

## How does our vanity fare? Faces are fab

Men and women agree when it comes to naming their favorite and least favorite body parts:

**Faces win and abs lose,** according to a recent survey conducted by American Laser Centers.

Nearly a quarter of the men (24 percent) and women (23 percent) indicated their faces were the favorite part of their bodies. Fourteen percent of men preferred their arms and 15 percent of women preferred their breasts. About 22 percent of both sexes said they didn't have a favorite body part.

As for trouble spots, both men (32 percent) and women (22 percent) cited their abs/stomach as the least favorite body part. But while most women chose their face as the favorite body part, another 17 percent indicated it was the least favorite body part. (Also notable: 26 percent of men said they did not have a least favorite body part, compared with only 16 percent of women.)

Of the approximately 575 survey respondents, 50 percent said they'd choose to look like they were in their 20s if they could.

Women (surprise!) appear to be more age-conscious than men: 64 percent said they would like to look younger than their actual age, compared with 51 percent of men who wanted to look younger.

The majority of people surveyed think they actually do look younger than their age (55 percent). Only 9 percent said they think they look older and 36 percent said they think they look their age.

The survey showed we start to want to look younger after age 25. Seventy percent of respondents in the 18-24 range would like to look "about their age" and 18 percent said they would like to look younger. The trend shifts when you enter the 25-29 age range, with 51 percent saying they would like to look younger and 47 percent saying they would like to look "about their age." This gap widened as the age of the respondent increased.

More women (58 percent) than men (48 percent) think they look younger than their age.

In the Baby Boomer age bracket (respondents age 45-63), almost half think they look like they are in their 40s, and 62 percent think they look younger than their age.

### How Baby Boomers see themselves:

**24%** of 45- to 50-year-olds think they look like they are in their late 30s.

**38%** of 51- to 54-year-olds think they look like they are in their mid-40s.

**30%** of 55- to 60-year-olds think they look like they are in their mid-40s.

**33%** of 61- to 63-year-olds think they look like they are in their early 50s.

**67%** of those older than 64 think they look in their late 50s.

### One last shocker:

**83%** of Baby Boomers want to look younger than they are;

**only 16%** want to look their age.

*Survey information provided by American Laser Centers, a provider of non-invasive aesthetic services. Complete results can be downloaded at [www.americanlaser.com/survey/survey.pdf](http://www.americanlaser.com/survey/survey.pdf).*