

# HOW TO ALWAYS LOOK ATTRACTIVE

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Arti Arora



## Arti Arora

(Author)

- She is a certified Image Coach and soft skills trainer from ICBI.
- She helps people work on their psychological, social and physical appearance.
- Helps people in identifying what works and what doesn't and WHY? in visual communication.
- She teaches you how your clothes communicate and send messages.
- Certified Fashion Designer from IITC and has an eye for fashion and trends.
- Stylist who can teach you nuances of coordination of accessories and clothes.

- She teaches how to wear colours, what silhouette will go with your Body Type, your Personality type, Face Type.
- Helps improve your Body Language and Communication skills which further helps you in achieving your desired Goals.
- An Actor and Model by passion, she has done few assignments and worked with brand names like Imtiaz Ali and Shanker Raman. Worked in a Web series EK EXTRA MILE
- Title holder Mrs SupraNational 2016, Mrs IndiaWorldwide
- A Personal Shopper who guides people with their marriage and routine shopping.
- Helps in evaluating your wardrobe.
- A Fitness Enthusiast from past 12 years, accumulated vast knowledge in this field also.

- Helped so many people from diversified fields to grow in their professional and personal lives by working on their appearance and help them achieve their Goals.

YOU ARE ADDRESSED THE  
WAY YOU ARE DRESSED

- Anonymous

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## HOW TO ALWAYS LOOK ATTRACTIVE

1. First thing first, your face gets noticed at first, keep your face neat and tidy with your regular packs, whatever process you follow, especially your eyebrows. Make a certain routine and follow.



**2.** Your Hair plays a very important role in your appearance, make sure you keep your hair neatly tied up, if you want to keep them open, be sure they are not frizzy, as that gives a very unkempt look. You can use hair serums for that



**3.** Good Body Language plays a very important role to make you look attractive. An Erect posture with a stride in walk makes you look appealing and exudes confidence which always attract people.



**4.** A very important feature which people generally neglect- Hands and Feet-As we take care of our rest of the body ,we need to take care of our hands and feet as these two things are noted when someone is talking to you or looking at you from a distance.Keep them neat and tidy.





5. Less is more-follow this in terms of Make up-apply minimum make up to look natural and attractive .Loads of make up makes you look plastic and unnatural.



6. Any form of exercise , walking , yoga gym or any other – make it your lifestyle,if you want to look attractive and even young .This is the best tool.



7. Most importantly a good Diet which helps you from within. Having a healthy diet of vegetables fruits proteins helps you not only to be healthy from within , however it reflects outside and make you look good



## Q&A

1. How many of these steps you follow?

2. What is the importance of looking good/  
attractive in your life?

3. Do you think above points really help in elevating your basic look?

4. Write the above mentioned points in order of your preference.

5. Anything else besides this you follow.  
Please mention.





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