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ENTERTAINMENT

Why Jennifer Lopez, 50, Is Looking Like 32

Jennifer Lopez still remains the iconic beauty that she was when she first debuted on the silver [screen](#) more than two decades ago. The “Hustlers” actress turned 50 in July this year, but she still doesn’t look a day past 30.

Undeniably, the award-winning singer might have very good genes to hold her ever young good looks. But another factor that [supplements](#) her [immortal youth](#) would be the time and effort that she pours into skincare, exercise plans and a dietary regimen. According to Harley Street cosmetic surgeon [Dr. Julian de Silva](#), the world-renowned dancer may look a bit different if she were not famous.

The cosmetic surgeon ran several celebrities’ faces through his Face Future software, digitally adding in some of the more common signs of aging that one would have at his current age. After using the program on a photo of J.Lo from her 30s and comparing it to a recent photo, the surgeon was surprised at the result.

“Jennifer’s face is remarkable — she shows almost no signs of ageing over the past 20 years,” mentioned Dr. de Silva. “The only change is a slightly broader, squarer jawline, but it’s almost imperceptible. Our face mapping software puts her at 32 — nearly 20 years younger than her actual [age](#),” he said of the singer’s recent photo.

He remarked at the singer’s youthful face and how full and well cared for it is. “Jennifer drinks no alcohol or coffee, has never smoked, protects her skin from the sun, sees a personal trainer every day, and gets at least seven

hours of sleep,” he said. “Her healthy lifestyle will certainly have helped, but it wouldn’t have stopped gravity,” he added.

Lopez’s digitally altered photo, however, showed a more wrinkly and loose face. Comparing the altered photo to her recent one, it is quite obvious how well the singer’s regimen and facial treatments have worked for her.

“She’s refuted having surgery, but she may have used non-invasive options like Ultherapy which uses ultrasound to lift and tighten the face,” he explained. “It’s also possible she’s used subtle fillers to restore volume.”

The “Ain’t It Funny” hitmaker attributes her youthful looks to the power of [positive thinking](#), a regular exercise regimen and a proper diet. These may be some common lifestyle choices to change and improve, but Lopez’s youthful looks are a testament to living healthy.



