

Using Self-Isolation To Change Your Look

Description

One positive thing we can say about the COVID-19 pandemic is that it's forcing a lot of stressed-out people to slow down and re-think their priorities. If you've been postponing essentials activities and projects before COVID, you've got no excuse to delay things any further. For busy dads, life before self-isolation could have been too hectic to take the time for self-care. Ultimately, if you're working full-time or juggling tight deadlines, you might find yourself neglecting your appearance as a result of stress pressure. That's where life under lockdown can give you the opportunity to shift your focus and transform your self-care routine once and for all. Are you ready to come out of self-isolation as a different man?

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Straighten that crooked smile

Most people tend to postpone major aesthetic improvements indefinitely.

I donâ€™t have time for that.

People will notice.

Itâ€™s a long process.

However, you can use your time at home to finally focus on issues that have been affecting your self-esteem. A crooked smile, for instance, is one of the most complaint tooth complaints in America. Straightening your teeth is an involved process. Many adults are reluctant to wear braces to achieve the [perfect smile](#) of their dreams. However, not all braces are created equal. Fastbraces, for instance, can allow you to transform your teeth in under 120 days. You could come out of self-isolation with a brand new smile!

Start a skincare routine

Stress, lack of time, and hectic routines make it tricky to manage your skincare regime. However, looking after your skin is not just for women. On the contrary, [menâ€™s skin](#) requires just as much attention to tackle common issues and slow down signs of aging. You can make the most of your time at home to look after your skin and invest in the right products. A cleanser can help to reduce oily build-ups â€œ which are prone to happen when you stay indoors. Additionally, investing in an exfoliant and a face mask can help improve your complexion.

No gym? No problem

Can you lose weight under lockdown? The answer is yes. More importantly, you can look after your body and build muscle. You can find plenty of [home workouts](#) to help you stay toned and active when the gym is shut. Ideally, you should exercise at least 4 to 5 times a day to strengthen not only your muscles but also your immune system. If youâ€™ve been struggling with an unwanted bulge around your midriff â€œ unfortunately, a common issue for desk jobs â€œ, seize the opportunity to melt it down!

Try out new styles

When was your last barberâ€™s appointment? Chances are that the time for a haircut has come. But, with barbersâ€™ shops being shut, you need to be creative. Why not experiment with your look while you can. Let your hair grow. Grow a beard. Try out new shaving styles. You might find it fun to discover new looks that work on you. Besides, daily shavers can also give their skin a rest.

A self-care routine is going to see you through the pandemic self-isolation. For a lot of people, improving your appearance can be detrimental to your mental focus. Not only does it give you something to be excited about, but it also gives new meaning to your life under lockdown. So what are you doing today to change your look?

Date Created

2020/04/29