

# Women who are obsessed with appearance essay



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Do you want to live in a world where some women are plastic? Do you want to live in a world where women are as thin as sticks? Do you want to live in a world where the most essential thing a woman carries is her mirror? These days some women are so obsessed with looking perfect that they go to great lengths to become what they believe to be pretty.

If it's not having the perfect face, it's having the thinnest model figure or getting that overly expensive nose job. Is it not enough that God has given them what the disabled, poor and unfortunate do not have? In 2009, women had 91% of all cosmetic procedures, leaving only 9% of procedures being done on men. This is evidence of the fact that women are so much more concerned about their appearance. These women are injecting plastic into their bodies, leaving them fake, unnatural and scarred for life.

Not only are these women destroying the natural structure that God has given them, but they are also showing everyone around them that they are so less confident in who they really are that they are adopting the appearance of someone else. Today, the cosmetics industry is one of the largest in the United States and the UK. In 2004 a staggering \$12.4 billion was spent on cosmetics, an amount of money that is 33% larger than the amount needed each year. The average size of the 'ideal' woman, as portrayed by models, has become progressively thinner over the years and has stabilized at around 20% below the average weight.

A 1995 study found that three minutes spent looking at models in a fashion magazine caused 70% of women to feel depressed, guilty and ashamed. It is estimated that 40-50% of women are trying to lose weight at any point in

time and one out of every four college aged women has an eating disorder. Again, this obsession to lose weight is because women are constantly pressured to look good by some very powerful factors. Factors include things such as the media, bullies, boys or even a person's family, who are not happy with how they look. Media sources such as magazines with so called perfect beautiful models are responsible for planting the seed of desire that women have to look perfect.

The media is responsible for young girls(3 and over) who are buying Barbie dolls and thinking that being skinny, plastic and blonde is the right way to go. They are responsible for selling beauty products in magazines which are taking over the minds of the youngest of girls. If Barbie was a real women, she would be so severely underweight that she would be too weak to walk upright and would walk on all fours. Is this what women really want?

Obsessions to look thin, can lead to major diseases like anorexia. Anorexia is an eating disorder in which women starve themselves in order to become thinner.

Women with very low self esteem issues are most likely to get the disease such as those who think that they are fat and therefore, ugly. In the sinfully 'perfect' world of television and cinema, many actresses suffer from this eating disorder. Jessica Alba, is an actress who has suffered from the dangerous grips, of anorexia. In an interview with the Sun, she says she very aware of her body shape and began cooking for herself at the age of 12 to avoid being like the rest of her family who were heavily overweight. The obsession with her body continued while she was filming 'The Fantastic Four' where she was working out 3 hours every day and hardly ever eating.

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So the real question is why can't these women see how beautiful they really are? Why can't they see that they are not fat and being thin is not very important? In order to stop diseases such as anorexia from spreading further, we need to make a stand. In order to stop women from destroyed God's natural creations and see how beautiful they really are, we need to put an end to fashion magazines and the 'perfect' media. We need to get these women to see psychiatrists, to start eating and to stop looking in the mirror. We need to make more youth clubs where women can go to seek help if they are concerned with something. We need to show these women that there is more to life than appearance and that inner appearance is also beautiful. Perhaps religion can show these women the right way to go.

To stop this world from becoming picture perfect and artificial, we need to help these women and show them that the money that they are spending on looking good can be put towards better causes. Together, we need to make a stand.