



Stop Looking So Mean & Angry: How to Reverse Resting Bitch Face

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"Resting Bitch Face" is a label given to women who look mean, unintentionally.

The term might have started off as a joke, but many women are identifying with this phenomenon.

This condition actually exists. The severity depends on the shaping and lines of your face. For example:

- Thin lips = mean, older, strict/stern
- Lines/folds around the mouth or down from the corners = mean, unapproachable, unfriendly, harsh, scowling
- Beady, non-open looking eyes = shifty, tired, uninterested, apathetic, bored/boring
- Deep folds/lines between the eyes = angry, grouchy, stern, scolding
- Low, flat arched eyebrows = tired, stressed, exhausted
- Too-high arched eyebrows = giddy, ditzy, hyper
- Low eyebrows folded towards the center = judgmental
- Large, non-refined or bottom-heavy nose = masculine, non-feminine, rough, older

What can be done to each feature to combat Resting Bitch Face?

Lyle Back, MD, joins Dr. Leigh to discuss what resting bitch face is and how you can reverse it.