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Beauty: It Isn't All About How You Look...

Topics Covered:

A Positive Outlook = Better Beauty
Achieving a Balance - Is Less Really More?
From Blah to Babe in One Hour or Less
Say Cheese with a Gorgeous Smile

A Positive Outlook = Better Beauty

In a society that emphasizes the beauty of those six-foot tall supermodels who weigh in at a ridiculously light 120 pounds, it is becoming all too easy for the average woman to feel inadequate and not very beautiful. Pictures of super thin models plaster the covers of popular magazines, and the screens of television sets around the world reinforce this image, broadcasting the message 'this is what beautiful is.'

However, for the average woman in today's world looking in the mirror does not result in seeing the reflection of a six-foot tall, 120-pound pretzel thin woman. The average American woman stands five foot four and weighs 140 pounds, seven inches shorter and twenty three pounds heavier than the average American model. The fact that the entertainment industry uses models who are, on average, thinner than 98% of American women, puts an unrealistic image of what is beautiful in the heads of Americans.

In fact, studies have shown that four out of five American women are not satisfied with the way they look – and given the above media preoccupation with an almost impossible standard of thinness and beauty, it is easy to understand why. This obsession with being 'perfect' can be the downfall of many women looking to find their own beauty.

What women need to understand – desperately need to understand - is that the REAL secret to being beautiful is **a positive outlook on your own image**. It doesn't matter what size or shape your body is in, you need to accept that you are you and that you – as a person - have something unique and special to offer the world. Yes, you want to look good – we all do. But you do not need to conform to today's 'standards' of beauty in order to look good and feel good about yourself.

Take the diet crusade that has been somewhat on a plague on American society for some time. Americans, particularly women, are in many cases encouraged to diet, and in some cases starve themselves, to obtain what society deems "the perfect body." In fact, it is not a cutback in calories that women truly need.

By being made to feel good about the way they look, women would find that their overall outlook on themselves and their lives would improve drastically. Women who feel good about the way they look are happier in their day to day lives, are less hung up about what they eat and counting calories, and are less likely to have problems with depression and/or anxiety.

Although diets can provide a route to a healthier lifestyle, extreme dieting can pose a major health problem. Eating right rather than compulsively and doing some form of daily exercise are your best lifestyle choice to bolster your self-esteem. It has been shown that people who take time to exercise each day feel less stressed about work and home life, and also benefit from the rewards of exercising the human body. If you have a jam-packed schedule, simply find twenty to thirty minutes each day to fit in some kind of exercise. You will be surprised at how wonderful it makes you feel.

There are a number of other ways to help you boost the image you have of yourself. These things can be as simple as writing down a compliment to yourself each day. Recording one thing you like about your appearance each day will soon add up to a list of traits that you will find add up to one thing – beauty.

In order to have a positive outlook on yourself and your life, you must put yourself in positive situations. It is important that you surround yourself with positive people. People who put you down for any reason are not worth having in your life. The right people can make all the difference in making you a happier, more positive feeling person. As important as friends and family are, taking time for yourself is also vital. You might want to book a relaxing appointment at a local spa. You will be surprised at how taking the time to fit in a facial or manicure will make you feel pampered and beautiful.

In keeping a positive outlook on yourself there is one thing that is the most important of all. It is imperative that you refuse to buy into the negative attitudes that plague our culture. With supermodels being put on a pedestal and average people being bombarded with the concept that they are not as beautiful as these super thin models, the idea of what is healthy and beautiful has been completely skewed.

Being six-feet tall and 120 pounds does not make someone beautiful. Beauty shines from the inside out. Having a positive attitude about yourself will reflect through and be evident to everyone around you, no matter what your size.

Achieving a Balance — Is Less Really More?

In today's world, we seemed to be pulled in many directions. The demands of family, work, community life, time for self and other activities all vie for our time. And when we have kids, those family obligations only increase. Or if we are in graduate school, trying to balance school, work, homework and an occasional night out. Plus it seems like everywhere we turn there are people clamouring for you to do this or that.

So, how can we possibly achieve balance in such a fast-paced world where so much is no expected of us? The answers aren't simple, and neither is making the changes that are required to achieve more balance in life.

Advertisers bombard us at every turn with messages of time saving devices, and we read in magazines about tricks that will help us run our lives more efficiently. But the gadgets advertisers sell often only add to the cacophony, not slow it. And often time following tips to make life more efficient just lead to using the extra time to frantically try to do something else.

The truth is that our society has become so busy that balance is not really sought. We are expected to run here and there, ashamed if we have a few minutes of idle time, and balance, which is crucial for our mental and emotional selves, is often overlooked.

Family, work, community life, and time out for oneself are all noble goals. They are all important parts of our mental and emotional lives, helping us stay connected and offering fulfillment. Unfortunately what happens is that maybe one thing begins to swallow the other things. Or, even more likely, we run around constantly harried and unhappy, seeking balance, but unable to achieve it because we think that balance means appropriating equal time to everything we are doing.

True balance, however, involves prioritization. It is not about devoting equal time; finding balance about achieving equanimity in your private life, feeling good about what you are doing without feeling constantly rushed.

This means that sometimes you have to cut back. You may have to say no to being on a committee or two. You can still be involved, but not as heavily. Sometimes it means telling your kids that they can only do two extracurricular activities instead of four or five. Most kids do not want to feel any more rushed than you do, and assuming that it is necessary for them to participate in four different activities outside school can mess up their sense of balance.

What you need to do is figure out what is important to you, and what kind of life you want to lead. If work is the most important thing to you, do a little more work and cut back in other areas. If you feel like work is taking over your life and not leaving enough time for family, try to use your time more efficiently at work. Or leave community involvement out altogether so that if you cannot take time off work you are spending time with your family instead of rushing back out the door to plan some event.

The hardest part of achieving balance, however, is looking for it for yourself in time to spend alone or in adjusting your diet so that your physical self is in balance with your mental and emotional selves. If getting time alone is something you would like to make a priority, but you don't have time, then something definitely needs to give. Most people really only need an hour or two to do something that they really enjoy doing each day, whether it is reading, watching a ball game, taking a walk, gardening, or just sitting or lying still, thinking about whatever comes to mind. This is one of the most important things you can do to help yourself achieve balance. Do a little less so that you can spend more time with yourself.

Figure out what you want out of life and prioritize. Cut back on things that are lower on your list. Less really is more when you are looking to live a more balanced life. When you have time to collect yourself and to get to where you are headed, then you feel less rushed. And if you have time to spend with yourself and your family, you may just find that you feel more fulfilled doing fewer activities than you felt when you were running around trying to catch up.

From Blah to Babe in One Hour or Less

5 Easy Strategies

Juggling a husband, kids, a home and a job can be a real struggle. More often than not, there isn't enough time to strike off every item on your to-do list. You're tired, worn out, run down and it shows, but who has hours to spend primping in front of a mirror? Not you. And this shouldn't matter. With a few simple tricks, you can go from blah to babe in one hour or less. So treat yourself to your full beauty potential with the following easy strategies.

Start your instant makeover with a look at your skin. A clean, smooth complexion is the base of a glowing face, so assess the condition of your skin. Is it oily, dry or normal? Are there any eruptions or blackheads that should be treated and removed?

Use a gentle cleanser and exfoliation pad to remove excess oil and dead skin, and then rinse your skin with cool water. Blot gently and apply your favorite moisturizer, preferably one with built-in sun protection. Be sure not to rub your face as you are applying the moisturizer – particularly the super-sensitive skin near your eyes, and to smooth body lotion from neck to toes. Many women apply facial moisturizer every day but neglect to care for the rest of their skin, even though it, too, is subject to wear and tear from dryness and environmental pollutants.

Experts agree that a new hair cut is a great way to change your look and boost your mood. But if you're only looking for a temporary change, consider styling your hair differently. You don't need a salon to do this! You just need to be adventurous. Is your hair short and unfussy? Add a little gel for a sleek and sophisticated look. Get out your curlers if you normally wear your hair straight, or your straightening iron if your regular hair style is curly. The demands of everyday living often drive women to simply tying back their hair with little regard to how it looks. Take a few minutes to wash, condition, and style your hair to see a dramatic improvement in your appearance and your sense of confidence.

The natural look is nice, but applying makeup is an easy way to glam up your look without expending a lot of effort or time. Take advantage of the season's trend toward pretty mauve lipsticks and dramatic, multi-tone eye shadow. Eyeliner has also made a comeback, so use it to make a bold statement for an evening out on the town. Mascara

is an absolute must and takes literally seconds to apply. Also, if you haven't already done so, take a few minutes to have a professional cosmetician recommend colors and shades that will complement your hair, eyes and skin.

Choose a dynamite outfit and accessorize. Dressing up isn't just for special occasions. Chances are, if you look sloppy, you feel sloppy, so put on a great pair of jeans, a soft sweater, heeled boots and a pair of earrings before heading out to the grocery store or to your son's soccer game.

Going out for dinner? Let your dinner companions ooh and aah when you arrive in a fabulous dress or pantsuit. Even if you consider the choices in your closet a little on the dull side, you can always mix and match to add excitement to your wardrobe. Add a flirty silk scarf or unusual brooch to a conservative outfit for instant visual interest and appeal.

Your most powerful beauty tool is a big, genuine smile enhanced by sparkling, lively eyes. When you're happy and relaxed, it shows in how you look, feel and behave, so do whatever it takes to allow you to smile. This might mean taking a short nap to catch up on your rest, de-stressing with some time in front of the television with your favorite reality program, pursuing a hobby, exercising, sipping a coffee or hanging out with a friend. Make time for a few 'you' moments each day. Having and enjoying this time is just as vital as any other appointment, so make it a point to set aside at least 20 worry-free 'you time' minutes each day. You'll feel better, look better and your smile will be absolutely gorgeous.

Say Cheese with a Gorgeous Smile

5 Ways to Brighten Your Smile

Most people admit that they are not completely comfortable with their smile. Some people will say it's because they hate the placement of their teeth, while others will blame it on the color of their teeth. Almost everyone would like their teeth to be a bit straighter and a bit whiter. Natural looking teeth are very attractive, especially when they are healthy and bright. You can have a gorgeous smile without braces or professional whitening treatment. Just use these tips to help you get a smile you feel completely comfortable sharing with the world.

Hygiene

It's not a lie that proper hygiene can make or break your smile. To have the best looking smile you possibly can, be sure to see your dentist at least twice a year. Having two cleanings a year is a great way to keep your teeth gleaming. At your cleanings the technician can also help create a dental record for you and schedule any work that needs to be done. Get your cavities taken care of right away! The longer you let them

go, the better the chance is that the decay will spread to other teeth in the area. Decay is not attractive and can make your smile look less than fabulous.

When you are not at the dentist's office, you need to care for your teeth yourself. This means that you should brush your teeth at least two times a day. Make sure you brush them for two minutes at a time as well; one minute for the upper teeth and one minute for the lower teeth. Floss daily to help prevent decay.

What You Drink

A gorgeous smile requires more than just proper dental hygiene. To maintain bright teeth you should take a look at your diet. Although most people know that calcium is good for your bones, it is also important when it comes to your teeth. Milk is great for ensuring your teeth will remain bright and healthy.

Drinks that you should avoid because they discolor or your teeth include: Dark cola, coffee, and tea. All of these dark drinks can stain your enamel, leaving your smile dingy instead of bright. You should steer clear of these beverages in large amounts and stick with water or light colored drinks. If you do indulge in a dark drinks, try to brush your teeth immediately after consuming them. This will help stop the cycle.

Makeup

For females, the shade of lipstick you wear can determine how bright your smile and teeth look. Women who wear lipsticks with orange tones in them will automatically seem to have yellow toned teeth. The orange tones bring out the yellow tones in your teeth, even if your teeth are healthy and bright. For the brightest looking teeth, consider lipsticks with pink or purple undertones. These colors help your teeth look whiter and will give your smile a boost. Wearing no lipstick at all can make your teeth look dingy as well, so be sure to at least smooth on some lip gloss before going out.

Whiteners

Today you can find dozens of over-the-counter whiteners at your local drug store. These agents come in gel or cream forms. You can also find whitening products as teeth strips or mouthpieces. All of these products will whiten your teeth safely over time. You must be consistent however and use them as directed. Do not use them more than directed however, or you may put your health at risk. These whiteners are inexpensive and work well. You can also use toothpaste with whitener in it daily for an overall brighter smile.

Be Yourself

No matter if your teeth are a little crooked or as straight as an arrow, to have a gorgeous smile, you must be comfortable with yourself. Wear your smile proudly. It is a part of you and people will love your smile more if you love it yourself. The way that you smile says a lot about you as a person. Those that smile with wide grins are usually comfortable with themselves. Those that purse their lips usually have something to hide. Decide that you are going to be happy with your smile and others will be happy as well.

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