and was rated a Top Pro of 2018 by Thumbtack. This article has been viewed 446,783 times.

★★★★★
2 votes - 100%

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