

# Health and Beauty Tips



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## Keep Hands Looking Great

Individuals who have great looking hands are more likely to have hands that people want to hold. Perhaps your wedding is coming up. There is no telling the number of people who will want to see your ring and in turn get to see your hands. On the other hand, you may find that your hands are the focus of pictures. You will need to take steps to ensure that your hands look great. Even if it is not your wedding, you want to take a bit of time to take care of your hands.

### What About Them?

You may be wondering, what elements of your hands should you be concerned with? When it comes to beauty tips, people often do not think about their hands, but if you have ever shaken the hand of someone who has bad skin or otherwise poor hands, you likely have remembered it. Here are some tips to help you to improve the quality of your skin on your hands specifically.

- Wash hands properly and often. When it comes to keeping your hands healthy, one of the first steps is to keep them clean. Use a nail brush under your nails and on top of them. Use a quality, but not harsh soap when washing your hands.
- Limit the amount of alcohol used on your hands. There are a wide range of products that, with one squirt, are able to kill all the germs on your hands. Many are alcohol based and while a good choice, can dry out your hands. Use these limitedly.
- Do use lotions and moisturizer. The hands are continuously exposed and need a layer of moisturizer to protect the hands from the harsh elements it meets.
- Tackle skin problems. If you have any type of skin problem, one of the best things you can do for yourself is to get them taken care of by your dermatologist. Since the hands are so exposed, this is very important.

When it comes to your hands, do take care of them. This will make a considerable difference in the quality of your skin overall too and it can prevent you from illnesses since nail beds are one of the worst places for bacteria and pathogens to lurk. Take time to consider your hands: they do matter in terms of what your first impression is with individuals you are just meeting.

## 7 Things To Do For Natural Beauty

Natural beauty is the best type of beauty. It is recognized by many to be the most amazing and pleasing form. Plus, when you are beautiful, you have a better self image and you have a better outlook on life. The key is being able to do this. For those who want to have a natural beauty, it is always best to make wise decisions about their beauty regimen. The following are some of the most important things to do when looking for beautiful, natural skin and overall beauty.

1. Care for your face with love: use only those products for your face and skin that are all natural. Organic products are even better. Doing this will aid you in having amazing looking skin for the long term.

2. Keep your skin hydrated. To do this, you will need to consume a least eight full glasses of water each day. You may want to drink juices too as they often have natural nutrients in them. Yet, water is the key to health.
3. Make sure each meal has a wide range of colorful vegetables and fruits in it. You need the antioxidants to improve the quality of skin and to flush out the debris and plague from your arteries and skin cells.
4. Choose concealers based on the ingredient they have in them. You will want to choose products that provide the most natural base since these items are so close to the skin.
5. Always use UV protection make up. Or apply a layer of UV sunscreen under your make up and regularly apply again throughout the course of the day. Even in the winter time, you need to protect your skin from the harm that the sun can cause. Up to 80 percent of skin damage comes from the sun.
6. Apply less make up overall to cover your face. You will want to keep your make up fresh ad light in color. Use naturally based colors for the best overall results.
7. Keep your eye on trends, but go with what you love. Make up color trends change often. New products hit the market each season. Your job is to choose those that give you the best look.

When you incorporate these tips into your overall beauty regimen, you will see marked improvement in your overall skin quality and your look. Keep it up and you will be fighting aging too.

## **A Healthy Diet Leads To Healthy Skin**

What does your diet do for your skin's health? If you are eating a well balanced diet, you may be impressed with the quality of your skin. The two interact with each other, just like every other organ in your body performs only as well as the nutrients it is provided. When it comes to eating healthy, there are several things to keep in mind in terms of what you should eat to help improve your skin quality. In fact, your skin is a direct reflection of the quality of foods you do consume.

### **Hydration Is Number One**

Before looking any further, remember this. In order for your body to have healthy skin, each of the skin cells needs to provided with enough water. There is no easier way to do this than to just drink enough water each day. What you may not realize, too, is that water plays an extra role in the process of keeping skin looking young. It aid in flushing away all of the cells that have died. This helps to keep your outside layer of skin as healthy as it can possibly be.

### **Antioxidants Are Essential**

If you are hoping for a way to help reduce the signs of aging, you can do so through antioxidants. Antioxidants are the very powerful element that is found in vegetables. They work to keep skin cells as healthy as possible. These are the cleaners of the body. They work to remove waste product from cells which in turn allows the skin to remain great looking. Antioxidants are a type of exfoliation for the skin that comes from the inside out. They also are great at removing build up in your arteries and blood vessels, which can prevent cancers and aid in the removal of dead cells.

To get these benefits, eat a diet that is rich in antioxidants. Choose vegetables and fruits that have deep colors. For example, deep greens are important. Choose a wide range of colors, too. Yellow squashes, orange melons, and blueberries are full of antioxidants that can provide this benefit to your skin.

When it comes to your diet, it does play a role in the health of your skin. There is never a time when you want to consider over the counter medications and anti aging products if you have not taken the time to improve the quality of your diet. Your diet has a direct affect on the quality of your skin.

## **Caring For Hair: All Those Products**

Most individuals spend a decent amount of money on hair care products each month. If you are spending a great deal on these products, you may be shocked to learn that you can get many of the same quality product for less. Plus, you also have to take into consideration what you actually need to use. Finally, keep in mind that using too many products can really damage your hair. So, what is the solution to all of these problems and still allows you to have great hair?

One option to consider is simply purchasing only what you need and working towards having healthier hair. For example, you may think you need mousse, gels and other hair styling products, but in fact healthy hair may not require nearly as much product. A good example of this are products that add nothing much shine to the hair. You can add them to your hair, or instead, you can simply ensure that your hair is well cared. Do not over wash and get great results that way.

In addition to this consideration, keep in mind what you are actually putting on your hair. Adding toxic chemicals and sprays to your hair is made worse when you spend hours a month blow drying it. The best result here is to simply reduce the amount of chemicals added. You may even want to consider finding a few organic products. These work well and do not hurt your hair in the process.

Here are a few more tips to keep in mind:

- Don't wash your hair every day. You do not need to and it strips many of the nutrients from your hair you need.
- Use minimal amounts of any product that you do use. Follow the directions on the product. Chances are good that you need far less than you are using.
- Switch out conditioners and shampoos every few months. These are often leaving their own residue in your hair and after a while it can build up. Switching to another brand product every few months will help you get a great clean feeling.

Minimize the use of your hair dryer, too. This too aids in the breakdown of your hair. Most importantly, take care of it. Don't keep it up in a pony tail and be sure that you are spending some time having it professionally cut. All of these small things add up to very impressive hair.

## **Beginner Beauty Tips**

It does not matter if you are 40 and hoping to get back into the habit of wearing makeup or if you are 13 and just starting out. The key is to have great looking skin and features. To help you to do so, keep in mind a few of the most important beauty secrets when it comes to all aspects of beautification of your body. Each person is different and your tastes are important too. Keep in mind that you want to be proud of the way you look.

### **#1: Choose Quality Products**

You do not have to purchase the most expensive beauty products on the market and you most definitely do not need to invest in over priced items that will help your face look younger. Instead, choose quality, middle of the road products that are within your budget. If you are unsure what type of products to buy, have a professional aid you. Have them help you to choose the best make up products for your face.

### **#2: Less Is More**

When it comes to make up, today's biggest trend is less is more. You still need make up but you just might need less. People expect you to look natural and the skin will only look as good as the makeup you apply to it. Keep your make up less caking and more powder and soft. You want to create a natural beauty, not a makeup beauty.

### **#3: Take Care of It All**

Your make up, your nail polish and your pedicures all matter. In order to have that complete look where you stand out as the next beauty queen, you really do need to pay attention to all aspects of your body. If you plan to wear sandals or other open toe shoes, get a pedicure. If you have not have a manicure in the last dozen years, now is the right time. Go and have your eye brows professionally done. Doing all of these things may seem like a lot of work, but really, it just adds to the overall quality of your look.

When you take the time to apply these tips, your beauty will skyrocket. Individuals will be impressed with the quality of your look and overall, you could find yourself more confident and happy about your overall look too. Don't overdo it. Moreover, most importantly, seek out help if you need it.

## **Caring For Your Nails**

If you are like most people, you spend your days working with your hands. You clean with them, you cook with them you spend hours pounding away at a keyboard using them. The problem happens when your nails begin to show damage for all that you do to them. If you are hoping to have great looking nails for a long time, you will need to invest some serious attention in your nail care. The good news is that it does not have to be a hard process to follow.

Start with a good cleaning. Use a nail brush for the hard to reach underside of your nails. You also want to focus on the tops of the nails, giving them a once over with the brush to loosen and remove any debris or dead skin cells there. Next, use a cuticle trimmer to push back and trim those cuticles. This aids

you in having great looking nails but it also helps the nails to grow back faster and better. You will want to be careful not to cut yourself here as that is worse than having the cuticles in the first place. Also, remove any hangnails you have.

Do invest in manicures and pedicures. Pedicures do clean up your nails as mentioned above, but they also help to moisturize the nails and add good nutrients to the nails and the surround tissue. This is beneficial to your overall look. Also, consider having a professional pedicure and manicure at least one time every month. This makes an incredible difference in your nail care.

When choosing products to apply to your nails, you should keep these things in mind.

- Choose a product that is as healthy as possible. Some nail polishes and other applications are available as organic or less toxic versions. It does make a difference!
- Choose products that are middle of the line in terms of costs. Quality is important for a professional look.
- Choose colors and styles that you like. After all, you do want to enjoy those nails yourself.

Keeping up with your nails does not have to be difficult. Invest just a few minutes each day for touch ups and about an hour once a week and you will have some of the most amazing looking nails in your area. Moreover, you can definitely count on quality if you do take care of your nails on a regular basis.

## **Choosing The Right Nail Salon**

There are many nail salons located in most larger cities. Even smaller cities have a few. Many of these salons are a great choice, the ideal location to have your manicure and pedicure done. If you are in the search for a new location to get your nails done, it may pay off to take some time to consider all of your options. Finding the right salon means taking into consideration cost and the number of services offered. It also means paying attention to the cleanliness and the friendliness of the staff. After all, there is likely another salon to choose from if this one does not fit your bill.

### **First: Cleanliness**

One of the most important first steps in the process of selecting a nail salon is finding an establishment that is clean and well kept. The amount of bacteria and other pathogens found on finger and toe nails is considerable. Therefore, you do need to take into consideration how well the place is maintained. Many states and counties do require that nail facilities are inspected once or twice a year, most of the time these unannounced visits. Contact your local health board to find out if this is done and if so, what the results were for your favorite locations. In many cases, it will be eye opening.

### **Comparing Service and Costs**

The next important features when it comes to finding the right nail salon are friendliness and the cost of the services. Here are a few tips to keep in mind.

1. Choose a nail salon that offers or specializes in the services you are hoping for. Air brushing, for example, is a skill that is learned. You will not get the same results from all salons.

2. Next, consider how they handle you when you are getting your nails done. Are they rough? Do you enjoy speaking with them? If not, consider an alternative location.
3. Be sure you are comfortable within the prices they have. If the salon is established and highly expensive, consider a nail salon that is less costly. You may find that they are just as capable but have lower prices.

Not all nail salons are the same. Do take the time to find the one that is able to meet all of your needs. The good news is that once you find the right salon, chances are good that your nails will look fabulous and you will love going there.

## **Contact Lenses and Beauty**

Are you tired of wearing glasses but feel as though you can't get into contacts? Or, perhaps you are hoping to change the color of your eyes. Contact lenses have come a long way in recent years. These products are very versatile and they are healthy for your eyes, healthier than any of the older products were. Plus, more people than ever are able to use contact lenses. Even those that were once told that they could not, are now able to fit nicely into a pair of contact lenses. Of course, there is nothing wrong with wearing glasses, but if you want to highlight your eyes with makeup and you want to look a bit trendier, find out if you can use contact lenses to help you accomplish this.

Contact lenses were designed to aid in improving the eye sight of individuals who did not want to or could not wear glasses. The earlier products were hard, literally, and they often were uncomfortable in the eye. The contact lenses of today are soft, flexible lenses that are easily fit into the eye and easy to maintain. You will also find that they don't feel like anything. In fact, it is unlikely that you will actually feel the lens in your eye after the first few minutes. The number of different styles are available to aid in making the contacts feel comfortable. There are products that are likely to keep your eyes very moist and comfortable.

Now, it is even possible to wear contact lenses just to change the eye color. In fact, you can even choose from a wide range of different products that can mask what your eyes look like. For natural beauty, though, you will want to consider eye colors that are suitable for you and that you can pull off. For example, if you have very dark brown eyes, you likely will only be able to apply a contact lens that can slightly change the color of your eye. On the other hand, those who have eyes that are light blue will be able to change their eye color to virtually anything.

The only stipulation of using contact lenses either to stop wearing glasses or for cosmetic reasons is that you need to keep them clean. They can be slightly labor intensive, but the underlying benefit is that they can change your entire look with just a few seconds.

## **Dealing With Dark Circles Under Your Eyes**

The dreaded look in the mirror shows the dark circles under your eyes. What are you supposed to do about it? If you have to look great, there may be a few ways that you can greatly improve these dark circles under your eyes. What causes them to happen? Sometimes this is hereditary, and there is very



little you can do about those dark circles. They can also be caused by a lack of sleep or not getting enough water. Dehydration is one of the key and most common reasons for dark circles under the eyes.

### Naturally Get Rid Of Them

Of course, the most important way to get rid of dark circles is to get more sleep and to drink more water. This process can take some time, though. You'll need a few hours of sleep and you should try to drink up to eight glasses of water each day. Look for all natural skin care products, too. These can give you a lot of help in hiding the dark circles when you are unable to otherwise improve them. A good place to start is with a natural moisturizer. This aids in providing more moisture to the skin in this area which can cause the dark circles to fade. Look for products that contain Vitamin K, sesame oil, Vitamin E and avocado oil. These are a great choice to use on a regular basis, too, especially under your make up if you are prone to dark circles.

A variety of concealers are on the market that will work well to mask the dark circles under your eyes. Take a good look at the product. Choose something that is actually all natural, if it is possible to do so. Do make sure to choose the right color concealer. If you do not, you could risk making the dark circles stand out more so. Choose a natural color that matches your skin well. Or, choose a concealer that is just one shade lighter than your foundation. This will give you the best results in hiding the dark circles under your eyes.

When it comes to hiding your dark circles, keep in mind that there are many ways to do so, but the best way is to take steps to help you to stop them from happening. In other words, get some sleep and drink water, too. Your beautiful skin does not need to be marred by dark circles.

## Chapped Lips? How To Avoid This Problem

Chapped lips are one of the first signs of the winter months and they can be one of the most difficult health problems to overcome. When your lips are chapped, you want to wet them over and over again since this action actually seems to soothe them. The problem is, as they dry, the wetting them has made them worse. What can you do to overcome this? In addition, what options are there for avoiding dry lips in the first place?

### Treating Chapped Lips

As a fashion statement or a beauty statement, there is no doubt that chapped lips are a big no-no. The peeling and the pain they cause are going to make any lipstick that you apply over them hard to remove and horrible to look at. You may even get a burning sensation if you tried to cover them up. The best way to treat them is with a soothing, medicated chap stick or lip balm. These are found at most location where medications are sold. Avoid products that are sugar based or that are made for children. What you are looking for is a specific, medicated product that will place a very small dose of medication into these wounds to help them heal. They also work to lock in the moisture on your lips. Apply as often as needed until the painful cracks have healed.

### Avoiding It

The only thing better than improving chapped lips is to actually be able to avoid getting them. In many cases, you can do this. First, be sure you stay hydrated. If your body is not hydrated the skin, and the lip, cells will become dry, leaving them highly vulnerable to wind and cold weather. Second, cover up. When heading outdoors in the cold weather, wear a scarf around your face. This is especially true of very low temperatures, also when the wind is blowing.

Next, apply a layer of moisture protection to your lips. Choose a lip balm, not necessarily one that is medicated, to keep your lips moist. These products are important because of the close proximity to your mouth (the moisture there is what ends up causing the chapped feeling.)

Stop licking your lips. Avoid having this big beauty problem. Simply treat your lips with these products so that you can use lipsticks again. You should avoid these products if you have chapped lips since they can worsen the situation.

## **Foods For Great Looking Skin**

The foundation of your beauty comes from the skin. If your skin is dry, cracked or otherwise injured, chances are good that it will show in your skin no matter how much make up you put on. One way to improve the quality and look of your skin is to use a quality product designed to do so. The other way, which may be best, is to eat foods that can do much of the work for you. The food you eat is a direct reflection of what your skin looks like. The question is, then, which foods should you be eating to have great looking skin?

First, choose foods that are full of antioxidants. You want to ensure that these foods are in your diet because they keep skin looking healthy. They even work very well at aiding in improving the quality of your skin as you age. Choose foods that can do this for you. For example, to get Vitamin A, eat dairy. For Vitamin B, look to bananas, red meat and wheatgerm. For Vitamin C, look to peppers, kiwi fruit, tomatoes and oranges. For Zinc, choose foods like seafood, eggs, cheese and mushrooms. Iron is also important. You can get this from red meats and seafood.

Next, consider the moisture level in your skin. If your skin is dry, you may need more essential fatty acids. Don't worry. These are not products that have a lot of grease in them. Rather, they have natural, necessary fatty oils that your body needs. You can get Omega 3 and Omega 6 oils from foods like salmon, tuna, and nuts.

Work to eat more of the deeper colors of fruits and vegetables in your diet. This makes it much easier for you to get the antioxidants you need without having to count grams. Also, keep in mind that a diet that is rich in these nutrients may feel hard to come by. When this is the case, don't be worried about using supplements. A number of supplement combinations are on the market containing all of the nutrients listed above. They can aid you in improving the quality of your skin.

When it comes to having fantastic looking skin, don't forget these very important products. You definitely need foods to be part of your health regimen for improving your skin. Otherwise, no product you add will do enough to give your skin the youth you are hoping for.

## How To Have Great Eyebrows

You may not notice them often but your eyebrows really do make a statement about you. They show off your eyes and help to accentuate your overall looks. When you take the time to have great looking eyebrows, the end result is a face that is well made and well groomed. It does not have to be difficult to have great looking eyebrows like this, either.

When should you pluck your eyebrows? Does it matter? In fact it does matter. Eyebrows that are plucked should be plucked right before you go to bed. This allows for the redness caused by the plucking to fade overnight. In the morning, you will have great looking eyebrows without any swelling or redness.

Here are some more tips and hints to having great looking eyebrows:

- If you have never done your eyebrows yourself, talk with your beautician first. Not only will they do it for you, but they can help teach you how to do it. This way, you know how to shape them and how to pluck them.
- Be sure to use the right tools for the process. Purchase a pair of slant edge tweezers to aid you. These work well because they can easily grab your hair. Plus, you will need a small comb. Prior to doing any plucking, comb all of the eyebrow hair in one direction. This helps to separate them so that you can easily remove them.
- Clean up after you have finished. You will need to look just outside the normal row of hairs for your eyebrows. There may be stray pieces hiding to remove. Also, in between your two eyebrows needs to be cleaned up. Pluck any stray hairs in this region.
- Don't overdo it. You can over pluck your eyebrows. This especially is possible if you haven't taken the steps to play which hairs to pluck and have just kept working to try and even the brows out. Instead, use an eye pencil first to draw out where you want to trim and remove. This way, you are less likely to over pluck.

Taking care of your eyebrows does not need to be difficult. In fact, if you just invest a few minutes after or before you wash your face each night, chances are good you will have a great look regularly. Eyebrows, often forgotten, but they do not have to be.

## Go Organic With Make Up

You know the importance of having great looking skin. Now, why not take that to the next level by considering organic make up products. The better department stores are now getting more request for these products and there is a reason for it. Organic products do not contain products or materials that have harmful toxins, pesticides or other non natural elements in them. In short, they are better for your skin and they are better for the environment.

Many products are now available in organic form. The more products you use that are organic, the better off you will be. Some products you are likely to find that are organic include the following items:

- Concealer and foundation products: perhaps the most important of the bunch
- Lipsticks in all shades, qualities and styles
- Blush: No limit to the colors or types either
- Eye liner: you wouldn't believe the stuff you were putting so close to your eyes
- Lotions and topical items: these are important. Anything that you put onto your skin will get right into your pores and that ends up in your blood stream.
- Soaps and Shampoos: These are becoming more readily available by top manufacturers as organic products.

Many of the top manufacturers are providing more organic products each year. They understand the importance of this quality and they know there is a growing request for such products.

When purchasing products that are labeled organic, what should you expect? First, you should expect that the product is made up of only natural products. This means that no dyes or perfumes are used. This also means the product does not have any preservatives in them and no colorants. They do not necessarily have to be limited in color and style, though. Many products are just as vibrant and beautiful as ever. In addition, most of these products still apply in the same format and they have a design to be high quality make up products.

When you head out to purchase the next batch of make up for yourself, why not consider purchasing products that are better for you? Choose all organic products. If you are not too sure if you will like them, purchase an organic foundation (if you use foundation.) What you are likely to find is that these products are just as high in quality, if not more so, and they go on well. You get all the same benefits without the carbon footprint.

## **Is Aloe Vera A Good Option?**

Many people grew up with an aloe plant in their homes. They broke off the stem, a thick, spine like plant that had a number of different prickly areas on it. They felt the soft, cool liquid that oozed from it. This is aloe vera and it is one of the best products for your skin. It is all natural. It is an easy substance to get a hold of today, too, since it is readily available in many products. This is also a great way to improve the quality of your skin.

You can purchase aloe vera in a variety of forms. It is often available sold as a natural cream (look at the ingredients list to ensure it is all natural, though.) You may also find it in various medical products, such as medicated creams for dry skin. In all situations, it can provide the level of protection your skin needs from the cold weather, from dry skin or to help soothe irritation. Look at these methods to using aloe vera.

- Use it as a medication to treat the skin problems you have. It can greatly aid in improving the symptoms of someone that has eczema or psoriasis. It can also be very helpful for those who have regularly dry skin.

- Apply aloe vera to burns. It has natural soothing ability that will cool and calm the inflammation from any type of burn. It can aid in a faster recovery from those burns, too.
- Aloe Vera is a fantastic product to apply to infections like fungal infections. This includes ringworm. When it is applied, it will naturally fight off the infection, aiding your body's immune system to improve.
- You can use an Aloe Vera fluid form of medication. You can find this to be a great choice for those who need aid in reducing pain. It can also be used to aid in heartburn, ulcers, and irritable bowel syndrome.
- Use it as a product to improve skin quality. In a fluid form, it can be used in shampoos, in soaps, and in sunscreens. It is often in make up as a natural way of adding moisture to the skin.

As you can see, for anyone that is considering their beauty regimen, Aloe Vera should be a part of it. This all natural product is an all natural healer for many areas of the body. It can aid many in improving skin quality.

## **Your Teeth Matter**

The first time that you meet someone, one of the most common things you will notice is their teeth. Their teeth are most definitely part of the process of looking good, but do you know what you should be doing to help encourage healthy teeth that look great? If not, you will want to make this your focus of your beauty regimen. Without healthy teeth, chances are good that all of the work you have done to improve your eyes and overall make up will be for nothing.

There are several things you can do today to see great looking teeth. Here are some things to take into consideration.

1. Get to your dentist. What you really need is to get to see your dentist. They will ensure your teeth are healthy and you can get a cleaning. This will spruce up your smile considerably. It can also cut down on your bad breath, which is actually a direct indication of poor teeth health.
2. Consider whitening products carefully. The whitening products that came out a few years back have been improved. They are less risky to your teeth and many of them are more effective. If you choose to purchase over the counter products, use them only as directed as over use can weaken your teeth's protective shell. On the other hand, some of the best teeth whitening is actually done right at your dentist's office. This is perhaps one of the best places to have the procedure done.
3. Brush and floss after meals. This seems like something you have heard before, but the fact is, just one small piece of food stuck in your teeth will make people really react poorly to you. It spoils your look! Instead, simply brush more often.
4. Consider veneers or other cosmetic procedures to help cover over your teeth or improve your smile if you have chipped, misshapen or missing teeth. The procedures can do a great deal to improve the overall look.

5. Tackle gum problems. Gums are an important part of a healthy smile. Be sure that your gums are healthy by being sure that you visit your dentist.

Your teeth really do define our overall teeth quality. Take into consideration your teeth health but also take steps to improve your smile. The good news is that if you have a great looking smile, you are more likely to smile more often.

## **Do Anti Aging Products Work?**

When it comes to anti aging, everyone would like their skin to look the same as it did when they were in the teens and early twenties. Yet, there is no doubt that as you grow older your skin will change and with that change often comes a natural aging process. As your skin gets older, it loses some of its moisture. It also becomes less full because the natural collagen in your face starts to lesson. Over all, it is unlikely to see your skin remain perfect. Yet, there are things you can do to enable yourself to have young looking skin throughout your life.

### **Eat It Healthy**

A good place to start is with a good diet. Believe it or not, this is one of the most powerful tools you have when it comes to improving your health. You absolutely must take the time to improve your diet if you want to have healthy looking skin for the long term. For example, you will want to include as many antioxidant rich foods possible. These foods literally keep your skin cells healthy looking because they remove dead cells and they help to keep the waste products out of the cells. This aids in keeping the skin cells flush and with as much moisture as they need.

### **Use Sunscreen**

One of the worst things for skin is the sun. To have great looking skin as you age, you will want to ensure you are using cosmetic products that are UV protection. Your foundations should have some protection if you are not wearing any UV protection under it. The sun causes skin cancer, too, which is one of the most high risk cancers today. Even if not, up to 80 percent of the aging of your skin is from the sun.

### **Stop Smoking**

If you stop smoking, you will see an improvement in your skin's quality. Be sure to do so as soon as possible too. When you stop smoking, it may take a few years to see any real improvement.

What else can you do to help your skin look great even as you get older? Be sure to keep yourself hydrated with at least eight glasses of water a day. Use quality make up products, especially those that are natural. And, try yoga or meditation. Unbelievably, this holistic approach can aid your skin in looking fantastic for years to come.

## **Keeping Skin Hydrated Matters**

Your skin is the foundation of your beauty. If you want to have skin that is amazingly beautiful, you will need to start with ensuring that your skin is hydrated. Consider a plant. When the plant's leaves get dry, they start to crack and they show their age. The good news is that even with plants, once the leaves are fully hydrated and are regularly hydrated, they will start to get a deep green color and look full of life. The same is true for your skin. No matter what it looks like today, it can likely have improvement through hydration.

There are many ways to build up this hydrated look. What many people do not realize, though, is that the process starts with drinking enough water. Your body needs a constant supply of quality water to keep each of the cells in your body hydrated properly. Drinking other products, including juices and soda can hurt your skin. While they are fluids, they are not giving your cells enough hydration. You need water.

In addition to this, there are other ways to keep your skin hydrated. For example, during the cold winter months, the cold air can be a killer on drying out your skin. Instead of allowing this to happen, apply a moisturizer to any exposed skin. This can help to lock in the hydration so that you are less likely to be hurt by the intense temperatures.

Next, consider a hydrating mist. These can be found at most good beauty salons and department stores. You simply need to spray the mist on and you will, without a doubt, have a more hydrated look. Keep in mind that it takes a good deal of time to improve skin this way. Use the other methods first, and then use this hydrating mist as a way to keep your skin looking good.

Finally, don't layer on the makeup. Your skin does need to breathe. Choose make up products that are organic or at least made up of products that are not harmful to your skin. Some make up products can dry out the skin themselves.

When choosing anything that has to do with your skin, from make up to the sun screen you put on, always keep in mind the actual effect it will have on your skin. You never want a product that will draw out the moisture from your skin but instead, you do want those that lock it in.

## **Long Nails: Healthy Or Not So Much?**

Have you thought about having long nails? Do you love the idea of having gloriously long finger nails that really make a statement when you polish them with red? When it comes to having long nails, be careful. What you might want to take into consideration is just what it means to have long nails and if this is the right type of length for you.

### **Why Is It Bad?**

Long nails do look great, but be careful with how long you allow them to get. As your nails lengthen, there is no immediate risk to you or the nail. But, be careful about the actual length you allow. The longer the nails get, the more likely they are to be places where infectious bacteria can hide. Nails that

are an inch long are more likely to have pathogens that can cause illnesses like staph infections and yeast infections.

#### How To Fix The Problem

If you are like most, you do not think about what is lurking under the nails. But, you should. The good news is that you can do something about it. You can have long nails and still have healthy nails. The key is to keep them clean. Use soap and a nail brush on your nails at least once a day (wash your hands using soap frequently.) The nail brush is quite effective at getting under the nails and removing all of the bacteria underneath if you take your time with it. Do not rush through the process.

Throughout the day, you can use antibacterial lotions, too. Apply these gels on your hands and also on your nails. Use them sparingly because they can dry out your nail beds and this can lead to cuts that will be even more prone to bacteria growth.

If your nails are showing any signs of illness or bacteria, trim them back. This includes any yellowing that you see. If the nail infection seems to worsen, seek out your doctor. They can prescribe medications for you that will clear up the nail beds effectively.

Having long nails is a bit more work than trimming them. Even if you have fake nails, you still need to follow these procedures to ensure that your nails remain healthy and free from any bacteria or infectious pathogens. After all, just think of all the things you do with those nails on a daily basis that could leave you sick.

## Long, Beautiful Eye Lashes

Are you looking for those movie star length eye lashes? The ones that are nothing short of truly impressive? You can get these by just making a few important decisions about the products you use and the application methods to use. Depending on how elegant you may want to be, choose the right products and do take the time to go the extra step.

Start with an eyelash curler. Use it as often as you need to, but do not overwork the lash with it. You want to be sure to use it whenever it is possible to do so. These curlers are very inexpensive but the look they give you is much appreciated. They help to make your eyes look wider and they help to give you what more alert look. For many, they can add an air of youthfulness. When you are choosing the items for your eyelashes, do not skip this step. You should only curl your eyelashes prior to applying mascara to them.

To use the eye lash curler best, place it under the hair dryer for about thirty seconds. This heats it nicely and allows it to work better with the curling. It will work much more likely a curling iron and will curl the lashes more permanently. Curl each set of lashes once. If you want a more rounded look to them, curl them twice.

Use a small comb to come through the eyelashes next. This allows them to each be separated and easy to work with. Apply a very light amount of powder to the eye lashes. You can do this using the comb. This will help the mascara to stick to the eye lashes better and this means a better look.



When applying mascara, do so with a nice, clean brush. If the brush has clumps in it, the eye lashes will also have clumps when you apply the make up to them. Place the mascara brush at the very base of your eyes and without holding it there, pull up. Applying the make up in one swoop like this is what will make it the most successful. It is important to consider a second coat, especially if your eyelashes are smaller.

Using the products you have and using them wisely will give you that great look you are hoping for. Eyelashes are an important part of overall beauty and can help to bring out your eyes.

## **Pick a Dominant Feature**

When it comes to beauty and looking your best, one of the worst, most out of date looks you can have is a face full of makeup. Bright blue eyeshadow is only second to the bright red lipstick and the amount of blush on your cheeks makes you look like someone has slapped you. Instead of making this mistake, you may want to try a different beauty secret. Just choose one main focal feature in your face to concentrate on. Doing so will enable everything else to glow, too.

One of the most popular options is the eyes. For those that think their eyes are their best feature, show them off. Use eye liner, eye lash mascara, and be sure to use the right eye shadow. It is find to use whatever color you would like and you most definitely will look great if you choose colors that blend well with your skin. If you choose the eyes, all of the rest of your make up should be less bright.

Perhaps your lips are your best feature. If so, use a brighter color on them and be sure to help them to stand out by using lip liner. Gloss them too, you want them to stand out and really sing your praises.

Perhaps it is not your eyes or your lips that you are most happy with in terms of your facial features. It may be your cheek bones. Use blush to help show off this look. You will want to use a sweeping motion, starting at the top of your cheek and swooping down. This really draws attention to this area of the face.

When you take the time to choose just one type of makeup application area to concentrate on, you surprisingly do not let the rest fall out of line. Rather, an individual first notices that feature, for example the eyes. They are drawn to them because of the well designed make up on them. At the same time, they are attracted to the rest of your face naturally since they have found your eyes to be appealing.

Less is more in today's make up world, but applying a concentration of make up to just certain areas of your face can make a nice statement and really helps to create that overall great look you are hoping for. Be sure to invest in quality products and a well-made face.

## **Sensitive Skin Can Be Maintained**

There are many reasons why you may have sensitive skin. If you have spoken to your doctor and they have tackled the underlying cause, such as eczema or other skin conditions, that is great. Next, consider what make up and beauty products you can use with your sensitive skin. You will need to choose

products that will not clog pores and those products that are designed specifically for individuals who have sensitive skin. There are many great products to choose.

When choosing any type of sensitive skin product, one of the first things to look for is a hypoallergenic product. This means that the product has ingredients within it that have been tested and there are no elements of it that are doing to cause an allergic reaction. Many people who have an outbreak to a product are actually having a very mild allergic reaction to the product. These hypoallergenic products are a good investment for individuals with skin that is sensitive.

Next, consider your products carefully for fragrance. Many companies add in a scent to help the product to look and smell more attractive. The problem is, though, that this scent can be an instant problem for individuals who have sensitive skin. You can find a variety of products on the market that are naturally scented or that do not have an additional ingredient added to them to add a scent. These are some of the best products for those who are suffering from conditions like peeling, eczema, dermatitis or who have allergic reactions to products.

In addition to this, you also want to choose a product that is not going to clog your pores. Your pores are the skin's tool to breathing and to taking in nutrients in some cases. They need to remain open. If and when a foundation or other make up product clogs them closed, the skin will react negatively to this situation. This can lead to pain, itching and overall breakouts on the skin.

For those who are looking for quality products that meet these specific requirements, do not skimp on value. You want to spend a bit more and buy products that will not hurt your skin. When you do so you will see improvements in the way your skin reacts when you place make up on. Look for all natural products designed specifically for individuals who have sensitive skin for the best results possible.

## **Stretch Marks Aren't Beautiful**

Perhaps you have just had a baby and you hate the stretch marks that being pregnant caused. There are other times in life when you will deal with stretch marks too. They can happen during puberty. They can also occur if you are overweight. Stretch marks are the body's way of handling the extra size of the region. For most people, these stretched out skin marks are only temporary since as soon as the extra weight is lost, the marks become very difficult to see, if at all. Yet, for others they stick around

### **What Are They?**

Stretch marks happen whenever the skin is over stretched. This causes the surface of the skin to be unable to develop the natural, normal amounts of collagen in the region. What happens then is that the skin simply gets a scar from the result. In medical terminology, this is called striae or sometimes striae. They are generally purple in color or red in some cases. Often times they will be a less bright color especially if they have been in place for some time. Often times, they are soft and are generally noticeable just as a scar would be.

### **Overcoming Them**

If you have stretch marks, you likely would like to do anything possible to get rid of them. The first step is to lose the weight and to do it well. In other words, you'll need to work out and tone this area of your body considerably. You can use a product like cocoa butter applied to the area. Also, dermabrasion is an option. These methods can be highly helpful in improving the overall look of the skin. For those that have lost the weight and are unable to get the stretch marks to fade, another option is to use a laser treatment. The laser treatment allows for the removal of the damaged skin, at a very low level and allows healthy skin to heal over it.

There is no guarantee that you can get rid of the stretch marks, though. You may be able to avoid them by applying essential oils to the skin where they are beginning to show. Many times, they will fade on their own as you age. This is especially true of those stretch marks that develop during puberty. In addition to this, keep in mind that they often happen in areas of the body that are naturally covered.

## **Sunless Tanning: Good Or Bad?**

A sunless tan is one of the best ways to avoid the harmful rays of the sun. But, are all of these products a good choice? Some are not. Some are likely to cause you to deal with all sorts of complications and skin conditions, especially if you have sensitive skin. The tanning bed is not the only option you have to have that deep, dark tan you crave. In fact, you may be able to get a better tan by simply looking around for some natural products or other alternatives.

Don't worry, you do not have to have that orange glow that many of the first products used to produce. Today's products are a better quality and for that they also work very well to produce a natural type of tan. Some of the best bronzer products are available that add a great deal of color to your skin, but the coloring is more normal looking. When choosing these over the counter bronzers, look closely at them. Choose a product that offers a nice tan without the risk of over doing it. You also want to choose a natural bronzer if it is possible to do so. At the very least, you will need a product that contains a moisturizer in it to aid in the skin's ability to have protection from the products.

The other popular option when it comes to choosing a sunless tan option is to use a spray tan booth. These work quite simply. You will walk into the booth, activate the spray and stand still. It sprays both your front and your back for you, giving you an even tan that's very natural looking. This is a fantastic option for those who are hoping for a fast tan that is still good for them.

When choosing any sunless tanning product or spray, be sure that the product is safe to use. You need a quality product otherwise you will get results you are not happy with. In addition to this, exfoliate your skin before you apply the sunless tanning product. This gives your skin a better finished result and will help enable the skin to pick up more of the color. When it comes to getting a tan, you definitely want one, but there is no longer a risk to your skin. Just get out here and allow the tan from a sunless product to work for you.

## **Teens Beauty Tips**

As a teenager, you are likely spending at least a few minutes each morning making sure you look the best. Teens have the advantage of having young, healthy looking skin. You likely do not need cover up.

You also do not likely need to spend a great deal on anti aging products. But, there are some areas that a teen may be able to improve on if she wants to have great looking skin and a good make up look that will impress anyone. No matter what your age, you can benefit from a few of these teen beauty tips.

Here are a few teen beauty tips to keep in mind.

1. Use the right type of facial cleaner. Bar soap and other soaps that are meant for hands are not a good option for the face as they can be too harsh. Instead, choose a facial soap. And, be sure to remove make up each night. This step alone will keep your skin healthy.
2. Exfoliate your skin. Exfoliation is the process of using a semi abrasive product to remove some of the dead skin cells found in your pores. This helps open up those pores. It also can help to give your skin that fresh glow you are hoping.
3. Less is more with makeup. Don't believe that each of your major features on your face should stand out. Rather, just pick one major feature to stand out, such as your lips or your eyes. Use subtle make up the rest of the face. This gives you a great look without overdoing it.
4. Look for healthy products. Choose organic make up products whenever it is possible to do so. These are better for your skin and they reduce your carbon footprint.
5. Treat acne. Acne for a teen is one of the worst conditions possible. It is essential to take into consideration the variety of products on the market. What is most important is to keep your skin clean to reduce the amount of acne present. In addition to this, you should keep in mind that you will need to consider medications if your acne is severe.

Taking care of your skin as a teen will allow you to have great looking skin for years to come. Be sure to spend time working on improving the quality of your skin each day. Keep it out of the sun and be sure to use the best products you can to avoid allergic reactions.

## **What About Acne?**

Teenagers are often plagued with acne and, most often, through no fault of their own, they have to deal with this incredibly painful and emotionally scaring type of skin condition. The problem is, for many people, acne does not go away once you hit your 20's. It can even follow you into your 30's. Acne in this case may need a bit more help than those that are simply teenage year acnes. The good news is that there is help for any type of situation.

First, start with a good cleansing regimen. Since acne is caused by the bacteria that land on your skin and imbed themselves there, a good quality cleansing will help to minimize the outbreaks. The bacteria like skin that is warm and has fatty oils in them. Plus, they love to eat the dead skin cells from your face. Cleaning with a quality soap will aid in improving the acne right away. In addition to this, exfoliate. This can help to remove that dead skin which allows bacteria to grow on it. It is incredibly important to consider exfoliating properly, as you do not want to injury your face in the process.

In addition to cleansing your skin properly, be sure to take time to get extra help, if you need it. For those who have serious acne problems, seek out a dermatologist. There are medications that can aid in improving the acne problem at the source. They can work to turn off the skin's immune system which is working so hard to kill off the bacteria (and often is what causes the acne to become so red and noticeable.) In addition to this, you want to focus on proper care for these infections. Because acne are

each a small infection, it can endanger your overall health if they continue to spread. Your dermatologist can offer help in this process.

When it comes to improving your overall quality of life, acne is an important step. Applying make up to cover up the acne does not often provide enough aid to your skin. You really do need to consider removing the acne properly to help avoid the overall pain and scarring that is possible from it. Working with your dermatologist, come up with a regimen to minimize the skin's acne risk and work to improve any scars that you may have. There are wide ranges of products on the market that can aid you in this process, but your doctor should be your first step.

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