

# BEAUTY TIPS 101.

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## BUDDING BEAUTY TIPS FOR SPRING

Spring is a transitional season bursting with colorful, new life. Fashion runways for spring 2009 featured barely there makeup, flawless skin and easy, breezy hair. Make an effort to implement these tried and true beauty enhancers into your new spring beauty regimen for a brighter and healthier new you.

### KEEP HAIR SIMPLE.

Try a natural tousled look for spring by spritzing locks with a texturizing spray. Let your hair air-dry, then enhance or touch up waves with your fingers; for stubborn hair, add a little lift with a curling iron.

### GO FOR A "NO MAKEUP" LOOK.

The natural, fresh-face look is best for spring, but most people require a little makeup to pull it off. To keep it looking natural, use a translucent all-over powder to even out skin tone. Moderation is the key to the perfect application of blushers to the cheeks. Keep in mind that blushers are meant to give the face a natural healthy color, and too much can look gaudy and artificial. Finish off the natural look with a sheer pink lip gloss. First, line and fill in lips with a neutral lip liner.

### ADD A LITTLE COLOR.

With nature blooming all around, it's definitely time to bust out of any remaining winter gloom and go for a fresh new look utilizing lots of color. The important thing to keep in mind is that the colors of your makeup should complement the colors of your eyes and skin tones. For example, no matter what your skin tone or hair color, spring is the time when you can really pull off pink in a big way. Try out new pink shades on your eyelids, cheeks, nails and lips for a deliciously delicate look.

### GET PLENTY OF REST.

If you want really healthy, glowing skin, the first thing you need is at least eight hours of undisturbed sleep every night. Sleep is when your body is healing and repairing itself. To avoid puffy, bloodshot eyes, dark under-eye circles and a pale, washed-out complexion, be sure to get your full eight hours of uninterrupted sleep.

### TAKE TIME FOR RELAXATION.

Learn to relax and unwind by renewing body, mind and spirit with simple relaxation techniques that require only minimal time and energy.



Yoga, meditation and full body massages are great ways to relax and revitalize. Deep breaths coupled with yoga stretches and poses assist in renewal of the body and help promote healthy skin. Practicing relaxation techniques on a regular basis can help to maintain a healthy spirit and a beautiful body.

### HYDRATE AND DETOXYFY YOUR BODY.

Drinking ten to twelve glasses of water each day is a great way to remove the toxins from your system and reap the benefits of proper hydration such as healthy hair, skin and nails and renewed energy.

### EAT A BALANCED DIET.

A balanced diet is essential to healthy and beautiful skin, hair and nails. Be sure to include green leafy vegetables, salads, nuts, dry fruits, fresh fruits, and fresh fruit juices in your daily diet.