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Beauty Odds & Ends

Topics Covered:

Beauty Bargains - Products that Don't Break the Bank
Uh Oh! Beauty Mistakes to Live and Learn About
Body Piercing - A Form of Beauty Where Less is definitely More!
I'm Chapped! Winterize Your Lips against the Elements
The FYI and DIY in Home Remedies for Dry Skin
Beauty and the Breast - Tips for Finding the Perfect Fitting Bra

Beauty Bargains — Products that Don't Break the Bank

The problem with many beauty products is that they are so expensive. After all, we all want to be beautiful, and all of those products are priced accordingly. We'll buy them because we are willing to spend more on one ounce of beauty product than we would be willing to spend on an entire gallon of anti-freeze. This is because looking good is a very important part of society, and if we wish to participate successfully in society, it is important that we look as presentable, and as beautiful as we can.

The good news is that we do not always have to spend a lot of money to look good. There are plenty of products that can be found inexpensively, and even more that can be found around the house. These products work very effectively and they will not break the bank. Plus, many of them are all natural. And in a world where all natural cosmetic solutions often cost more than the synthetic, it can be reassuring to provide your own natural solutions. They will help you save money, all while looking good and feeling even better about it.

Of course, not all cosmetics can be created using household items that you buy anyway. Eye shadow, mascara, lipstick, and other makeup products really need to be bought at the store. But you can save money by purchasing a quad with two or four colors you like rather than purchasing individual compacts of eye shadow. Additionally, most of the brands sold commonly, like Cover Girl and Maybeline, are actually rather inexpensive.

While buying very expensive makeup can make a difference, most of the time people will not be able to tell whether you are using a \$50 bottle of foundation or a \$4 bottle. And there is no point in spending extra money to impress people who do not even know that they are supposed to be impressed. Really, purchasing from respected brands that are not necessarily high end can be one of the best cosmetic money saving decisions you make.

Other ways to get bargains on beauty products is to go through the mail. There are many mail order or Internet companies that are respectable and that offer discount prices on fragrances, body care and cosmetics. By searching the Internet or getting a catalogue, it is possible for you to save money on a variety of products. One of these companies is Yves Rocher. The company even accepts returns, and it does not test on animals. This is a great alternative to spending money on department store brands.

The other beauty products — the bubble baths, facial masks, and moisturizers — can be found more naturally and for much less. It is even possible to create acne reducers and skin toners using common objects from around the house. These things allow you to get the best bargain of all, since they cost very little and can almost be considered free, especially if you make them up yourself.

Some of the common beauty bargains that you can find in your cupboards include fruits and common items like powdered milk and eggs. Many fruits can be mashed into purees that are very helpful as beauty aids. Strawberries act as an alpha hydroxy and bananas can actually help reduce wrinkles.

A special mask made from tomatoes and powdered milk can help you fight acne. Most folks know that avocado makes a great mask, and that cucumber slices can reduce the appearance of dark circles under the eyes. Egg white can act as a toner, and the little pieces of skin that cling to egg shells can also be used to fight acne.

For makeup removal, you can use petroleum jelly. Simply massage the jelly in over the area and then take a tissue and remove the makeup. Not only does this common household item cost much less than expensive makeup removers bought at the store, but it is also less expensive than mineral oil or baby oil.

Petroleum jelly can also help soften and smooth hands and feet. Even a thin layer of mayonnaise worn for 15 minutes can help smooth out rough skin. No need for those expensive skin softeners. With a little ingenuity, you can save a great deal of money each year on cosmetics.

Uh Oh! Beauty Mistakes to Live and Learn About

4 Mistakes to Avoid

We've all done it. You know what I'm talking about: the incident. That time when you tried something new and it didn't work out. Like the time when you rushed out of the house wearing pantyhose under your open-toe shoes!

It's great to experiment when it comes to beauty, fashion and style, but some things are better tried at home, where you can do a safe test run.

Style and beauty are about personal choices. That said, there are a number of unwritten guidelines that dictate what is considered acceptable and what is not. Here are a few common beauty and style mistakes women often make, sometimes without realizing the error of their ways.

Over-plucking: Yes, shapely, contoured eyebrows are fabulous and can add a lot of sophistication to your look. Scraggly or invisible eyebrows, on the other hand, are just that – scraggly or invisible. For the \$12 or less it can cost to have your brows professionally waxed, it's worth the money to have someone else shape your brows.

If you insist on doing it yourself, be careful not to remove too much hair. Selective plucking may be your best option. Pluck just after you've showered so hair pops out more easily. Brush your brows into place, and then using a good set of tweezers, gently remove hair from under the arch of your eyebrow and outside the natural brow line. Do a little at a time, stepping back periodically to inspect your work from a distance.

Unnatural tan: A deep, sun-drenched tan looks great but too much time in the sun can be bad for your skin and for your health. Tanning beds have only marginal benefits in terms of reducing our exposure to harmful UV rays, so many women turn to tanning lotions to achieve that sun-bronzed look.

Be aware! Not all tanning and bronzing lotions are created equal. Some will give your skin a sickly orange tinge, while others are difficult to apply and end up streaky. Do a small test patch in a normally covered area to find out how the lotion will look on your skin. This takes a little extra time, but the effort is worth it. You want a natural-looking tan, not an application of finger paint.

In addition to choosing the wrong kind of tanning product, many women (and men) forget to apply it all over. The backs of the legs are difficult to reach, but it is essential to have even coverage over all visible parts of your body. This includes your hands. You should wear gloves while applying bronzer to the rest of your body to avoid over-colorization, but when you're finished, don't forget your hands or you'll end up with a reverse farmer's tan!

Unsightly feet: Nasty-looking feet can absolutely ruin a great pair of sandals. Don't put a lot of effort into shaping and painting your toenails without taking a good look and feel of your heels, too. We can see our toes, so they often hog the attention we give our feet, but others can see our heels and bear witness to the neglect we may inflict.

Avoid this beauty faux-pas by beginning a daily regimen of care long before you intend to show off your lovely toes. By using a foot file or rough scrub brush every day in the shower, you will soon see softer heels. Dry your feet well to prevent any bacterial growth between your toes (yuck!), and apply a moisturizing AHA or BHA foot lotion. Your feet will thank you if you apply more lotion again before going to sleep.

If your heels or other rough spots like the often-calloused area by your little toe are too out of control, you should get a professional pedicure to smooth away the imperfections.

Garish makeup: Not all colors were meant to be worn by all people. All those lovely lipstick shades might look great in the store, but not so good on you. Choose neutral colors for daytime use and slightly bolder colors for evening.

Remember that colors change under different light, so what looks good in the cosmetics section of the department store, might not look the same under your office lights. Consult a cosmetician (it's usually free) to find out what your best colors are and build from there.

Body Piercing – A Form of Beauty Where Less is definitely More!

Getting a body piercing can be a somewhat complicated process. This is because there is such a vast array of styles available – as well as places to get pierced. Gone are the days when only girls got their ears pierced – and to do so in the cartilage was considered risqué. Today, people of all genders and ages are getting pierced in some of the most unusual places.

When deciding to get a body piercing, it is important to go through a professional rather than do the piercing yourself or allow a friend to do it for you. Most piercing, when completed by a professional, is perfectly safe. Some parts of the body, however, can become permanently and severely damaged if pierced incorrectly. For this reason, it is important to always consult a professional piercing specialist when considering getting a body piercing.

Piercing can also be painful, though the pain doesn't normally last for very long. For those with a low tolerance for pain, this needs to be considered before deciding to get a body piercing. To help cope with the pain of tongue piercing, some apply Orajel to the tongue before piercing it. Most people, however, don't use any form of pain-reducer at all – it's simply not worth the time or expense for a few seconds of pain.

In addition, it's not a good idea to get a piercing when you are sick. Your body needs to be strong and it needs to be able to produce adequate amounts of white blood cells in order to help it heal. If your white blood cells are already occupied with an illness, your body doesn't need the extra stress a piercing will cause. If you are feeling ill, it is best to postpone your body piercing until you are feeling better.

The cost of piercings varies depending on the type of piercing and the location. Some include the price of the jewelry with their costs while others do not. If the jewelry is a separate cost, the type of jewelry you choose will affect the cost. For example, Titanium costs more than surgical steel. In addition, a tongue piercing generally costs more than a nose piercing.

Before getting a piercing, however, it is important to check into the policies of your place of employment. Some employers have strict rules about body piercing and

whether or not their employees are permitted to have them. Getting a piercing is not worth losing a job.

Similarly, it would be very upsetting to go through the pain and expense of getting a body piercing, only to be told to remove it. Some companies allow body piercing, but they need to be covered by a band-aid or some other type of disguise. Be sure to check into this before getting a piercing to decide if the trouble of covering up your piercing is worth it to you.

Once you have decided to go ahead and get a piercing, you need to decide where you want the piercing to be. There are many places that can be pierced on the ear besides the lobe. In fact, pretty much every area of the ear containing skin or cartilage can be pierced.

Other popular places for body piercing are on the face. The nose and eyebrow are two common places for body piercing. Some people also choose to get piercing in the chin, right below the lip. Yet others get piercing above and to the side of their lip, similar to a beauty mark.

If you work out regularly, play sports, or otherwise sweat often, it is important to tend to your piercing regularly. While these activities alone don't cause harm to a pierced area, sweat can cause the pierced area to become filled with germs and bacteria, which can lead to an infection. Be sure to shower and clean the pierced area after engaging in an activity that causes sweat to get into the area.

Wherever you decide to get your piercing, it is important to remember that too many piercings can detract from your appearance rather than enhance it. Therefore, piercing – where they are located and how many you get – should be carefully planned out to ensure that your piercing sends the right message about you and your appearance.

I'm Chapped! Winterize Your Lips against the Elements

Every winter, you get chapped lips. It's uncomfortable, unattractive and a general nuisance. However, by the time summer rolls around and fall comes in, you have forgotten what happened to your lips in January.

Well, remember so that you can prepare your lips. Chapping is not completely preventable, but you can certainly go a long way in preventing yourself from going through the bleeding and cracking sourness of winter lips, as well as healing lips that have already suffered winter's spite.

Chapping is really just the dehydration of your lips. Fall is the best time to get started in hydrating. Properly hydrate your lips and you will be able to better fight the elements of winter. For one thing, start using your lip balm in the fall. Wax based lip balms are only effective in the prevention of dry, chapped lips. They do not contain enough moisture to

repair lips that have already dried out and chapped. Certainly, they are great for protection but not for fixing the problem once it has happened.

You want to always be hydrating, softening and protecting your lips throughout the fall and winter. Use a moisturizing lip paint or lip stick once or twice a day to look good and protect well. Use at least an SPF 15 to prevent sun damage, and put yourself on the road to great looking lips all year round.

Some lip chapping and dryness may not be caused completely by the elements. Those people on Accutane or who suffer from dry lip problems naturally can make use of the same strategies year round.

In addition to hydration, make sure you are providing your lips proper sun protection. Whether it is lipstick or lip balm, make sure you are using something with an SPF. The preference is for something at a rating of 15 or higher. If you want to wear a lipstick as well, layering is okay. Just make sure you are protecting your lips from those UV rays.

Once winter arrives, there are precautions you should take in addition to the application of lip balm. Think about taking a multivitamin if you don't already. A lack of vitamin B complex or Iron in your system can be to blame for lip problems.

Also, stay hydrated as a whole. Drink fluids often to keep your entire body moist. Most importantly, and you have probably heard this before, but do NOT lick your lips. When you lick them, you do apply moisture to them, but as it evaporates it actually leaves your lips even dryer. So, no matter what, avoid licking or wetting your lips.

A good before bed habit to get into as well is the application of zinc oxide to your lips. Some people tend to drool and salivate as they sleep and this moisture, like licking your lips, can cause chapping. The zinc oxide acts as a barrier to protect your lips during the night, as you sleep. Then, by keeping your lips dry you can both prevent chapping and help to heal lips that are already damaged.

Perhaps you work outside or are skiing and lose your lip balm. There is still a solution to the problem. Rub your fingers on the side of your nose and face. You will be able to pick up some of the natural oils that your body produces. Take the oil on your finger and apply it to your lips. You will continue to produce oil as the day wears on and the oil is a great natural protector for your lips. It's the perfect home remedy for lip chapping.

If your lips are already severely chapped, consult your dermatologist. He or she may prescribe you something like a 2 ½ % hydrocortisone ointment to help get those lips back to where you want them, healthy. If the damage does not seem too bad, there are things you can do at home. For one, studies have shown that creamy lipsticks used with a sunscreen can help soothe already chapped lips. Also, cracked and chapped lips can become infected fairly easily. To prevent this problem, apply antiseptic ointment every day, twice a day if the damage is getting worse. The more important times are at night and in the morning.

The FYI and DIY in Home Remedies for Dry Skin

For many centuries people around the world have been taking it upon themselves to cure their own ailments. Home remedies for ailments have been some of the most popular treatments throughout history. Centuries ago it was because there was little or no professional medical care available. Nowadays, it seems as if the tradition of finding a home remedy to cure yourself has been passed on through the years.

Oftentimes, home remedies that people swear by have been passed down from generation to generation. One ailment that has been commonly treated with a variety of home remedies is dry skin. Since dry skin is often not an extremely dangerous condition, it makes it more practical for some people to treat minor dry skin complaints with home remedies rather than spending money and time to see a medical professional.

Dry skin typically appears in most people during the winter months. Dryness typically occurs because your skin lacks moisture. This means that there is a lack of water in your skin. In the past some magazines have suggested that drinking at least eight glasses of water a day will cure this ailment. However, medical professionals have proven this home remedy false. This will simply keep your body hydrated, not your skin.

Instead, medical professionals suggest that the best way to re-hydrate the skin is to soak it in water, rather than take water in by mouth. Soaking for a short period of something like fifteen minutes in lukewarm water should put water back into the skin and help to ease the dryness. Doctors also remind patients with dry skin that bathing everyday can be negative for their condition. In fact, patients with excessively dry skin should only bathe every other day in cooler water than normal.

Perhaps the most helpful thing a person can do at home for dry skin is to moisturize. Moisturizing skin with a moisturizing lotion will help immensely. The lubrication of the lotion will almost immediately be sucked into dry skin. Moisturizing lotion put on the skin after a bath or shower will also help contain the moisture from the bath or shower in the skin. The moisturizing lotion will also work to moisturize by itself which gives your skin twice the hydration.

A famous home remedy for dry skin is using oatmeal. Believe it or not, this home remedy was discovered over 4,000 years ago and is still being used today. Colloidal oatmeal, which has been ground into a fine powder for easy use, can be poured into bath water to provide relief for dry skin. Oatmeal has been used to relieve itching and other discomfort related to skin throughout the years. Colloidal oatmeal can be found at almost all pharmacies and is extremely easy to use. Since some soap that contains deodorants can be harmful to dry skin, oatmeal can also be substituted and used as soap.

However, there are also soaps made that should not harm dry skin. Lye is a common ingredient in much soap that can harm and irritate people with sensitive and dry skin. But there are certain brands of soap that have been made without lye in order to provide a safe alternative for those with dry skin problems. Well-known companies such as Neutrogena and Dove have manufactured soaps that are considerably less strong than deodorized soaps. These soaps contain natural ingredients instead, such as cream,

cocoa butter and coconut oil. But no matter what soap you are using, if you have excessively dry skin you should try to use as little soap as possible. People with dry skin should only use soap when they are dirty. Many medical professionals have admitted that in American society today, we often over wash when are not dirty. Using soap only when the body really needs it should provide some relief to dry skin.

There are a number of home remedies available for people with dry skin. For people who have tried conventional medical methods and have found that they did not work, home remedies may be worth trying out. There are a number of home remedy books available at most book stores that will likely hold even more home remedy ideas for dry skin.

Beauty and the Breast — Tips for Finding the Perfect Fitting Bra

Most women have two types of bras: everyday use bras and sports bras. No matter what type of bras you wear, however, there are few things more uncomfortable than a bra that fits poorly. The key to being comfortable in your own skin, and feeling confident when you leave the house, is having a bra that fits correctly and comfortably; this can be achieved simply by knowing how to find a bra that fits.

Everyday Bras

Getting proper measurements is the best way to begin. Most lingerie and some department stores offer this service upon request. When you know your measurements, you can begin by looking for bras that most closely fit women of your general size.

Next, you should try on a variety of bras. Do not just choose one style of bra and then “go with it.” Find a style that you think fits your personality and provides superior comfort. Under wires add to the support of the bra, while thicker padding adds inches. Take into account how you will wear the bra, and what kind of clothes you have to ensure that the bra will not cause discomfort when worn with other clothing.

When trying bras, lean forward from the waist and use the straps to pull the bra away from your breasts so that the breasts fall into the cups in a natural fashion. Make sure the band is snug, but that it does not dig into your flesh. This is the same rule for the straps. You want them snug for proper support, but you do not want them digging into your skin. Remember that bras stretch out over time. So, buy a bra that fits correctly when on the loosest clasp and with lengthened bra straps. Then as the bra stretches you can tighten straps and move to the tight clasps.

Oddly enough, it is a good idea to swing your arms, walk around, and jump in order to test support and comfort. These are all activities that you will be participating in while wearing the bra, and so it is important to ensure that you will be comfortable no matter what you are doing.

Sports Bras.

The first thing to do is to select the size that is closest to your proper size and then try the bra on. Sports bras often go over the head, but some also fasten in the back or the front. You should sense for comfort, making sure that the band and the straps are not digging into your skin. If you are rather large-breasted, you need to make sure your bra has adequate support without adding pressure to the shoulders.

Most of the comfort with a good-fitting sports bra has to do with construction and material. Make sure that all liners and metal parts of the bra have plush linings to prevent irritation from exposed metal or plastic pieces. Additionally, find out the fabric content. You want something with a lycra lining to wick sweat away from your skin, and also something that provides adequate support. A cotton/polyester/lycra blend is a good choice for bra materials because it will wick while being supportive (while straight cotton is supportive, it does not wick sweat away from the skin).

Finally, as with a regular bra, make sure that you jump around to understand movement. When one is a size D cup, a compression bra is a good idea, as it will help keep from causing discomfort. Women with full D cups and large should look into encapsulation bras to better contain the movement.

And, no matter what sort of bra you are looking for, there are a few general tips:

- Try on all bras, as manufacturers have different sizes. You might be a 34C with one bra maker but only a 32B with another.
- Allow your bras to air dry. This will keep them from shrinking in the dryer or having the padding shifted into odd lumps. You should also use a delicate cycle or lingerie bag when using a washing machine to wash your bras.
- Buy several bras when you find one you like in order to avoid finding yourself out of luck if the style is discontinued.
- Make sure that you can return the bra if there are problems, especially if you are purchasing the bra online.

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