

RELIEVED



Women Start Turning Into Their Mothers At Age 33, Scientists Say

Have you ever heard yourself say something or caught a glimpse in the mirror from a certain angle and thought, “wow, I’m turning into my mother”?

Well, according to a survey of 2,000 people by a U.K. plastic surgeon, it turns out 33 seems to be the average age at which women really do start turning into their mothers.

And men, you get an extra year before you start turning into your father!

Dr. Julian De Silva of the [Centre of Facial Cosmetic Surgery](#) noticed his patients getting younger and decided to look into why people wanted plastic surgery earlier in life.

It turns out that people are disturbed when they start looking like their parents and once they start to notice it, they go in for procedures to try to turn back the clock.

*“It is an inevitable part of ageing but a process lots of people want to put off for as long as possible,”
DeSilva told Harper’s Bazaar.*



Participants found that they started to feel more like their parents when they started to look more like them. The average age for women having their first cosmetic procedure is now 37 (and 43 for men). In his survey, he wanted to know when people noticed that they started to look and act like their parents. He asked when they started adopting similar behaviors, such as using the same sayings and watching the same television shows.

His survey showed that 52% of women started acting like their moms between the ages of 30 and 35 while 26% started a bit later – between 35-40 years old. Only 10% reported looking and acting like their mothers once they hit 40 or 50. It turns out that becoming a parent is also a major trigger for changing lifestyles and mimicking your parents' behavior.

Many people become parents around age 30. It's then that they start to dredge up some of the same customs they grew up with.

In addition, when you reach your 30, you're at the age when you have your first memories of your own mother, so it's easy to get that eerie sense of familiarity.

When we're young, we spend a lot of time trying not to become our parents – especially as teenagers, when it feels like parents don't do anything right. But as time goes on, we start to realize that there's a reason they acted that way. While it might alarm you to feel like you're turning into your parent, it might also help give you a new appreciation for them.

