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The new 'looksmaxxing' trend could be risky – 23rd April 2026

Level 0

A new trend called "looksmaxxing" is making doctors worry about men. Many men want to be more handsome. However, they do some dangerous things to be more handsome. One thing is bone smashing. This changes the shape of bones in the face. Other men have cosmetic surgery or use fillers in their face.

Doctors are worried that men are damaging their mental health. Men get stressed if they worry too much about their looks. A looksmaxxing expert said looks should not be the most important thing in a man's life. A doctor said men can become very unhappy. He wants men to try ways to be happy with their looks.

Level 1

A new trend called "looksmaxxing" is making doctors worry about men. Many men want to "maximize" their looks. They want a handsome face and good body. They use some dangerous methods to get these. One method is bone smashing. This changes the shape of bones in the face. Men do this to look stronger. Other men have cosmetic surgery. They use fillers in their cheeks, under their eyes, and in their lips. These things can make men look younger.

Doctors are worried that men are damaging their health. Things can go wrong with bone smashing. Mental health experts say men can get stressed if they worry about their looks. An expert on looksmaxxing said looks are the most important thing in some men's lives. Another doctor warned that men can fall "into the trap of dissatisfaction". He hopes men will try new ways to be satisfied with their looks.

Level 2

A new trend is causing doctors to worry about men. The trend is called "looksmaxxing". Men want to "maximize" their looks. They want to have a more attractive face and body. They use some dangerous methods to do this. One method is bone smashing. This is putting pressure on bones in the face to change their shape. Men do this to get a square "power jaw". They want to look stronger. Other men are having cosmetic surgery. They are also using fillers in their cheeks, under their eyes, and in their lips. These things can remove wrinkles and make men look younger.

Doctors are worried that men are damaging their physical and mental health. Things can go wrong with bone smashing and cosmetic surgery. Mental health experts say men can develop anxiety if they worry about their looks. An expert on looksmaxxing said problems start for men when looks become the most important thing in their lives. A doctor in California warned that many 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".

Level 3

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".