

“HOLLYWOOD MAKE-UP TIPS”

**How You Can Instantly Look More Sexy
And Attractive With These Secret Beauty
Shortcuts And Clever Cover-Up Tricks**



A Free Bonus Report

By Allison Saunders

Author, Creator & Producer, Hollywood Makeup Secrets
<http://www.hollywoodmakeupsecrets.com>

Copyright © 2005 Hollywood Makeup Secrets
www.hollywoodmakeupsecrets.com
All rights reserved.

For Information, contact Allison Saunders at
support@hollywoodmakeupsecrets.com

Find out about becoming an affiliate and making money at:
<http://www.hollywoodmakeupsecrets.com/affiliate.htm>

NOTE: You now have full redistribution rights to this special report. Feel free to send a copy of this report to your friends, or post it for download on-line. The only “catch” is that you can’t modify this report in any way... That’s it ☺

Before I begin, there are just a few "legal" things I need to cover.

DISCLAIMER

While attempts have been made to verify information contained in this publication, neither the author, nor the publisher assumes any responsibility for errors, omissions, interpretation or usage of the subject matter herein.

This publication contains the opinions and ideas of its author and is intended for informational purposes only. The author and publisher shall in no event be held liable for any loss or other damages incurred from the usage of this publication.

The reader is encouraged to seek expert advice before engaging in any activity.

Dear valued subscriber,

Thanks for downloading this short makeup report, I hope you'll find value in it.

Enclosed are some of my most closely-guarded [makeup secrets](#), which have the power to transform the way you look and feel. All you'll need to do is simply read them and put them into use. I guarantee the results you experience will blow your mind. 😊

All of them are free for you to implement, so consider it your personal mini makeup encyclopedia stuffed with little goldmines for you to use to bring out your natural beauty.

The tips, tricks, and strategies covered in this report are USELESS without a commitment to put them into action into your everyday life.

Whether it's with men, the workplace, or wherever else - use your new knowledge and insights to create a better life for yourself.

Let your true inner beauty rise to the surface for the world to see... because YOU DESERVE IT!

I truly hope you get a lot of value from this information. It's my special gift to you. Please let me know what you think of the report, both the good and the bad. I can be reached at support@hollywoodmakeupsecrets.com.

I wish for your success and happiness.

Your friend,

Allison Saunders

Allison Saunders

"Celebrity Beauty Secrets"

So you want to look like a star?

Who doesn't? It would be really nice to wake up and have someone else worry about your hair and makeup. Celebrities have "people" whose very jobs are to help famous faces look their best.

Award-winning actresses, runway models, even pop stars all depend on their looks. Do advertisers want to feature close-ups of crow's feet?

Who wants to see cellulite on the big screen? Teen idols should look young and fresh so their audience will want to be like them. It's their job to look great.

Without a beautifully packaged look, they're out of work. So work they do. They work at their beauty. And so can you.

But, you don't have beauty professionals at your beck and call...

Oh, but you do. Just not the same ones the celebrities do.

You're worthy of a cast of beauty professionals, too. You deserve it and it's not a luxury impossible to afford.

Consider your beauty "people" and, if you choose carefully, you will have professionals looking out for you, keeping you up to date on the best products, colors and techniques available for you.

How do you choose the right people?

Use only professionals whose overall look is something you like.

If you're seeking a natural look, look for make-up and hair stylists who successfully achieve that look. If they can do it for themselves, they can teach you the same techniques they're using.

If you want to appear polished and sophisticated, use a stylist whose own personal style impresses you.

Department store makeup counter salespeople

Use them. You don't need to buy any of their products, unless you want to. But what they can teach you at no cost is something you should really take advantage of. They're trained in proper technique and are up on the latest trends.

Independent beauty consultants

That neighbor leaving catalogs in your mailbox is a good source of ideas. Invite her over and let her give you a makeover. Again, you're not obligated to purchase anything unless you really want it.

Hairdressers

Hairstyles change with the times, so should your stylist. If she's not attending stylists' conventions or changing her own hairstyle, she's not as professional as you deserve.

So, now you have your people. What do stars do when they're at home being people, not stars?

Beauty Sleep

It's not a myth. Get yours.

No caffeine...

...or limited caffeine if you must. It causes premature aging, and who needs that?

Shimmer creams and bronzers...

...help stars shine.

Eat Fish...

...like sardines and salmon. They're full of essential oils that actually nourish your skin.

No smoking

Not only is it bad for your health, it causes lines and dullness in your skin.

Your skin care regime

It doesn't have to be expensive. Your products can come from the local drug store. Everyone benefits from a cleanser, a toner, and a moisturizer.

Always, always, always remove makeup at the end of the day. Two more minutes of sleep is not worth a blemished face in the morning.

Quick fixes from famous faces.

- Coffee grounds can be recycled and used as a cellulite scrub.
- Castor oil, used by a certain British raven-haired actress/spokesperson/ beauty, creates star quality shine for hair.
- Cinnamon oil (check your health food or vitamin store) rubbed on the lips creates pouty, kissable lips.
- Soak your nails in olive oil, as does a Hollywood Pretty Woman.
- A combination of milk and water mixed in equal parts, spritzed on the face throughout the day is all the rage with many silver screen beauties.
- Legally Blonde hair is baby soft and shiny thanks to baby shampoo.

Glow like a star. You deserve to look your best. Treat yourself to a [day of beauty](#) - at home or at the salon. Live the life of a star, without being chased by paparazzi.

"Correct Cosmetics For Your Coloring"

How confident are you about [right make-up](#)? Choosing the correct colors for your face isn't an easy task. Should your lipstick match your blouse? Should your eye shadow correspond to your nail polish? What colors really work best?

The cold, hard truth is that many women have no clue what colors complement their faces best. Making the wrong color selection can make even the prettiest face look, well, pretty awful.

The first and most important step in choosing your optimum color is to determine your skin tone. It's the color of your face that determines your make-up, *not* the color of your sweater.

Evaluate your foundation. Ask your mother, your sister, your best friend if your foundation really flatters you. If it does, great. If it doesn't, time to test some new shades. Visit the testers at the makeup counter bare faced, if you dare. That's the best way to see what works best. With a little help from the sales rep, select a foundation formula which works with your skin type (dry, oily, combination). Sample shades side by side on your face. If the thought of walking out the front door *sans* make-up makes you scream, then don't do it. Test shades on the inside of your wrist - that's the closest match to your face.

Determine your tone to establish which colors will make you look your best. Then choose your blush, eye color, and lip color. The following choices are sure bets.

Fair	Medium	Dark
Light browns are perfect for eyes, cheeks and lips. Pale pinks and peaches work well, too.	Taupe and medium brown for eyes and cheeks. Clay, brown, and berry for lips.	Browns, plum, gray for eyes and cheeks. Wines and deep reds for lips.
Asian	Lighter Woman of Color	Darker Woman of Color
Raisin, gray, taupe for eyes. Plum for cheeks. Plum and ruby for lips.	Plum and caramel for eyes. Plum, bronze and coffee for cheeks. Terracotta and deep copper for lips.	Plum, gray and chocolate for eyes. Plum and bronze for cheeks. Deep copper and chocolate for lips.

Once you've got the basics in your makeup bag, you can supplement with new shades. Samples are a great way to try out new colors.

You owe it to yourself to learn more about makeup strategies and tricks...

Once you [master makeup](#), you'll know it for the rest of your life... and you can feel CONFIDENT that you look your BEST every single day.

"The Why, When, Where & How of Cosmetic Shopping"

A cosmetic case that won't zip closed, that basketful of make-up on your bathroom counter, the vanity drawer crammed with products and colors you're saving just in case. We all have a stockpile of make-up that is either impractical, a little too glitzy or just plain old. You don't need to stockpile your cosmetics. In fact, you really *shouldn't* for a few very good reasons.

WHY?

Your beauty supplies may not be marked with a specified shelf life, but they have one. Write purchase or throw away date on bottom new products with a permanent marker. Old products are not safe, do not wear correctly and subtle changes in color may occur.

- **Cleansers/Moisturizers** - good for six months.
- **Foundation** - six month shelf life if applied with fingertips, one year if applied with a sponge.
- **Lipstick** - one year.
- **Eye and Lip Pencils** - one year.
- **Powders and stick concealers** - one year.
- **Eye shadow and blush** - two years.
- **Mascara** - good for three months

WHEN?

Shop when seasons change - new season, new colors - when products have gotten old, and when things are on sale. Keep an eye on those pharmacy and department store circulars. You can find great deals if you're a smart shopper.

WHERE?

Local pharmacy/health and beauty chains are convenient and inexpensive. Shop sales, sometimes you can even buy two items for the price of one. Department stores with high end products and trained cosmetologists often have giveaways. Look for in-store banners. Some product lines will even mail you invitations/reminders for sales. A purchase as small as lipstick may get you a goodie bag full of trial and even full size products. If you shop during bonus events, you'll get your money's worth.

[Independent Beauty Consultants](#) are in everywhere. There are good products available, but be prepared. These sales people are often friends and it's hard to say no when a friend must meet a sales quota. If you can stick to buying only what you need, this is a great way to get individualized service in the comfort of your own home. On-line beauty catalogs may save you a lot of money. But you need to do your research first. Only purchase make-up that you have used in the past. Orange pancake foundation is still orange and thick, even if it was on sale.

HOW?

Carefully and with an honest friend at your side. Take someone with you who has your best interests at heart. Trust your friend's opinions, and don't get upset if she tells you not to buy that gold shimmer lip gloss.

There are many, many ways to look great and not spend too much... develop your own unique personal style.

"Skin Care From Your Fridge"

Beauty awaits you. Not at the make-up counter. Not at the day spa. Not at the plastic surgeon. It awaits you...in your kitchen.

Your best skin care secrets can come from your diet secrets. After all, you are what you eat. So, in the words of Italian mothers everywhere... Mangia!

When it comes to eating for beauty, the rule is: the fresher, the better. Avoid processed foods whenever possible. The fresher your foods, the more nutrient packed. Keep that in mind when planning and preparing meals. Shop like the Europeans. Buy what you need for a few days, not an entire week. Cook things healthfully, eat from all food groups and vary your diet.

Eat your veggies.

Fresh vegetables, when available, are preferable to canned or frozen. Raw produce has a greater concentration of vitamins and minerals. Less time at the stove, that's attractive.

All vegetables are beneficial. So, if canned is all you've got it'll do. But remember to hit the market tomorrow. Green leafy vegetables are high in beta-carotene which is essential for healthy hair, eyes and skin. Sprouts prevent wrinkles and age spots. Include some on your dinner menu tonight.

Fresh fruit are great for you any time of day.

Sweeten up your breakfast, indulge in a fruity mid-day snack, have a healthy dessert. Cantaloupe is high in vitamins A and C, which promotes healing and controls oil on skin and scalp. Tomatoes (yes, they are a fruit) are packed with A (wrinkle and pimple fighter) and beta-carotene. Citrus fruits provide great doses of vitamin C.

Again, fresh is best. What a sweetly indulgent way to take care of yourself!

Proteins are building blocks.

Turkey, chicken, fish, eggs, lean beef and soy all provide protein and B vitamins which support hair and nail health, and youthful skin. Prepared healthfully, they'll satisfy your appetite and your form. Fish, like salmon and sardines, are full of protein and Omega 3 which promotes glowing skin.

Drink water.

Lots of water. It purifies you all the way down to your cells, and speeds the regeneration of damaged tissue. So, even if you aren't at your best now, you soon can be.

Health and happiness equal beauty.

When you eat goof foods, you're nurturing your body. When you're nurtured, you feel good. When you feel good, you smile. When you smile, you look good. So eat and enjoy your way to a healthier, happier, prettier you.

"How to Highlight Your Best Features"

Accentuate the Positive:

Beautiful features come in all shapes and sizes. Gorgeous eyes, pouty lips, sculpted cheekbones, artfully arched brows, a flawless complexion. You may not have them all - hardly anyone has them ALL. But chances are, you've got at least one...one really gorgeous facial asset that's the envy of your friends. So, are you making the most of what you've got?

Lips...full, pouty, inviting lips.

If you've got them, you're blessed. Make them as kissable as possible. Lip balm with sunscreen is a must. On no make-up days and even under your lipstick. Use a lip balm/moisturizer after you remove your lipstick at the end of the day. Lipstick and liner should be checked and reapplied every few hours to ensure that all eyes are on your best features for the right reasons. Gloss makes those lips even more tempting.

Eyes...the window to the soul.

How about dressing up your baby blues, your doe-eyes or your emerald beauties?

Eye shadow should complement your complexion, not match your sandals. Have a make-up professional sample different colors on you.

Choose a color combination for day and a separate one for nights out on the town. Two or three shadow colors give your eyelids dimension. Waterproof mascara is great at weddings and graduations, but not for everyday. It dries out your lashes and causes them to fall out. Don't touch your eyes or rub them.

This causes wrinkles and introduces bacteria. Give some attention to your brows once a week. Always use a makeup remover made for your eyes, wiping gently with a cotton ball.

Cheeks...we all have cheekbones.

Using a good quality, large make-up brush - not the little, cute one that comes with your blusher - is the key to applying blush. Smile at yourself in the mirror. Rest the brush lightly on the "apple" of the cheek and gently sweep the brush back toward the temple. *Voila*, gorgeous cheeks.

Beautiful skin...if you've got it, flaunt it.

If your skin is clear and even-toned, you already have what the rest of us are trying to achieve with foundation. Consider using a tinted moisturizer instead. Or, go natural - forget the foundation during daylight hours.

Foundation is made to cover imperfections. Okay, it does help keep your other makeup in place, but if you can get away with not wearing it most of the time, you should. The rest of us aspire to that freedom. Go on and give us some hope.

Your unique features make you who you are. Show off what you've got.

Be the most beautiful you.

"How to Make Your Eyes Irresistible"

The Eyes Have It

Remember the dreamy eyes of your first love? Who can resist a [beautiful set of eyes](#)? Your eyes are one of your most important features. Do you treat them like the treasures they are? Even if your eyes are not 'to die for', you can make them truly memorable.

Eye Care. Do you care for them the way you should?

Sunscreen on your lids? Sunglasses? Carefully cleaned and stored contact lenses? Makeup remover made expressly for eyes? Adequate sleep? These aren't merely suggestions. They're requirements for stunning eyes.

Eye Color. Do you take the time to make up your eyes every day

Take a minute to add some extra color and your whole face will light up.

Medium and dark complexions can't go wrong with universal **earth tones**.

Going to work? Apply brown tones on the lower lids, highlight with a light taupe at the inner corners, sweeping up and outward to the brow bones. *Going out on the town?* Add a complementary bronze or deep gold to your outer lid, gently swept from the middle of the eyelash line to the corner of the eyes. **Fair faced** women should use lighter colors as their basic palette. *Conservative?* Use two colors for day - apply medium-gray or mushroom all over the lids to the brow bones, and from the middle of the lash line outward with a coordinating lighter shade from the same family. At night, add a shimmering gold dust overcoating.

Eyelashes and Eyebrows

Let's talk **mascara**. Brown is becoming ever more popular because it complements all iris colors. It works on everyone, as does the standard black. And even though it's available, avoid blue and green tinted mascara, unless it matches your ultra-colorful dye job. Waterproof mascara is really not for everyday, unless you're especially weepy. A water-soluble mascara leaves your lashes in healthier condition, and healthy is beautiful.

No one has the perfect arch without a little help from tweezers or a lot of help from a stylist. All eyebrows need taming, whether it's tweezing to remove one stray hair or an all-out waxing at the salon. **Tweezing** is cheap, which is great. And you don't need an appointment. Oh, and if you use tweezers...

Did you know that some estheticians (that's a highly trained skincare professional) will create a template for you to use when tweezing? If you want to deal with your brows on a less frequent basis, investigate having your eyebrows **waxed** at a reputable salon. It hurts, but many women feel the irritation is worth the gorgeous results.

Eyeglasses. Wear them if you need them? Of course.

They're not just an accessory of necessity. Carefully chosen spectacles look great and can draw deserved attention to your eyes. Just think how smart they make you look. And smart is always in style!

"Applying Makeup the RIGHT Way"

You own the [best makeup](#) money can buy. You thumb through fashion magazines to study the faces of those stick-thin, runway models. You spend two hours each morning putting on your face. And, you still don't look right. What's a girl got to do to look good around here?

Lights, camera, action...consider three things:

- What's the lighting in your make-up area? Adjust it, and you may find that you're better able to cover your flaws and accentuate your attributes.
- Picture yourself. Is the look you're struggling to attain realistic for you? The supermodel-look you're using to create your own makeup style may not be at all like you. Look for famous faces with features similar to your own.
- What colors and products do your look-alikes use with success? Try modeling yourself after realistic ideals. Are you using the right colors and products?

Learn from the pros...take a lesson.

Spend a half hour with a professional makeup stylist. Visit a department store beauty counter. Ask a well-put together friend for a tutorial. Take notes. Here are a few basic guidelines to keep in mind.

Foundation

Careful selection of color is essential. Remember, what looks good in January, may not in August. Reevaluate color often. Apply with sponge or fingertips. Dot foundation in the shape of a 'T' from forehead to chin. Then blend outward. Don't apply pressure to skin. Be sure you don't leave a 'defining line' along your jaw line. Blend any line with a tissue.

Eyes

Eye shadow is available in complementing multi-tone color combinations.

It's a good idea to buy these sets, rather than individual colors, if you don't trust your own beauty know-how. Swipe applicator across lightest color, tap off excess powder, and sweep across lid to brow bone working from the inside out. Accent with medium tone from middle of lash to outer edge of eyes. For a smoky, night time look, use a third color as an accent. Blend colors with your pinky.

Cheeks

Using a full-sized blush brush, apply blush to brush, tap off the excess, smile and sweep color gently from apple of cheek to temple. Soften color with a tissue, if needed.

Powder

Loose powder sets make-up and extends its wear. Gently dust your made-up face.

Lips Last

Liner and lipstick are your last step. Apply and blot with a tissue.

Less is more...really!

Avoid looking overly made up. Too much make-up can look worse than the flaws it's intended to hide.

Practice, practice, practice.

Do you remember how much fun it was to [play with make-up](#) as a child? Recapture that fun. Play around with different looks.

You don't know how something will look until you try it. But, save the experiments for a slow day.

Your sister's wedding day is no day for a new you.

"The Five Most Common Makeup Mistakes... (And How to Avoid Them)"

Orange face, white neck. Brown neck, pink face. We all know someone with no perception of how her make-up *really* looks on her own face. She's sweet, really sweet. But she's a joke in your circle of friends. Oh, no. It isn't you, is it? Well, even if you don't wear "clown makeup," chances are you're making *some* mistakes with your [makeup](#). Take stock to be sure that you don't fall into any of the makeup traps below.

Mismatched Foundation

Your foundation should *not* be a different color from the rest of your body. Really, it shouldn't. This is an easy problem to fix. March yourself down to the make-up counter at your favorite department store and let the salesperson do her job. It's her job, after all. Don't be intimidated, you don't need to buy the *whole* product line.

Blue Eye shadow

Blue eye shadow works for some people. Little girls in dance recitals. Guests at 1970s-themed parties. Ethereal looking supermodels. If you aren't one of the aforementioned people then don't wear it. Enough said.

Dark Circles Under Eyes/Obvious Under Eye Concealer

This is a chicken or egg problem. You're right, the circles aren't great. But neither are orange crescents under your eyes. Play around with a few shades of concealer to see what *really* works best for you. Different products work differently on different people. Just because one brand works for your friend, doesn't mean it'll be flattering on you. Make sure you're getting enough sleep and talk to your doctor. Sometimes those circles are a sign of allergies or a vitamin deficiency.

Obvious Lip liner

This is a look. It's just not a flattering one. Lip liner is intended to add dimension to thin or small lips, to lengthen the wear of your lip color and to prevent your lipstick from "bleeding" onto your face. It is not intended to create a visible outline.

Inferior products in your dressing area

Most of us are not starlets with dressing rooms and make-up artists at our disposal. But that doesn't mean we don't deserve to look like starlets with dressing rooms and make-up artists. Invest in good lighting around your vanity. Stock it with quality make-up brushes and limit your make-up collection to products you'll actually use. That way, your budget can be used to buy better cosmetics.

You're worth it

Add a couple of extra minutes, a wee bit more effort and a little money into your daily makeup routine. It's not vain to spend a few dollars on or a few minutes at your vanity. Put on your prettiest smile, bat your [beautiful lashes](#) and show the world that you like who you are.

Put your best face forward... you don't have to hide behind crow's feet and lip lines...

"Nail Care Secrets"

Manicures, pedicures, artificial tips, paraffin treatments, nail jewelry - the nail care industry is booming, with nail salons seemingly on every corner. Why is this, do you suppose? There was a time when only the wealthy had regular manicures, but now it's commonplace. Whether you go to a salon weekly, or choose to buff and polish your nails at home, it's important to take care of your fingertips.

Take a look at your hands. What do they say about you? Think about what they say to others. Are your hands rough, red, irritated? Or, are they smooth and pampered? Are your cuticles ragged? Or have you cut or pushed them back? Hot pink, French tips, or clear-coated, it's not the color you wear that matters. What really matters is the condition of your hands and nails, and you can [improve the state of your nails](#) by taking a few simple steps.

Protect your nails

Wear gloves when washing the dishes or the kitchen floor. Do not use your nails as tools. They aren't meant to scrape the price stickers off your new picture frame. Be sure to apply sunscreen all the way down to the tips of your nails. Sun damage affects nails, too.

Moisturize your nails regularly

Every time you wash your hands, you need to *moisturize* your hands. Keep hand cream in your purse. Have a bottle in each bathroom of your home and one at the kitchen sink.

Nails need to breath

Every so often, leave the polish out of your manicure routine. Let your nails get a little oxygen.

Do not use nail products containing formaldehyde

It's not used in biology class anymore. Don't use it on your nails, it's not safe.

Gelatin really does work

You thought it was a myth when you heard it as a teenager, but it's true. Eating gelatin helps your nails grow strong and healthy.

Nutrition

Water, fresh fruits and vegetables, protein from meats and fish, and vitamins (multi and E, in particular) all stimulate nail growth.

Sterilize, sterilize, sterilize

Keep your home manicure kit clean. At the salon, purchase a set from the nail technician. The salon will label it, store it, and use it just for you. They're inexpensive and essential to protecting yourself from fungus and communicable infections. Don't be shy, be sure your manicurist knows that you take cleanliness seriously.

"Nature's Cosmetic Bounty"

Not all skin treatments require a trip to the local health and beauty outlet, department store or pricey salon. Look right in your fridge or pantry and you'll find quite a few items which you can use to [beautify your pretty self](#). Consider your kitchen your own natural day spa.

Do You Have...

Oatmeal?

Honey?

Milk?

Cucumbers?

Mayonnaise?

Potatoes?

Strawberries?

Garlic?

Then You have...

A great calming mask. Just mix it with warm water and slather it on. When it tightens up, rinse face with warm water and be amazed with the results.

A softening mask. Add the honey to your oatmeal mask for extra softness.

Moisturizer. Remember the phrase “milk and honey”? Mixed together they're a vitamin-packed lotion.

Swelling reducer. All those B-movies from the '60s had it right. Slice them up, place them on your eyes and say goodbye to puffiness.

Hair Conditioner. It *really is* a great skin moisturizer and hair conditioner.

Blemish Treatment. Rumor has it that grated or food processed raw potatoes can be used on blemishes as a curative. The enzymes are said to boost skin's healing powers.

Tooth Whitener. Smoosh them, swirl them across your teeth and smile.

Acne Reducer. Well, you may not smell great after this home remedy, but it's worth a try. Garlic juice applied topically is a centuries old treatment for acne.

Talk about [natural beauty!!!](#)

Hey, you don't have to trek to the mall or even out your front door. It's stuff you have already. So give them a try.

See if these all natural treatments work for you.

"The Seven Secret Habits of Pimple-Free People"

Take a long hard look at the people you consider attractive. Blonde, brunette or redhead, exotic or girl next door, sophisticated or down-to-earth - they all have one thing in common... a [clear, healthy looking complexion](#).

There are a few people out there who have simply been blessed by the Dermatology Fairy, but just a few. Most of the people who strike you as healthy-looking and, let's face it, lucky, are in fact dedicated to a good skin-care regime.

We'd all like to have blemish-free skin, and the truth is, with a little commitment we all can. Even you!

So, how can you change your skin?

No, it won't cost you a dime, all you need to do is change your habits. People with truly beautiful skin dedicate time, just a little, and the results are, well, the results are beautiful.

Here's How You Can Join the Ranks of Pimple Free People

- WASH using an oil-free cleanser and your bare hands (washcloths and sponges damage your skin), in the morning, after exercise and before bed *no matter how tired you are*.
- LAUNDER your sheets frequently - *don't lay that freshly washed face on a less than fresh pillowcase!*
- WATER is essential to clear skin. You've heard it before, but here we go again: *Drink at least eight glasses of water a day*.
- EAT HEALTHY FOODS. They are just as important to skin health as they are to overall health. Fruits and vegetables provide vitamins and minerals; fish are full of essential oils; avoid junk foods. *Research does not support the common myth that chocolates cause break-outs*, but too much of any junk food is detrimental to your well-being, and is therefore bad for your skin.
- SLEEP when you're tired. Sleep, and its counterpart, relaxation, are necessities, not luxuries. *Physical exhaustion and stress are enemies of a clear complexion*.
- BABY your skin. Don't pick at pimples. Avoid touching your face unnecessarily - the oil on your fingertips belongs on your fingertips, not on your face. Moisturize and use sunscreen with at least a 15SPF *every day* all year long.

Make these habits your own and you *will* see a difference in as little as a week. You may even find people looking a little longer at your face. That look... it'll be envy.

People will be wondering if the Dermatology Fairy has blessed *you*.

Share your secrets with the envious masses. Imagine. A world populated by happy, healthy faces.

"Six 'Sexy Lips' Tips"

Full, soft, inviting lips. Want them? We all do, and now we all can have them. Here's the kiss and tell on [luscious lips](#).

#1 Hands off. Let's start simple, with a line you may have heard in your youth. Mom always told you and so will we - stop biting and licking your lips. It smears your color and irritates your lips. Keep utensils and pens away from your lips. It'll keep your pucker pretty and keep lipstick off your teeth.

#2 Hydrate yourself inside and out. Water, water, everywhere. Be sure to drink your share. You know you need to drink at least eight glasses of water a day. Here's another reason to do it. Water is vital to tissue health.

#3 Protect your lips from wind and sun damage. Always wear lip balm with a SPF of 15 or higher. Always. And, don't forget your lip balm. It moisturizes your lips and serves as a base for your lip color. Wear it in place of lip color on no make-up days. Worn under your lipstick, it'll even help extend the life of your color.

#4 Lip liner can be a lifesaver. Lip liner serves two main purposes. It solves size and shape problems. It reins in your color. Thin lips? Following the lip line, outline your natural lip shape slightly beyond the edge of your lip. Thick lips? Lucky you. If you think they're too thick (is there really such a thing?), try the opposite. Following your lip line, outline your natural lip shape just inside the edge of your lip.

Lining your lips helps keep your lip color from seeping out to the skin around your mouth. So, if your lipstick seems to migrate, then lip liner can keep it in place. One caveat to using lip liner: *Your lip liner should not actually be visible once your lipstick is applied.* So, choose your lip liner carefully. If the world sees an outline around your mouth, you're using the wrong liner.

#5 Lip color sends a message. The color you choose says something about how you view yourself and how you want others to view you. What does your favorite lip color say? Pale pink: pretty and sweet. Red: chic or daring. Coral: fiery and adventurous. Brown tones: classic and timeless. In fact, browns are a universally great choice. Every mouth can wear brown.

#6 Get glossy. Lip gloss is not just for teens. A little gloss worn on low-key days brightens up your face. Lip gloss applied over your daytime makeup transforms you into a party girl. Lip gloss dotted just in the center of your lips creates a pouty look.

Your lips are ready...are you? You've pampered, primed, lined and colored yourself all the way to a perfect pair of lips. So pucker up ...

Attention:

[Click Here To Discover How To Apply Makeup Like A Pro And Instantly Look More Sexy And Attractive... Without Even Trying... Or Ever Having To 'Struggle' To Look Beautiful Again... From The Comfort Of Your Own Home!](#)