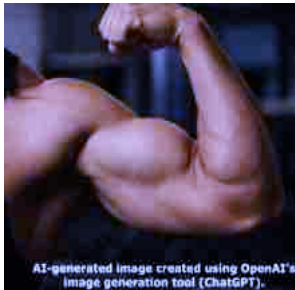


The new 'looksmaxxing' trend could be risky

23rd April 2026



A new trend among young men is causing doctors to worry. The trend is called "looksmaxxing". Men who follow it want to maximize their looks. They want to have a more physically attractive face and body. They do this

through many different methods. Some of these are dangerous. One method is bone smashing. This involves putting pressure on bones in the face to make them change shape. Many men do this to try to get a "square" jaw. They want to look stronger by having a "power jaw". Another thing young men are doing is having cosmetic surgery and using fillers in their cheeks, under their eyes, and in their lips. These things can remove wrinkles and make men look younger.

Many doctors are concerned that men who follow looksmaxxing are damaging their physical and mental health. Many things can go wrong with bone smashing and cosmetic surgery. Moreover, mental health experts warn that young men can develop anxiety if they constantly worry about their looks and body shape. Anda Solea, an expert on looksmaxxing, said problems start for men when looks become the only thing in their lives. Dr Stuart Murray, from the University of Southern California, warned that too many young men are falling "into the trap of dissatisfaction and low self-esteem". He hopes men will "focus on more sustainable ways to generate their self-esteem".

Sources: theticker.org / wjla.com / wikipedia.org

Writing

No one should care about their looks. Discuss.

Chat

Talk about these words from the article.

trend / young men / doctor / worry / looks / physically attractive / bones / jaw / lips / mental health / cosmetic surgery / health experts / dissatisfaction / self-esteem

True / False

- 1) Doctors are worried about old men following a new trend. T / F
- 2) Men who follow the looksmaxxing trend want better bodies. T / F
- 3) One part of looksmaxxing is changing the shape of bones on the face. T / F
- 4) Men are having cosmetic surgery to give them bigger wrinkles. T / F
- 5) Doctors say looksmaxxing can harm mental and physical health. T / F
- 6) The article says looksmaxxing can cause anxiety in young men. T / F
- 7) An expert said looksmaxxing is the most important thing for some men. T / F
- 8) A doctor hopes men will lower their self-esteem. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|---------------------------|------------------|
| 1. causing | a. good-looking |
| 2. looks | b. specialist |
| 3. attractive | c. take away |
| 4. remove | d. harming |
| 5. younger | e. appearance |
| 6. concerned | f. self-respect |
| 7. damaging | g. making |
| 8. expert | h. unhappiness |
| 9. dissatisfaction | i. more youthful |
| 10. self-esteem | j. worried |

Discussion – Student A

- a) What do you think about what you read?
- b) Why might looksmaxxing harm people's mental health?
- c) Are you ever anxious about your looks?
- d) What do you think of photos of perfect bodies on social media?
- e) Do you have low or high self-esteem?
- f) Should we teach children to not worry about their looks?
- g) What do you think of the cosmetics industry?
- h) What questions would you like to ask the doctors?

Phrase Match

- | | |
|---------------------------------------|---------------------|
| 1. A new trend among | a. surgery |
| 2. have a more physically attractive | b. their lives |
| 3. They want to look | c. young men |
| 4. cosmetic | d. wrinkles |
| 5. These things can remove | e. constantly worry |
| 6. damaging their physical and mental | f. ways |
| 7. men can develop anxiety if they | g. face and body |
| 8. looks become the only thing in | h. trap |
| 9. falling into the | i. stronger |
| 10. focus on more sustainable | j. health |

Discussion – Student B

- How happy are you with your looks?
- What do you know about looksmaxxing?
- What do you do to look better?
- What do you think of 'bone smashing'?
- What do you think of cosmetic surgery?
- How much do you worry about wrinkles?
- What would you like to change about yourself?
- What advice do you have for looksmaxxers?

Spelling

- a more physically tteairtacy face
- putting erressup on bones
- try to get a graues jaw
- having cosmetic urgreys
- using fillers in their kceshe
- These things can remove nkrisewl
- damaging their hyaspicl and mental health
- mental health sepexrt
- they tnstoylcna worry about their looks
- falling into the trap of ftaiocsdtsiasni
- low fsle-smetee
- focus on more isl tubaasen ways

Answers – Synonym Match

1. g	2. e	3. a	4. c	5. i
6. j	7. d	8. b	9. h	10. f

Comprehension Questions

Listen to / read the news article. Answer these questions. (Answers are on p. 27 of the 27-page PDF.)

1.	Who is worried about young men?
2.	What does the article say men want to maximize?
3.	What shape of jaw do many young men want?
4.	What are men putting in their cheeks?
5.	What do young men want to remove from their face?
6.	What are men damaging besides their physical health?
7.	What can young men develop if they worry too much?
8.	Who is Anda Solea?
9.	What trap are young men falling into?
10.	What did a doctor say young men should focus on increasing?

Speaking – Attractiveness

Rank these with your partner. Put the most attractive things about a person at the top. Change partners often and share your rankings.

- | | |
|--------------|-------------------|
| • Nice smile | • Intelligence |
| • Hair | • Big muscles |
| • Kindness | • Nice eyes |
| • Height | • Sense of humour |

Answers – True False

1	F	2	T	3	T	4	F	5	T	6	T	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.