

9 Ways You Can Instantly Be More Attractive



By Jordan Gray | [Jordan Gray Consulting](#)

With a title like 9 Ways Anyone Can Instantly Be More Attractive, you would think that I would pull a switcheroo and exclusively talk about the importance of [feeling your feelings](#), [self-love](#), [character development](#), and being in [integrity](#) and generally [feeling alive](#) in your life. You know... things that make you shine from the inside out.

And guess what... your love for yourself, your life, the people around you, and the entire world are **exactly** the things that count most in terms of your overall beauty and attractiveness. But there's another aspect to take into account: feeling sexy, beautiful, nourished, and at home in your body.

So today, I'm going full-on superficial mode and talking about some real surface level stuff for a change of pace.

Let's get into it!

9 Ways Anyone Can Instantly Be More Attractive

1. Make better eye contact

Confidence is sexy. One of the fastest ways to display more confidence? Make better eye contact.

Strong, solid eye contact is something that tends to bring up social tension. You know who can handle a good degree of social tension? Attractive people who aren't afraid of human connection.

If you usually have fairly flighty eyes and find it hard to settle into yourself when making direct eye contact with someone, then this will be a vital growth edge for you.

You can get away with less eye contact while you're speaking, but while you're listening to someone you'll really want to give them your full attention (and more eye contact than you might be used to).

In terms of the quality of your eye contact, the emotional tone matters.

Think direct, but not intimidating. Clear and open, but not intense. Relaxed... no furrowed brows or subtle jaw tension.

If you really want to supercharge your abilities, get a willing friend, set a timer and make eye contact for five minutes. This will rapidly help you to get over the discomfort you might experience while looking people in the eyes. And speaking of eyes...

2. Use a daily, high quality under eye serum

They say that the eyes are the window to the soul. If your 'windows' are puffy and wrinkly, then there's something you can do to improve that.

I use a daily eye serum called [Eye Rescue Formula](#) that I swear by. You can use it in the morning, or in the evening, or both. With quality ingredients like coenzyme Q10, kojic acid, green tea and vitamin E, you'll see a difference within a matter of days. If you're looking for another option, I've heard great things about this [under-eye product](#) as well.

3. Say 'Hello' like you are singing happy birthday

I first heard this concept in one of my all-time favourite fiction books ([Wild Nights by David Deida](#)).

Regardless of whether you are greeting someone you know or don't know, greet them with the warmth of how you would wish someone a happy birthday. In other words, with presence, love, attentiveness, excitement, and care.

Every one has the inherent desire to feel seen, recognized, and valued. This tip is a short-cut to that end result.

Show people love throughout all of your interactions with them, but especially when greeting them. Set the tone right off the bat and it'll be that much easier to carry it out throughout the conversation because you'll have already set the context.

[Related Article: Compliments Are Powerful: Watch People React to Being Told They Are Beautiful \(Video\)](#)

And no, you don't have to literally 'sing' hello to them. It's

merely the subtextual love and care that I'm speaking to.

4. Lip exfoliation

To be honest, I didn't even consider this to be a thing until about a year ago. Maybe it was in women's magazines all along... but this tip came out of left field for me when I first heard about it.

Once or twice per week, gently rub an [exfoliating pad](#) or [exfoliating glove](#) along your lips (while in the shower is usually easiest).

Doing this will get rid of all of the residual dead skin-gunk that can accumulate over time (especially in the colder months), and make your lips that much more kissable and fresh looking.

Here's a mid-post reminder to remember that YOU ARE LOVEABLE, beautiful, and whole as a person without doing any of the things in this list. You are awesome. And you are inherently deserving of love and kindness. All of these tips are for people looking to pour more love into themselves and present themselves as shinier, healthier people to the world... for their own sake. Again, this all comes down to self-love... which is what makes people truly shine from the inside out.

With that little disclaimer out of the way, here's something I've been really digging over the last two months...

5. Red light therapy for healing skin blemishes and scarring, and wrinkle reduction

Have you ever heard of red light therapy? Until two months ago, I hadn't.

There have been hundreds of studies done on red light therapy,

and near-infrared light therapy.

The gist of the findings is that using red light therapy and NIR light drastically aid in skin rejuvenation, wound healing, scar tissue healing, acne scar healing, fine line and wrinkle reduction, and a whole host of other benefits.

Again, proven science. I could link to a TON of clinical research. Here are a few pieces if you're interested – [research](#), [research](#), [research](#), [more research](#), [huzzah!](#)

Literally within THREE DAYS of 10 minutes of daily red light therapy use I thought to myself “Damn! I should have taken before photos on day one because the results are already so obvious.”

[Related Article: What Light Therapy Is & How It Can Make You Healthier & Happier](#)

Because I value time efficiency and I wanted the highest quality option on the market, I went with [the Joovv model](#) that combines both LED red light and near-infrared technology simultaneously. It has become a staple in my daily routine (5-10 minutes in the morning and 5-10 minutes at night) and I now swear by it.

If you want to boost the collagen production in your skin, reduce fine lines and wrinkles, and make the mitochondria in your body that much happier, I can't recommend [this product](#) highly enough. I don't even care if I sound like a Kool-Aid slamming cult leader... [this thing has worked magic for me](#) since I picked it up. I feel like I have more clean-burning energy to run on, 24/7, and my skin is happier and healthier ever since I started using it.

(Bonus: if you're interested in picking up a device, [use discount code 'JORDAN' to get \\$25 off at checkout!](#))

6. Sleep well, drink more water, and reduce sugar intake

Some of the best things you can do to be and appear more healthy, energetic, and fresh faced are prioritizing quality sleep, drinking more water, and reducing your sugar intake.

If you're always tired, are chronically dehydrated, and eat a diet high in processed foods, it will show on your face within a matter of days. Your cortisol (stress hormone) will be through the roof, your sex drive will plummet, and your body will be upset with you.

For more info on sleeping better, [click here](#). Reducing your sugar intake and eating healthier, [click here](#). And you already know how to drink more water. Just buy a beautiful, [aluminum water bottle](#) that you like and fill it up a few times per day. Or drink lemon water... that stuff is delicious.

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