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Beauty Becomes You — Using Cosmetics to Enhance What You've Already Got

With plastic surgery becoming more and more popular, it is evident that many women are seeking to recreate their features into an image of something else. Rather than looking for their own beauty and enhancing it, they are looking for a quick fix to enhance their beauty by changing what they have naturally.

Luckily, it is just as easy, and much less painful, to enhance the beauty you already have. Everyone has a degree of natural beauty, and this is important to remember as you think about enhancing features that you already possess, rather than creating new features or a face that isn't the real you.

Quick Overview of What Cosmetics Can Do

The eyes are generally considered the most beautiful part of the body. They are seen as "windows to the soul," and few people decline to comment on a pair of striking eyes. Luckily, the eyes are also the easiest features to enhance. It can be done simply or elaborately, but however you do it, the eyes can be made to "pop" and catch attention, often drawing gazes from less attractive areas of the body.

One way to enhance your eyes is to enhance your eye lashes. Many people simply wear **mascara** to accomplish this. However, mascara can be messy and annoying. Additionally, it can also spread infection and disease to the eyes.

Eyelash extensions can be a desirable alternative to wearing mascara to lengthen and thicken the lashes. Lash extensions are small, individual pieces of synthetic material that are made to look like real lashes. They are as light as real lashes, and they attach directly to the top of the lash, rather than the skin of the eyelid (like false eyelashes). This can enhance the natural beauty of the eyes in a very natural way.

Another way to enhance the eyes is by using **eye shadow**. It does not follow that the shadow has to be dark and imposing, leaving other people no choice but to notice the eyes. Rather, light eye shadow often looks more attractive and helps the eye look more open and lighter. Eye shadow with a shimmer has become especially popular, as it adds a pleasing sheen that attracts attention to the eye without being too garish. Additionally, flesh colored, non-shimmering eye shadow can be used below the eyes to reduce the appearance of dark circles.

Enhancing the lips is another option when it comes to flaunting your good looks. A moist pair of lips (not slimy and wet, mind you) are a pleasure to behold and to listen to. When you wear lipstick, make sure that it is a moisturizing lipstick that also contains sunscreen. The lips do not have the melatonin that is present in the skin to offer protection. Therefore, lips too exposed to the sun easily dry and crack. But you need not

wear lipstick to enhance the lips. Even a faint lip gloss can draw attention and give your lips a more naturally beautiful look. Lip liner is a very valuable tool in helping enhance the look of the lips by making them appear thicker and fuller.

Just a touch of light rouge on the cheeks can help draw the eye up the face, resulting in a face that does not look quite so chubby. The key is to not overdo **the blush**, just adding color so that there is the look of a healthy glow. By carefully following the cheekbone almost to the edge of the hairline, it is possible to accent the cheeks while drawing attention away from a little extra fat that might be present in the face. Pinching the cheeks can also help, and it looks more natural, but this can fade away and be painful and annoying to boot.

Finally, it is possible to enhance one's natural beauty by careful use of skin care products. There are many creams designed to reduce the appearance of wrinkles and other fine lines, as well as to moisturize and exfoliate. Exfoliation adds a glow to the face, as dead skin cells are sloughed away to reveal young and healthy cells beneath. These skin care products can smooth the surface of the face and allow for a healthier glow. Additionally, face creams made with parelastin and help keep the skin supple, and other creams help firm the skin to reduce the sagging that naturally and unfortunately accompanies aging.

Cosmetics – Are they Helpful or Harmful?

Beautiful and healthy skin is a big confidence booster. Some people are naturally beautiful and therefore don't need as much help with cosmetics. Others may be too lazy to use cosmetics. But the vast majority of American women, indeed women of any culture, do use cosmetics, if not everyday, then at least on those occasions when they are going out for special occasions.

One thing is true of all women, however. We are always striving to look more youthful and more beautiful. And this fact alone assures that the cosmetic industry will always be a booming business.

The question arises, however, is the use of cosmetics good for your skin? Is it healthful or harmful to use too many cosmetics in an attempt to always look your best? The answer depends, to a large extent, on the nature of your skin, the type of cosmetics you use and the skin care routine you follow.

In order to take optimal care of your skin, here are some rules you should follow if you are going to use cosmetics on a regular basis.

The first thing is to formulate (and follow) a skin care routine that will help keep your skin healthy and disease-free. This means you must cleanse and moisturize everyday, and tone and exfoliate occasionally (as and when needed).

Next, in selecting cosmetics to enhance your natural beauty, here are some rules you should follow:

- The general rule is to use products that suit your skin type. So be sure to check the label to see what it says e.g. 'for dry skin only' or 'for all skin types' etc.
- Check the ingredients of the cosmetic for chemicals that you are allergic to. Do not use products that are very harsh on skin e.g. products with high alcohol concentrations; such cosmetics might work for once but cause a long-lasting damage to your skin.
- 'More isn't better'. Ensure that you apply the products in right amount (neither less nor more).
- Also, be gentle with your skin and follow the right procedures for application of skin care products. Rubbing too hard or trying to squeeze a pimple can lead to permanent damage to your skin.
- Finally, if you do have a skin disorder e.g. acne etc, you might want to consult your dermatologist before using certain cosmetics.

Top Makeup Tools You Need (to do the Job Right)

Doing almost anything is easier if you have the right equipment. Applying makeup is certainly no exception. Just as with art, construction, or crafting, having the right beauty tools on hand can be the difference between an okay look and a spectacular look. Both women and men invest a lot of money in their appearance. If you have the clothes, accessories, make-up and hair products, why skimp on the tools that will make using those elements easier and more effective?

You can get away with an amateur make-up application, but for a really professional-looking job, you need the right beauty tools. So, toss away your Q-Tips and those little freebie brushes and sponges that sometimes come with your make-up. It's time to build a small collection of essential beauty tools that will enhance your look and give you a greater payoff for the money you've already invested in make-up and other beauty products. For a couple hundred dollars, you can have the kind of tools any professional would be proud to use.

Brushes

Brushes are among the key tools used by make-up application professionals. They are not, however, a one-size-fits-all solution to your make-up needs. There are different brushes for different jobs, and you will get the best results if you choose the correct brush for what you are trying to do. Some of the must-have brushes include:

Foundation brush – use it to achieve a superior natural finish when applying either cream or liquid foundation. Experts suggest putting a small spot of foundation on the back of your hand and then dipping the foundation brush into that before applying the

foundation with downward strokes spreading out near the jaw and hairline. Synthetic-bristled brushes use less product than natural-bristled ones, which are more absorbent.

Concealer brush – concealer is meant to be used in small amounts to cover blemishes and other imperfections. A small-tipped brush is perfect for applying just the right amount of concealer to camouflage blemishes without a caked-looking build up. Make sure your concealer brush has fairly firm bristles. Soft bristles may cause an uneven finish.

This slightly flat brush can also be used to help hide circles under your eyes. You can also use it to hide patches around the nose or any other small flaws with a neat and natural look. If you need concealer under your eyes, as opposed to using it to hide a pimple, consider a small-tipped brush with a wider base you can use for precision application and easy blending.

Blush brush – also called a powder brush, a blush brush should be large, with a dome-shaped head. You can use the same brush to apply blush or bronzer and to top it with a light-as-air coat of translucent face powder for a sheer effect. Sable hair, relatively long bristled brushes are the choice of experts when it comes to blush application.

Powder brush – it is a tool to lightly apply bronzing powder. A thick powder brush will make it easier to apply powder along your temples, neck and cheekbones. Always start with a small amount of powder and add more if necessary. The powder brush is also useful in applying blusher for a look that is a little more natural and a little less defined.

Eye shadow brush – cream or shadow eye shadows should be applied with a sable brush. Selecting a dense, angled brush will give you more vivid color while an all purpose brush (a steal for under \$10 in most drug stores), results in a softer look.

Eyeliner brush – supremely fine bristles make these brushes the best for defining the top and bottom of your eyelids with all kinds of eyeliners. Sable brushes are best for powdered liners while synthetics work best for liquids. You can use your eye liner brush to convert powdery eye shadow to eyeliner. Just apply the eye shadow with a damp eye liner brush. The eye liner brush can also be used for liquid liner. The narrow brush allows you to get right into the base of your lashes with the color.

Shading brush – You can create a neat and natural effect by using your shading brush to blend eye shadow. Trace your brow bone and work the eye shadow in from the outer corner of your eye toward the eyelid crease.

Eyebrow brush – Use it for the application of powder eye shadow to your eyebrows. An angled eyebrow brush will allow you to give yourself a softer finish than an eyebrow pencil. Be sure to apply the eye shadow though, keeping to the line of your eyebrow. Use small gentle strokes. You can also use your eyebrow brush to soften a line you create with an eyebrow pencil.

Short-bristled Makeup brush. Use it to apply eye shadow to the lower lid. The narrow brush of a short-bristled makeup brush will reach into the base of the lashes,

which emphasizes the shape of the eye to its best advantage. Work from the outer corner of your eye and blend to the center for best results.

Lip brush – stiff synthetic lip brushes give you the control necessary to define your lips. They also work well to give a smooth finish to dark colors or to add gloss for extra shine. A lip brush will be valuable in helping your lipstick last longer. Apply the lipstick with your lip brush below the lip line and blend toward the center of your lip. When using a brush in this manner you can apply the exact amount you desire, and give yourself a more precise look in the process.

Sponges

A good makeup sponge is a necessity. Sure, applying foundation with your fingers may be easier. However, if you use a sponge to dab on foundation you will get much better coverage. The best makeup sponges should be triangle in shape, so as to reach the sides of your nose and corners of your eyes. In addition, a good sponge may be used to wipe away excess blusher and flaky eye makeup

Make sure you have a **sponge applicator for your eye shadow** as well. Pearly eye shadows should especially be applied with a sponge applicator so as to prevent the pigments from flaking onto your skin below your eyes. Start by applying on the outer corner of the eye lid, then blend the eye shadow with your shading brush.

Another must have is a **powder puff**. Your powder puff is used to apply loose powder over your foundation, and is also valuable for makeup touch ups during the day. Use to brush and press making sure not to drag the powder onto your skin for an even result. If you wish for a lighter look, tap out excess powder onto the back of your hand before application.

Miscellaneous

There are more kinds of beauty tools available than most of us can imagine. Thankfully, we don't need most of them. Aside from the brushes and sponges mentioned above, here are some of the essentials you should add to your make-up kit if you don't already have them.

Tweezers – great for ridding yourself of any pesky stray facial hairs. A basic pair will do fine.

Lash curlers – with a few exceptions, most of us don't have lovely, curly lashes. This inexpensive tool will help you open wider for more dazzling eyes. Using a bit of heat can improve the curl you achieve with even a simple lash curler.

Cleaner – make-up brushes and tools can carry bacteria and should be cleaned regularly. Brush cleaners are available if you have a lot of brushes, but you can give your tools a weekly shampooing just as easily. Before drying on a folded towel, use your fingers to re-shape your wet brushes. Aside from removing unwanted bacteria, cleaning your tools will also help preserve them for years of use to come.

It is worth your while to invest in quality makeup tools, and it is equally important to take care of those tools by washing them regularly. The proper, well cared for tools will make applying makeup much more fun and much easier.

A Foundation for Beauty – Liquid or Powder

As the base for all the make-up you apply to your face, foundation can play a huge part in whether your look becomes a success or a flop. There are two major decisions to be made when it comes to selecting the right foundation for you – color and consistency.

The first is imperative because the tone of the foundation you choose must blend well with the natural tone of your skin. It is important that the line where you have stopped applying the foundation is not evident. By matching the foundation to your skin tone as closely as possible you are able to avoid any color conflicts. Selecting a foundation tone that most closely matches your skin tone will also help to enhance your own natural beauty.

The second choice to be made is perhaps a little more difficult – whether to choose a powder foundation or a liquid foundation. For some the choice may seem simple. Many people who have been using foundation for years have found one that they stand by and would never dream of switching. However, for those who are new to the world of make-up or for those who are not satisfied with their current foundation, the choice between a liquid or powder foundation may be more difficult.

If a number of women were polled to find out whether they prefer liquid or powder foundations, it may become evident that many women seem to opt for liquid foundation. Many people feel that liquid foundation is the quickest and easiest to apply which makes it a more practical choice for women who use the product on a daily basis. Liquid foundation tends to blend with your natural skin better than powder and also prevents your face from having a glossy, shiny appearance. For those who seek a more natural appearance from their make-up, they may find that liquid foundation best suit their needs.

Powder foundations may not give quite as natural a look as liquid foundations, but they are equally as easy to apply. In fact, since powder foundation does not take as long to blend as liquid foundation, many find that the application of powder foundation takes less time than that of liquid foundation. Powder foundations can be a perfect choice for people with excessively oily skin. The powder foundation can help to dry out skin and can also be handy on days when a lot of perspiration may occur. The dry, powdery foundation keeps skin dry and cool.

Some foundation-wearers also report that powder foundation gives a lighter feel than liquid foundation. This means that after application you are less likely to feel as if you are wearing foundation at all. In addition to providing a light and airy feel, another

benefit of powder foundation is that it blends well with sunscreen. For women who find themselves outside in the sun often, powder foundation may be a smart choice.

The choice between powder and liquid foundations does not stop there. Many make-up companies have recently developed liquid-to-powder foundations in an attempt to blend the benefits of both liquid foundation and powder foundation into one product. Like powder foundations, liquid-to-powder foundations tend to feel light when applied to the skin. In addition, liquid-to-powder foundations also provide long lasting wear. However, this type of foundation can clash with certain types of skin. Although liquid-to-powder foundation works extremely well on oily skin, it can prove to be a bad choice for people who have dry skin, as it can leave dry skin looking patchy.

The best way to decide on the most appropriate foundation type for you is to get as much information as possible and try out all the options. Visiting a make-up manufacturer can help you decide on a foundation. Talking with either a make-up artist or even a dermatologist can help you make up your mind as well. A dermatologist can also provide an intellectual view on what type of foundation is the healthiest choice for your skin. If you have had skin problems in the past, you may find it helpful to consult with a professional such as a dermatologist.

Whatever way you choose to pursue finding the best foundation for you, once you have found the right choice you will likely be satisfied with the result for a very long time.

Bashful Blushes – Tips for Enhancing Your Cheeky Side

Your face is one of the first things people see so you want it looking its best to make a strong first impression. Unfortunately though, your cheeks can be the source of a number of challenges, ranging from acne and freckles to dryness and blush.

Your best weapon in the war for great skin, especially on your face, is a daily beauty regimen of cleansing, toning, moisturizing, and sun protection. Use quality products and be consistent, as your results will reflect your effort.

Cleansing: A healthy face is a clean face free of unwanted bacteria, sweat, dirt and oil. Traditional bar soaps, however, may dry your skin, leaving it itchy and unpleasant. That's where specialized facial cleansers come in: they are designed to clean your face and remove old make-up and dead skin cells without removing the fat cells that keep skin soft or damaging the protective layers that shield your skin from the elements.

Consider using beauty bars, soap for sensitive skin or commercial gentle facial cleaning products, such as cleansing creams that can be gently massaged into your skin. Pay special attention to your chin and nose, which are the most likely areas for blackheads to show up. For extra convenience, you may even want to try the pre-moistened cleaning pads or wipes that have been on the market for a few years.

Before you wash your entire face, you may need to take special measures to remove old make-up (always before bed, ladies). Eye-cleansing lotion and a bit of cotton can help remove mascara and eye shadow. Be gentle when removing eye make up because the skin around your eyes is thin, sensitive and particularly prone to damage.

Toning: A quality toning product will remove any trace of dirt or make up that might have escaped your cleanser. It will also help tighten pores to keep your skin looking great. Be sure to work your toner into the forehead and cheeks using a small wool pad, as well as into any crevices or wrinkles around the nose and chin. If you have the budget, try a professional mud mask periodically.

Moisture matters: There are so many moisturizers available that you could use a different one each day of the year without repeating. Fun, maybe, but you're probably better off choosing a single brand and sticking to it as long as it works well for you.

The most basic functions of a moisturizer are to seal in your skin's natural moisture and to protect your skin from the outside elements and environmental pollutants that could otherwise irritate your face. Manufacturers and marketers of moisturizers, however, often overlook those goals in their haste to claim the latest miracles that their product can initiate. Some of the claims are quite fantastic – and are just that fantasy-based (taking ten years off your face after one week of use, for example). If you really want a miracle anti-aging product, use a moisturizer with sunscreen. Otherwise, almost any moisturizer will do what it is meant to do: trap moisture and protect your skin.

Sun protection – it's absolutely vital: Nothing will age your face more quickly than unprotected exposure to the sun. If you want to have healthy, young-looking skin for decades, it is important to wear sun protection every single day, regardless of the season. Just because you can't feel the sun's heat in the middle of winter does not mean the UV-rays are not reaching your skin.

Sun protection with SPF 15 is considered the minimum acceptable daily sun protection. Your lips must also be protected, so ensure that once you've slathered your cheeks with sun block, that you do your lips as well (try lip balm with built-in sun protection for an easy fix). Be sure to reapply your sun protection product if you intend to spend a great deal of time outside or if you will be in the water.

Add a little sass to your look: After your cheeks and the rest of your face are clean and healthy, it's time to dress them up. Add a little sass by applying blush. When you have it in the right place, blush should never be lower than your nose or any closer to it than the centre of your eye's iris.

Using a large brush, apply blush from the apple of your cheeks upward toward your eye and then blend it with the edges of a dry make up sponge.

Don't be afraid to show your cheeky side – feel free to use different shades of blush; lighter in spring and summer and darker in fall and winter. Keep in mind though, that if you have oily skin, the color of your blush may change as the day wears on.

An Eye for an Eye – How to Make Those Peepers Pop!

5 Ways to Bigger Eyes

They say that eyes are the window to the soul. Some women, however, are just not blessed with big picture windows. Small eyes can be a problem if you want your eyes to stand out, but there are ways to solve the problem. The proper makeup techniques can help you make those small peepers pop.

The first place you will want to look in order to create bigger, bolder, and more expressive eyes is to your eyeliner. Eyeliner can be the cure to your small eye blues, but only if you use the correct techniques. First of all, you will want to line the entire top lash line and then extend that line slightly at the corners of your eye. If you like, you can also line the bottoms of your eyes, but make sure you concentrate color only on the outside third of the eye and extend is just slightly past the edge.

Don't be too dramatic, but just a slight line beyond the outside edge will do the trick. Keep in mind that a soft and smoky look will open your eyes up more than thin hard lines of liner will. Use dark and neutral colors with just a little hint of black for lining, since bright shades are what will make your eyes look even smaller.

The other place to concentrate your eye enlargement efforts would be on your lashes. Eyelashes are a great eye opener. Before you ever apply mascara, you will want to curl your lashes three times: once at the base, another half way up, and a third time at the tip. This will help to create a gentle, rounded curl of your eyelash. Then, as you apply your mascara, take care to fan out your lashes as you go. Do so by brushing the inner third of your lashes toward your nose. Pull the middle third straight out. Then, take the outer third of your lashes and brush them toward your temples. By exaggerating your eyelashes in this manner, you will be able to draw attention to your eyes and help them to stand out. The more they stand out, the bigger they will appear to be.

Thirdly, look to your eye shadow. Use caution when doing so, however. Though it is a commonly held belief, dramatic eye shadow will not make your eyes stand out. The truth of the matter is, it will do just the opposite. Too much dramatic eye shadow will cause your eyes to shrink by shading them back into your face. If you do have small eyes, you will want to keep eye shadow really simple. Use only light-colored shadows first of all. Secondly, never wear more than two shades at one time. Remember, simplicity will be your friend here. Brush a light, subtle base color from your lashes to your brow. Next, use a slightly darker shade to create just a subtle definition in your eyelid's crease. By keeping your shadow simple and subtle, you can enhance your eyes and avoid hiding them on your face.

A fourth way to enhance your eyes is to work on the area around them. For instance, dark circles will make your eyes look even smaller than they are. If you have deep circles around your eyes, they can even make your eyes look sunken. To fix the problem, use a concealer that is just slightly lighter in the dark circle areas. By simply ridding yourself of the circles, you will be able to enhance your eyes.

Lastly, think about the shape of your eyebrows when trying to enhance your eyes. Your eyes will seem smaller and closer together if you have brows that are too close together or heavy. To help spread out your eyes and open them, tweeze your eyebrows further out than you might normally. If possible, it is best to get your eyebrows about an eye length apart if you can.

Large eyes may be a blessing, but small eyes are not a problem. By simply understanding where to concentrate your efforts, you make those small eyes pop and look great. Practice your makeup techniques and taking care of the skin around your eyes and you will find that opening and enlarging your eyes is easy and even a little bit fun.

Mascara: The Equivalent of the “Basic Black Dress” in Your Beauty Repertoire

Few people can deny the power of mascara. Everyone knows that the “basic black dress” can be worn for a variety of occasions, formal and semi-formal. Sometimes even casual. Likewise, mascara is always there, always in style. A black dress is timeless in its fashion, and mascara, too, is never out of date. And, just as that black dress is versatile, matching everything and infinitely malleable to the situation in a variety of styles, mascara, too offers a great deal of versatility and options.

The reason that mascara is so necessary is because it enhances the eyes. Many people agree that the eyes are their most attractive feature, and mascara's sole purpose is to call attention to the eyes and accent them, framing them with long, thick lashes.

Mascara works by coating the lashes with a cosmetic that causes them to curl up and away from the eyes. This leaves the eye looking more open and wider. Additionally, the coating also creates a thickness on the lashes. This serves to better frame the eye and draw attention to this “window.”

Even if a woman does not have time to meticulously apply eye shadow, she can help enhance her eyes by quickly applying mascara. Eye shadow is not even strictly necessary when one has mascara. It is a quick beauty tip that can help the eye look more beautiful without having to “over dress” it with shadow. Just like the basic black dress, it adds a simple and almost natural elegance that can actually be marred by greater flamboyance.

Another thing that is great about mascara is its adaptability. You can choose different types of mascara depending on your mood or your needs. There are different styles of mascara that you can choose, depending upon how your natural lashes look. Just as the cut of a dress can help enhance how you look, choosing lengthening mascara or thickening mascara can help you fit your choice to the needs of your eyes, much as you

match a dress to the needs of your shape and figure. And of course, it is possible to do the basic black dress one better when you use mascara to dress the eye.

Mascara comes in a variety of shades and colors so that you can get a more natural look by wearing something closer to your natural hair color, or create dramatic effect by wearing blue or purple mascara that can serve to further enhance the look of the eye.

Mascara comes in two main varieties: regular and waterproof. Each of these has its own benefits. Regular mascara is easier to remove, and it can be less irritating to the eyes. Waterproof mascara, on the other hand, is advantageous because it allows you to look great at the beach or at a pool party. It stays on much longer, and it is resistant to smearing and streaking, even when tears are shed. If you plan to be working out or being near water, waterproof mascara can be a great choice.

But, just like anything close to the eye, it is important to use mascara with caution. Carefully apply it, taking care to avoid getting it in your eyes. You should never apply mascara while in a moving vehicle, whether it is a train or a car, and you definitely should not attempt its application while you are driving. Suddenly stops, turns, or jolts can result in serious eye injury.

There are also health concerns when using mascara. You should never use someone else's mascara. The germs that others have and live with are different from the ones that your body is used to. The eyes are very sensitive and can easily be infected by foreign organisms. Most mascara is only good for use for about three months. After that it tends to be contaminated and dry. Try to buy a new tube every three months, and avoid moistening the mascara with your saliva or with tap water. Again, this can cause eye infection.

Using mascara properly as a member of your beauty repertoire can help you feel better about yourself and easily enhance your most attractive feature: your eyes. The fact that it can be used along to affect a significant change in your look is enough to secure mascara as the "basic black dress" of cosmetics.

Pucker Up – Lip Products to Kiss and Tell About

What is it about the celebrity photos we see in magazines that make these women so attractive? Yes, natural beauty and photo retouching has plenty to do with it, but you may also notice that most of them have a great smile highlighted by gorgeous lips. So what can you do to make your own lips lovely and kissable?

Beautiful lips are easier to achieve than you may think. A lot of your look will depend on the type of lip products you are using.

Keep them supple: One of the first steps to creating luscious lips is to keep them soft and smooth. That may be easy for those of you blessed with naturally moist skin, but

most women need to turn to thick, soothing lip balms to help avoid cracking or roughness, particularly in very sunny, dry, windy or cold climates. The weather and environment can both wreak havoc on your lips, so look to products like Burt's Bees Beeswax Lip Balm or Lifeguard's Choice, which contains ultra emollient lanolin and almond oil to protect and restore lips. The Lifeguard's Choice balm from Burt's Bees isn't restricted to your lips either; it can be used on ears, nose and other areas prone to dryness and chapping, so it's a great product to have on hand. There are all kinds of great lip balms (sometimes also called lip conditioners) available. Many come in delicious flavors and colors, as well as in different formats – pots, tubes and sticks – so shop around until you find one that works well for your lips and that you enjoy using.

Definition: You've probably heard of lip liner but may be wondering if it's really necessary. The answer? It depends. If your habit is to slick on a light gloss, which needs to be reapplied fairly often, you probably don't want or need lip liner. If you wear lipstick, however, particularly in a bold shade, lip liner will give you a crisp, defined look with no smears or feathering. Plus, the liner will help your lipstick stay in place longer. Some women use lip liner to draw an outline at the very rim of their lips and then fill with lipstick while others draw the outline and then fill in the rest of their lips with the same color before adding lipstick for a more durable application. Lip liners come in traditional 'pencils' (you'll need a small sharpener, too) and also in highly pigmented cream pens. M.A.C. Cosmetics offers a superb collection of both pencil and cream lip liners in a terrific range of long-lasting colors. Check out your local M.A.C. cosmetics counter or go to their website for more information.

Dazzling color: Once your lips are smooth and defined, it's time to add some color. Fashionable shades change from season to season, but a good rule of thumb to follow is to stick to a natural shade during the day, and go a bit darker at night. You may want to choose a totally dramatic shade of lipstick to highlight a special outfit or for a special occasion, but remember that the color appears to change under different lighting conditions. That daring shade of lipstick that looked so good under the mellow lights of home may take on a more garish look under sunlight or stark florescent lighting often found in retail outlets or office buildings. On the other hand, it may be the perfect touch to draw attention to your lips in a softly lit restaurant. Keep your destination in mind when choosing a lip color. Again, there is a huge selection of lipsticks and lip glosses from which to choose. Generally, lipstick has more staying power than gloss but choose whichever you prefer. If you're just starting out in the world of lipsticks, several companies offer a number of quality lipsticks designed for moisturizing, volume-boosting and durability.

Final touch -- plumping: Remember those magazine pictures? Look closely. Nearly every model appears to have plump lips. Again, there is a wide selection of lip-plumping products available on the market, but you may prefer a simple and more inexpensive trick to achieve fuller-looking lips. Once you've applied your lip color of choice, add a dot of shimmering white eye shadow (or eyebrow highlighter) to the center of your lips and blend it carefully toward the edges. Having a subtly lighter area where your mouth opens will give you the look of fuller lips.

Final Tips for Make up and Skin care

'Make up and skin care' actually go together. Treating them as different topics wouldn't make sense; after all, make up will work only if the skin is healthy. So how do you exercise make up and skin care, together? Here are some essential tips:

- Always have skin care on mind, whether you are buying products for make up or actually applying them onto your skin after you have bought them. So what you are buying is a 'make up and skin care' product, not just a make up product. Check the ingredients to see if it contains things that you might be allergic to. Also check if it contains high concentration chemicals that can harm your skin.
- 'Make up and skin care' is also about testing the products before using them. So, apply the make up on a small patch of skin e.g. earlobes and check how your skin reacts to it.
- Keep track of expiry date on your make up products and never use them beyond the expiry date. In fact some products (e.g. vitamin C based products), if not stored properly, get spoilt much earlier than the expiry date.
- Cleanliness is an important part of make up and skin care procedure. Sharpen your eye-liners regularly and keep all your makeup equipment clean at all times. You might fix a date, each month, for overhauling of your equipment. As part of cleanliness, your make up and skin care routine should also include keeping your hair clean at all times.
- Nail care is another important aspect of make up and skin care. Use a good quality nail polish and always keep your nails clean. Once you are done with cleaning and polishing your nails, you should rub in cuticle oil at the edges of the nail.
- If you have deep-set eyes, you should use a liquid eye liner instead of a pencil one. This will prevent smudging at the deep edges of your eye-lid.
- If you have a skin disorder e.g. acne, you should not apply heavy or chemical based make up. Consult your dermatologist if you are not sure about the make up products that you should use. Never try to squeeze pimples/ acne. Remember that make up and skin care should not conflict each other.
- Use a mild make up remover (instead of just washing it away), especially when removing eye make-up.
- Another important 'make up and skin care' procedure is the following golden rule: "Never sleep with your make up on"
- While applying a deodorant, make sure that you maintain the recommended distance between the nozzle and your skin (as mentioned on the deodorant pack).

So, just remember, make up and skin care should always go hand in hand. And... if you treat your skin well, you will probably need to wear less make-up!

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