

## Smoking and your looks

- Smoking can change the way you look.
- It can:
  - stain your fingers a yellow-brown colour
  - make your hair and clothes smell of cigarettes
  - make your hair lose its natural shine (look dull)
  - make your skin become wrinkly, even if you are still young
  - make your lips get wrinkles around them from sucking on the cigarette
  - make you look older than you are
  - stain and damage your teeth.



Smoking makes you look older more quickly.