



## No One Can Believe the Age of This Woman

Elise Solé | June 28, 2017

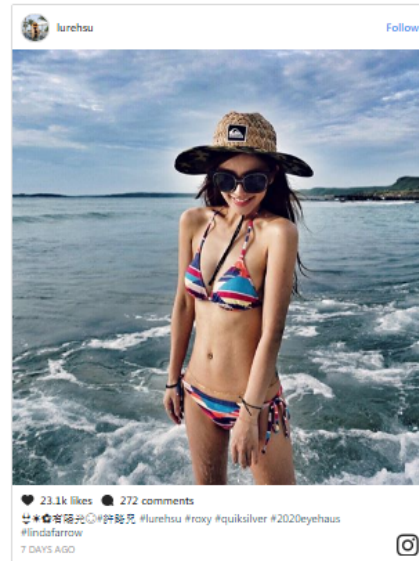


A photo of a 63-year-old grandmother is going viral for her youthful appearance. On Sunday, a man named Chavo Lotti tweeted a photo of the woman, writing, “My grandma turned 63 yesterday,” and the Internet went nuts over the woman’s wrinkle-free visage and dewy glow, not to mention her oversized topknot and colorful overalls. The post has been retweeted more than 24,000 times and has nearly 98,000 likes.



Yahoo Beauty could not reach Lotti or the grandmother for comment (we have so many questions!); however she’s one of several women making headlines for defying the hands of time.

Taiwanese fashion blogger Lure Hsu could easily pass for a teenager, but she’s — wait for it — 41 years old (she’ll turn 42 in August). And she’s amassed thousands of social media followers devoted to her bikini shots and stylish selfies.



In a recent interview with *Friday* magazine, Hsu shared her youthful secrets, which are surprisingly simple: Drink lots of water, eat vegetables, and avoid sugar.

However, the social media star clearly has a genetic edge — just check out her sisters.



The siblings are identified by the *Daily Mail* in this photo (from left to right) as Lure, 41, Fayfaye, 40, and Sharon, 36. It’s no surprise that the Taiwanese media has dubbed the Hsus, “the family of frozen ages.”

So how *do* these women look so much younger than their years? According to [Ava Shamban](#), a Beverly Hills-based dermatologist and founder of SkinxFive, it’s a mix of genetics and daily

habits. “Women of color have higher amounts of melanin, which offers better sun protection,” she tells Yahoo Beauty. “However, no matter your ethnicity, if your family members look decades younger, so will you.”

Here are three more ways to ensure your skin stays smooth.

**Eat clean.** Sugar is bad for the skin, says Shamban, because it attaches to collagen (a protein found in muscles, skin, and bones) and alters its structure. The result: thin skin that can be more prone to wrinkles.

**Get enough sleep:** “During the day, cells work overtime to protect skin against the elements,” says Shamban. “At night, the body repairs itself — that’s when cells get rid of free radicals, turn over, and shed.” Shorten your sleep sessions and you disrupt that beauty ritual.

**Once more, wear sunscreen every day:** It doesn’t make a ton of difference if you opt for SPF 15 or 30. According to the Skin Cancer Foundation, SPF 15 sunscreen protects against 93 percent of UVB rays and SPF 30 blocks almost 97 percent. Just wear it daily, slather it over any exposed skin, and reapply every two hours (or more often if you’re sweating or swimming).

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