

How to Look Attractive and Natural (Girls)

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Last Updated: April 17, 2021

There is no doubt that dramatic eye makeup and bright red lipstick can be fun for a night on the town or a fancy event. However, some days call for a more toned down, simple appearance. When you're going for the natural, attractive, "girl next door" look, there's nothing better than clear skin, healthy hair, and big, bright eyes. Throw on a sparkling smile, and you just might choose to rock the au naturel look more often!

Method
1

Method 1 of 5: Getting Clear, Glowing Skin



1 Wash your face daily. Some people prefer washing once in the morning when they wake up, and once more before they go to bed. Wet your face with lukewarm water and apply your face wash with your fingertips. There are hundreds of face washes to choose from, targeting different skin issues like oil, acne, dryness, and more. Experiment to find a face wash that works best for your skin. Rinse your face with warm water and gently pat dry with a towel.^[1]

- If you have sensitive skin prone to drying, you might want to limit your face washing to once a day.
- If you struggle with dry skin, apply a facial moisturizer after washing.



2 **Brighten and even out your skin tone with foundation or a tinted moisturizer.** The goal, of course, is to make your skin look flawless while still looking very natural.^[2] Use only a tiny bit of product in areas prone to discoloration or blotchiness— typically around your mouth and nose. Put a bit on your fingertip, dot it in the desired area, and gently massage it into skin in a circular motion.^[3]

- The secret to applying makeup for a natural “no makeup” appearance is to use a very light, gentle hand and to blend thoroughly.



3 Give your cheeks a glow with some blush or bronzer. When you choose a product, the key is to consider your natural skin tone. For example, people with darker complexions may be able to use bronzer to brighten their cheeks, while very fair people may want to opt for a lighter pink or peach blush. Work with the natural undertones of your skin. Think of the color your cheeks turn when you're embarrassed and embrace it! Very lightly pat the product onto your cheeks and blend thoroughly.

- If your skin is very rosy naturally, you may opt to skip this step. Instead, remove redness from the *other* parts of your face, using foundation or concealer, leaving the cheeks bare.



4 Get enough sleep. You can always tell when someone has pulled an all-nighter, because they literally wear their fatigue on their face. When you aren't getting enough sleep, the pH of your skin can go berserk. This, in turn, affects moisture levels, which can cause acne, redness, and dryness. Lack of sleep can also cause blood vessels to dilate, which is the culprit behind the dark circles you get under your eyes.^[4] Adults age 18 to 64 require 7 to 9 hours of sleep nightly, while teenagers 14 to 17 years old require 8 to 10 hours.^[5]



5 Use hydrating face masks weekly. With healthy, glowing skin, you might as well throw your makeup out! There is nothing as naturally attractive as a great complexion. A great face mask will hydrate dry skin, remove excess oil, and brighten your skin. You can find face masks that target all different skin concerns at your local pharmacy, or you can even make one at home. Apply it once or twice a week, and your skin will thank you.^[6]

- Ingredients like coconut oil, honey, oatmeal, banana, egg whites, and avocado can all benefit your skin. Look online to find endless recipes for DIY face masks.^[7]

Method 2 of 5: Achieving Big, Beautiful Eyes



1 Apply cold compresses to the eyes to reduce bags and dark circles. These are not a good look. Grab a clean washcloth and run it under cold water. Press it to the delicate skin under your eye and hold it there. Do this for a couple of minutes, applying light pressure, to reduce the bags.^[8]

- If you are regularly waking up with bags under your eyes, make sure you are getting enough sleep.^[9]



2 Use a lightening concealer to cover dark circles around the eyes. Look for a product that is light-reflective to really brighten up your skin. Just like with your foundation, the key is to use a small amount and to lightly blend it out with your fingertip or a small brush. Apply the concealer along the bottom of your eye, focusing on the inner and outer corners.^[10]

- After you've applied your under eye concealer, try lining your bottom waterline with white eyeliner to make your eyes appear even bigger and brighter.^[11]



3 Curl your eyelashes and apply mascara to open up the eyes fully. Carefully use the eyelash curler first. Position your eyelashes between the clamps of the curler, holding your curler as close to your lash line (and your eyelid) as possible without accidentally pinching any skin. Press and hold down for 10 seconds to achieve a beautiful curl. After your eyelashes are curled, it's time for mascara. Choose a color that doesn't overpower your face. If you have dark hair, a black mascara will probably work best. Blondes and lighter brunettes should stick with a brown mascara. Keep your lashes from looking clumpy by making sure the product is evenly distributed along the mascara wand.

- Start at the base of your lashes and work the wand to the ends, gently wiggling it as you go. This will also help to avoid clumping, and keep your eyelashes from looking weighed down with product.
- For the natural look you desire, one coat of mascara should do the trick.
- If you have thick lashes, you can skip this step all together.

Method 3 of 5: Enhancing Your Smile



1 Whiten your smile. Nothing is more attractive than a big, pearly white smile. There are **various techniques** you can use to do this, so you can experiment to find one that works best for you. You can find whitening toothpastes, whitening gels, whitening trays, and whitening pens all at your local drugstore. These options require multiple uses to see effects. You can also have your teeth bleached professionally at the dentist's office for more immediate results.



2 Moisturize your lips. People are often quick to wash, exfoliate, and moisturize their face, but completely neglect their lips! Exfoliate your lips to remove dead skin cells, using a lip exfoliator from a store or a paste of sugar and honey.^[12] You can use your fingertips or a clean toothbrush. After you've successfully removed dead skin from your lips, apply a lip balm to moisturize them. Plain old Vaseline works wonders as well.^[13]



3 Enhance your lip color with a tinted lip balm or a natural shade of lipstick. Tinted lip balm will give you just a little bit of color, while also keeping your pout moisturized. If you opt for a lipstick, make sure to choose a shade that is extremely close to your natural color. A trick to finding your natural shade is to find a lipstick the same color as the inside of your fingertip. Apply lipstick lightly, blending it in with your fingertips. Make sure to keep your lipstick or lip balm with you throughout the day for reapplication.^[14]

Method
4

Method 4 of 5: Styling Soft, Healthy Hair



1 Keep your hair healthy by limiting your washes. Don't shampoo more than 2 or 3 times a week. Shampoo can strip your hair of its natural and essential oils, leaving it looking frazzled, dry, and lifeless. Instead of washing it daily, use a dry shampoo to keep it looking clean without the damage that shampoo can cause. This will also reduce your need for blow drying, another practice that can dry out and damage your tresses.^[15]



2 Enhance natural waves with a curling iron, or smooth naturally straight hair with a flat iron. Again, the trick is to enhance what you've been given by nature. If you have loose waves, use a curling iron or wand to just go over the waves and give them a little extra bounce. If you hair hangs straight, give it some added sleekness by running a flat iron through it. Not only do hot tools help to close the hair cuticle and reduce frizz, but it will make your style last longer throughout the day. Just make sure to spray a heat protecting product on your hair before using these tools.^[16]



3 Add volume and shine with hair products. If you go to your local drugstore, you will find dozens upon dozens of products to choose from. If your hair seems flat and lifeless, try spritzing it with a volumizing or texturizing spray. If your hair is prone to frizz, smooth it out with a serum or shine spray. Whatever you are looking for, you'll be able to find. These products will keep your mane looking healthy and gorgeous, without looking like you spent all morning coating it with products.^[17]



4 Leave your hair completely natural. Hot tools and hair products can make your hair look great, but leaving your hair unstyled can help it grow healthy, thick, and strong. Don't forget to get routine trims to reduce split ends and keep it looking fresh and healthy. If you really want to embrace the natural look, rock it! Your hair will benefit from reduced heat damage and will never be weighed down with product. It will look effortless and, even better, it actually *is* effortless.

Method 5 of 5: Embracing your Natural, Effortless Beauty



1 Know you're beautiful. No matter how corny or clichéd this tip is, it's the single most important way to look attractive and natural. If you feel beautiful, you will look beautiful to those around you. Nothing draws people in more than a woman who knows her worth and struts her stuff with confidence.

- Make a list of the qualities you love about yourself, both internal and external. When you are feeling insecure, read it.
- Sometimes it's hard to avoid feeling insecure, but try not to let it show. Even if you don't feel 100% confident all the time, fake it 'til you make it. Soon, confidence will be second nature.



2 Exercise and eat right. Endorphins from exercise will give you a natural high, and this joy is extremely attractive. The proper diet not only benefits your hair, skin, and body, but it also simply makes you feel better.^[18] Your overall health is reflected to the world, and healthy habits can make you appear youthful and attractive. When you treat yourself right with a great diet and exercise routine, you help yourself feel comfortable and sexy in your own skin. What is more attractive than that?^[19]

- Aim for getting *at least* thirty minutes of exercise a day.^[20] Get up and get your blood pumping in whatever way you enjoy. Whether you like running, dancing, riding bikes, playing soccer, or kickboxing, just make sure you're making exercise a part of your regular routine.
- For your diet, focus on eating fruits, vegetables, and whole grains, as well as beans, eggs, nuts, and meat. The most important thing is to control portion sizes. Healthy eating plans typically contain between 1,500 to 1,800 calories daily, though weight loss is achieved by reducing daily intake.^[21]



3 Develop your own personal style. If you like bright colors, don't be afraid to wear them. If you can't get enough vintage clothing, embrace it. Don't get caught up in following trends, but instead wear clothing that makes you feel your best. The right outfit can make a girl feel like she can conquer the world, and that confidence is intoxicating.^[22] By dressing exactly how you want, it truly becomes effortless and natural.

- Play around with different ways to **dress for your body type**. Try to find something that not only flatters your particular body, but makes you feel great. Wear pieces that show off the body parts you're most proud of, and don't feel the need to go along with every passing trend.



Expert Q&A

Question

Is natural beauty more attractive?



Melissa Jannes

Licensed Esthetician & Brazilian Wax Educator
Expert Answer

It's really all about what makes you feel comfortable and beautiful. Don't focus on making other people attracted to you; you need to like the way you look.

Helpful 4 Not Helpful 0

Question

How can I look more natural?



Melissa Jannes

Licensed Esthetician & Brazilian Wax Educator
Expert Answer

The obvious solution is to just wear less makeup and not to fiddle too much with your overall appearance. The fewer adjustments you make to the way you look, the more natural you'll appear.

Helpful 2 Not Helpful 0

Question

What's a good natural ingredient for brightening skin?



Melissa Jannes

Licensed Esthetician & Brazilian Wax Educator
Expert Answer

Diluted apple cider vinegar is a great option. The acidity in it will help brighten your skin a bit. Just don't overdo it and make sure you mix it with plenty of water so you don't harm your skin and spot-test it first.

Helpful 0 Not Helpful 0

Question

How can I look cute naturally?



Kelly Chu

Professional Makeup
Artist
Expert Answer

Find a foundation or concealer that matches your skin tone and only use it lightly to even out your complexion.

Helpful 2 Not Helpful 0

Question

How can I look beautiful without makeup?



Community Answer

Keep your skin healthy and moisturized, and make sure you are getting enough sleep. A glowing complexion and big, alert eyes are the keys to looking beautiful!

Helpful 51 Not Helpful 7

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This article was co-authored by **Kelly Chu**. Kelly is the lead makeup artist and educator of the Soyi Makeup and Hair team that is based in the San Francisco Bay Area. Soyi Makeup and Hair specializes in wedding and event makeup and hair. Over the past 5 years, the team has created bridal looks for over 800 brides in America, Asia, and Europe. This article has been viewed 160,544 times.

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Co-authors: **23**
 Updated: **April 17, 2021**
 Views: **160,544**

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