

Hot tips for that Spring look

By: Christina McDonald Legg

As spring cleaning dominates your weekends and you desperately buy fashion magazines to find the hottest spring trends for what's in and out, just a few things are important to remember.

Break out the red lipstick this spring. Red lips are hot this season, just remember to keep your eye makeup light.

Keep those pearly whites white. Over the counter whiteners are inexpensive and popular, or have your dentist help you with a professional grade option. Be proud of your smile, dazzle this spring with bright white, not dull yellow.

Moisturise, Moisturise, Moisturise. Dry skin looks dull and lackluster and keeping your skin moisturised will make you look younger and beautiful. I'm not talking about just your face, although that is of course important. Moisturise your hands, your elbows, and the rest of your body. Be sure to buy moisturizers with SPF in it to protect you from dangerous UV

rays.

Ponytails & braids are hot, loose buns are not. Pull your hair back loosely with wisps falling around your face to soften it. Hair pulled back in a severe bun is not hot this season.

Keep your eyebrows maintained. Nothing wakes up the overall look of a face like having your eyebrows waxed or tinted. A unibrow is not something to be proud of so make sure to keep it trimmed. On the flip side, be careful not to leave to big of a gap between them. This can make you look older than your years and is not flattering. A general rule of thumb is not to trim your brows further than the edge of your eye.

For men and women - say no to facial hair! Sure a beard and goatee are okay for some people, but if you want to look younger (men), shaving off that facial hair will also shave off years from your age. And women, need it be said? Wax, wax, wax that facial hair off.

Long lashes are in this season. A big trend right now is

individual false lashes applied with glue. If you're not ready to try glue on your own, layer on the mascara. Several coats will give you that long, thick look that's hot right now.

Don't over bronze your skin. Fake tanned skin is in again, but don't go overboard. Instead, try layering your fake tan with a light tanning creme set with a tinted moisturiser or a bronzing powder.

Manage the dark circles under your eyes. Naturally, your best option is to get a good night's sleep and eat well, but failing this, use under eye concealer. Under eye concealer are all over the place, choose

one that suits your skin colour and use it. The extra light we have now will not be kind if you don't combat those dark circles.

Long waves and tousled locks are still in this season. Put your straightening irons away and let your locks stay tousled, like you've just come back from the beach or gotten out of bed. Long hair is in this season, and textured, layered locks are hot.

Take a walk. Even if it's just at the gym on a treadmill, exercise will do you good. It will alleviate stress, increase your blood flow and it makes you feel good. The fresh air will revive and revitalize you.



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