

# Beauty Trend: Customized Body Care



By [Katie Sotack](#)

Hopefully none of us are a stranger to face wash. Skincare of the face is as ritualized as morning coffee in America. This year the [beauty](#) community is encouraging skin care to extend to the whole body. Leg masks, back exfoliators, and general body cleansers have hit the market in an attempt to supple and plump your skin (as well as drain your extra cash). While it's true this new skin treatment will cost more, it doesn't mean it comes without its benefits.

# Customized body care is the beauty trend that will elevate your skin all over. What are the perks of every shower turning into a spa day?

Body care is all about worshipping every aspect of your skin. Just because your belly isn't your introduction to the world, that doesn't mean it doesn't deserve to be pampered. Commit to caring for your body as a whole and watch your skin look brighter, clearer and [healthier](#) within a few weeks:

**1. Bacne:** Clear skinned shoulder blades always make a fashion statement. Show off your sexy shoulders barren of any red dots or blackheads with back exfoliates that are especially essential to those who condition their long hair. Back acne is a common problem for long haired individuals whose conditioner soaks out of their hair and into their pores. Conditioner clogs skin which should be permeable and encourages back blemishes. Cleansing the shoulders will counteract the clogging conditioner.

**2. Bikini bumps:** Shaving down there has the averse effect of razor burn garnishing your bikini line. After shaving use a calming body moisturizer to treat the red bumps and ease irritation. Forewarning though, bumps aren't always razor burn, get checked out by a doctor. And while we're on the subject of medical care, moisturizers are *not for internal use*. A clean, lightweight moisture can be useful around the thighs and bikini line, but nothing should be getting up in there.

**Related Link:** [Beauty Trend: Make Your Eyes Pop](#)

**3. Ingrown hair:** A perk of full body skincare is nixing those

frustrating hairs growing underneath the skin; or even worse those hairs that inspire infected red lumps. By routinely exfoliating the skin, ingrown hairs are coaxed out of hiding. Instead of growing inward, the hair will pop straight outward as it should. If you're prone to trapped hairs, cleanse the areas that bother you most and keep an eye out for the positive effects

**Related Link:** [Product Review: Rock Long Hair on Date Night with Barely Xtensions](#)

**4. Humanize yourself:** Remember that you're a person and people naturally have cellulite, wrinkles, hair, and acne. The real purpose behind the body care beauty trend is to treat yourself. Enjoy the feeling of hydrated, healthy skin, without getting caught up in the looks of things. Celebrate your body as a vessel to experience life in and reward it with healthy skin for doing it's job.

**What's your skincare routine like? Share in the comments below!**

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## Beauty Trend: Neon Eyeshadow





By [Emily Green](#)

Eyeshadow is one of the most eye-catching parts of any makeup look. Many people love to play with their eyeshadow, following different [beauty tricks](#) to make their look pop with color. Is there any other way than neon eyeshadow? Follow these [beauty tips](#) to make neon eyeshadow make your eyes pop:

**Neon eyeshadow is a beauty trend that will make heads turn. What are some of the best places to wear neon eyeshadow?**

Everyone should be able to play with their makeup looks, no matter what kind of day they may have. Whether you're going out with friends or going to a fancy event, neon eyeshadow can be a great addition to your look. Here are some of Cupid's favorite places to wear neon eyeshadow with this [beauty advice](#):

**1. Red Carpet Event:** Heading to an event where you know you're going to get photographed or possibly even interviewed? Adding a neon eyeshadow to your formal look will accentuate all the right features, and most importantly, it will draw everyone up to see your beautiful face!

**Related Link:** [Beauty Trend: Neon Eyeliner](#)

**2. Banquet/Fancy Dinner:** If you're going to an important banquet or dinner, add a pop of neon eyeshadow. Add some false lashes and volumizing mascara to make your eyes stand out! You'll show the other guests your fun side beneath your professional exterior.

**Related Link:** [Beauty Trend: Metallic Lip](#)

**3. Beach Day:** You and your friends have had this beach day on the calendar for months, and it's finally here! Adding neon eyeshadow to your beach day look will show you are ready for a day of fun out in the sun.

**4. Shopping Trip:** Just having a relaxing day out shopping with some friends? It's the perfect occasion to try out neon eyeshadow with a casual look. You can add just the right amount of color, and you'll have heads turning as you walk by.

**What are some other occasions to wear neon eyeshadow? Let us know in the comments below!**

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# Beauty Trend: Make Your Eyes Pop



By [Bonnie Griffin](#)

In recent [beauty trends](#), we've seen the smoky eyes, deep eyeliner, rainbow eyes, and now the big trend is fierce smoky wings. In makeup trends, it's all about making your beautiful eyes pop. If you want to take your eyeliner to the next level, there is no better makeup look than the smoky wing this year, or keep it simple and elegant for work or a simple date night at the movies.

## **Beauty Trend: Make your eyes pop with smoky wings and other ways to highlight.**

If you want to make your makeup stand out, start with the eyes. They say eyes are the windows to your soul. Cupid has

some [beauty tips](#) that will highlight the beauty of your eyes:

**1. Fierce smoky wings:** Similar to a smoky eye, smoky winged liner will make your eyes pop and look good no matter your natural eye color. It is great for a night out on the town, and this dark, graphite eyeshadow and liner look is bound to catch the attention of your partner for date night.

**Related Link:** [Beauty Trend: Shades of Gray](#)

**2. Matching makeup:** If you want to get the makeup look of the stars, match your eyeshadow to your outfit. Wearing a purple dress out on date night? Match it with purple eyeshadow and for an extra pop, top your eye shadow off with some matching purple glitter. You'll steal the show with your fashion and beauty sense.

**Related Link:** [Hair Beauty Trend: Crystals, Chains, and Studs](#)

**3. Straight, strong eyeliner:** Not ready for a full-on smoky eye or wing? Keep your eyeliner strong with a straight line. This look is best with a light-toned eyeshadow. Then, take your eyeliner straight out from the edge of your eye to add a simple, but elegant effect to your eye makeup. This look is perfect for the day, or a simple date night picnic at the beach.

**What are some of your favorite eye makeup trends? Share in the comments below.**

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## Beauty Trend: Make Your Skin

# Glow



By [Katie Sotack](#)

The [beauty](#) community is trading out the matte look for a dewy finished glow. This [beauty trend](#) pairs with rosy nude lips and bronzed eyes to create that sun-kissed-summer aesthetic. The idea behind the glow is going back to basics and certainly plays into the neutral palate seen on the fashion runway these days. The trend is easily achievable, as it's meant to be a grab-and-go look, and tending to your skin's health is essential. Check out our new [beauty advice](#)!

## A natural glow is the beauty trend



# of the season, but is your skin healthy enough to pull off this radiance?

Depending on your skin's regular state, you may have to do more work to achieve this style. If your skin is naturally oily, you're already primed and prepped for a natural glow with the swipe of an oil blotting sheet. If your skin runs on the dry side, there are ways to achieve that desired glow that also aides your health. Here are [beauty tips](#) to glow like the star you are:

**1. Drink water:** It's been said again and again, but water is essential to your organs' health. Considering that the skin is your body's largest organ, it's wise to start drinking lost of H2O. Keep a bottle filled next to you throughout the day ,and you'll find yourself reaching for sips naturally. Added hydration can be found in fruits and vegetables. Of course, you'll also need to use the restroom just as often as you're sipping, but no one will notice since your skin will look great.

**Related Link:** [Product Review: Wink Brow Bar for Independence Day!](#)

**2. BB cream:** This one's essential for the makeup wearers out there. If you want a full face *and* radiant skin, opt for a BB cream. The lightweight formula will pick up the high points of your natural skin and create an effortless effervescence. It's important to make sure the cream is of a dewy or regular finish though. Steer clear of any matte formulas.

**3. Exfoliate and clean:** It's so important to develop a cleansing routine. The best makeup and health in the world can not outlast a face full of grime. Pick out a cleanser that suits your skin (don't be afraid of trial and error here) and

a scrub to exfoliate once in a while. You'll want to partake in the scrub more often if you have dry skin. Last but not in any way least, remove your makeup before bed. All that foundation will creep into your pores and produces acne, bumps, and blackheads if you don't remove it.

**Related Link:** [Product Review: Treat Yourself to Beauty and Comfort This Summer](#)

**4. Highlight:** Beauty gurus of any status rejoice. The glowing skin trend sees that you get to keep your highlighters and in fact embrace them all the more. It's called glow for a reason, right? Pop that gold, pink, or silver highlight on your cheekbones, cupid's bow, and the tip of your nose. That glowing goddess is going to shine.

**5. Moisturize:** Depending on your age and skin type, you may want to do more or less of this. But whether your 20 and oily or 99 and dry, everyone needs a moisturizer. A good face lotion will prevent wrinkles and aide in a beautiful glow. Find one with SPF in it (no matter what your skin tone is) to rock as a bare-faced beauty outside.

**Related Link:** [Beauty Tips: Essential Primers](#)

**6. Exercise:** Oh the wonders of fitness. It's difficult to work into your life, but a good workout will change it. Exercise is your body's best friend and the skin is no exception. Working out will reduce pore size and help to regulate hormones so that the body will produce the correct amount of oils. Even a short walk will do the trick and have the added results of a calmer mind. There are many ways to imitate a natural glow, but exercise is a foolproof way to own one.

**7. Sleep:** Along with the endless benefits to sleep, the skin will become healthier if you get your full eight hours. Just like you, your skin grows weary of endless days and work. Give it a rest by getting all your Zzz's. Sleep will prevent eye bags and wrinkles, giving a smoother, youthful appearance to

your face.

What's your skincare routine? Will you add any of these suggestions? Share your comments below!

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## Beauty Trend: Funky, Rainbow & Pastel Nails



By [Bonnie Griffin](#)

This summer fashion is all about bold color, from hair and makeup to high fashion nails. Stars like [Kylie Jenner](#) are sporting funky nails this summer, reminding us of a throwback to the 90s. They are eye-catching with their bright colors and

unique shapes. If you want your nails to stand out in a crowd, follow this [beauty trend](#) and take your nails from pretty to stand-out-fantastic!

## **Beauty Trend: How to make your hair nails stand out in a crowd and look fantastic!**

Our can attract a lot of attention or none at all. In this year's summer beauty trends, it's all about attracting attention with standout colorful nails. You can choose anything from egg shape to stilettos or any other crazy designs you can imagine. Cupid has some [beauty tips](#) to take your nails from pretty in pink to fabulous and bright:

**1. Rainbow nails:** Pastels were great for spring, but now that summer is here it is time to break out the bright, vibrant colors. Neon colors will make your nails stand out and brighten up your summer look. Want to get extra funky? Paint each nail a different color like a rainbow on your hands.

**Related Link:** [Beauty Trend: The Best of Spring Hairstyles](#)

**2. Cow print:** Want to step your nail game up with something a little more than the colors of the rainbow? All it takes is a scroll through nail trends on Instagram to find that cow print nails are the way to go. Even [Kylie Jenner](#) and [Ariana Grande](#) have recently taken up this popular beauty nail trend. This is a 90s nail trend that is back for summer 2019, and it is sure to give you that glam look you desire.

**Related Link:** [Beauty Trend: Pearl Accents](#)

**3. Metallic:** If you really want to go glam with your nails then you can brighten up any nail design with beautiful metallic colors like metallic silver nail polish. Want to add

that extra edge to your metallic design, use a stand out metallic foil over a darker polish to really set off your nail bling.

Bright nails, cow prints, and metallic shine are all the rage for the summer. Take risks and let your nails set the tone for your day? Let us know some of your favorite summer nails designs in the comments below!

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## Beauty Tips: Keep Your Skin Looking Young After 40



By [Emily Green](#)

Skincare is one of the most important steps in taking care of yourself. Many people struggle with certain parts of skincare as they age, whether it is getting rid of acne, crows feet, lines, and other blemishes. Celebrities like [Jennifer Lopez](#) have [beauty tips](#) that manage to keep their skin pristine, beautiful, and youthful—just *how* do they do it?

## Follow these five beauty tips on how to keep your skin looking young after 40:

Keeping your skin youthful is important when aging like fine wine. We've gathered celebrity beauty secrets to having flawless skin after 40:

**1. Use sunscreen:** Sunscreen can do wonders for your skin (and not only for preventing burns!) Adding in sunscreen like Neutrogena Ultra Sheer Body Mist SPF 30 to your skincare routine will not only be protected from the sun but keep your skin oil free! A lightweight sunscreen will prevent clogged pores.

**Related Link:** [Beauty Trend: Why To Consider Makeup With Sunscreen For Summer](#)

**2. Moisturize:** Moisturizing your skin is SO important! Moisturizing your skin every day will help you prevent dry or cracked skin. Your skin will stay radiant.

**Related Link:** [Beauty Advice: How to Make Your Skin Thank You Later \(What You Should Be Doing Now\)](#)

**3. Remove your makeup every night:** As much as we all love to put on makeup in the morning, we all know how much we just want to go straight to bed at the end of the day. You'll prevent acne or serious infections if you remove your makeup

every night before bed.

**4. Use a cream foundation:** A cream foundation soaks into your skin rather than sitting on top of wrinkles or lines. This will keep your makeup looking more natural and fresh. You'll find it's easier to remove at the end of the day, too!

**5. Use a lightweight finishing powder:** Lightweight finishing powder is great because it will keep you looking youthful. Use it to mattify and set your face. Finishing powders are great because they keep the shine away from your T-Zone so your face won't look oily.

**What are some of your tips for keeping beautiful skin as you get older? Let us know in the comments below!**

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## **Beauty Tip: Flawless Makeup Starts with Good Skincare**





By [Bonnie Griffin](#)

Our face tells the world a lot, and we want it to be a beautiful story. According to *UsMagazine.com*, [celebrity makeup](#) artist Jamie Greenberg says, “Skincare is half the battle when it comes to a makeup look.” We look to different foundations to help us achieve that flawless skin we all desire far too often. Sure, the foundation you use will help in achieving a beautiful complexion, but the best [beauty tip](#) for achieving a flawless look is to follow a proper skincare routine for your skin type.

**There are endless types of makeup that claim to make your skin look perfect, but the real secret to flawless skin is great skin care in these beauty tips.**

Your skincare routine can help give you that flawless, fresh



look if you follow through daily. When choosing products, remember to keep in mind your skin type and changes in the weather that can affect your skin. Here's [beauty advice](#) for great skincare below:

**1. Wash your face:** It might seem okay at the end of the day to sleep in your makeup. You've had a busy day of working, running errands, and taking care of your family. The first part of a good skincare routine is to properly cleanse your face. Otherwise, you are allowing the day's dirt and oil to seep into your pores and there is nothing flawless about that.

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**2. Exfoliate:** Washing your face may seem like a quick round with some soap and water because it removes dirt. However, you need to make sure you're exfoliating for a truly flawless makeup look. When you use an exfoliator while washing your face, it doesn't just remove dirt and oil, but it also helps remove dry or dead skin that builds up on your face, causing overly dry patches. Dead skin can build up over time and make your makeup look cakey when applied.

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**3. Moisturize:** There are endless moisturizers on the market for your face, but not everyone can use the same moisturizer and receive the same beautiful results. When choosing a moisturizer, you need to find one that works for your specific skin type. You also want to consider the weather; we often need to make changes to our skincare product in the summer heat. Whether your skin is oily, dry, or a combination, there is a moisturizer that will work and help you achieve a flawless look.

**4. Wear SPF:** One of the most important parts of skin care is protecting your skin, and this includes protecting your skin from the sun. A dermatologist would tell you applying SPF to your face is the best way to keep your skin healthy because it

blocks harmful UV rays which can cause damage and potentially lead to sun spots, or worse.

**5. Vitamin C:** Vitamin C is a great antioxidant for your skin. It can protect your skin from things in the environment which can damage your skin. You can find it in a number of skin care products including sunscreen. It is also a great brightening agent against dark spots.

**What are some skincare methods or products that you have in your daily arsenal? Let us know in the comments below.**

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## **Beauty Trend: Shades of Gray**





By [Mara Miller](#)

Having shades of gray in your wardrobe makes sense, as it gives you a chance to look professional and sophisticated. This is why it's actually a good color to wear for a job interview. Makeup on the other hand? Say *what*? Gray makeup has been around for a while, although it hasn't been an actual [beauty trend](#) until now. [Beyoncé](#) herself has worn gray lipstick, and we're going crazy over this [celebrity makeup](#). Even better: there are multiple shades of gray you can find on the market.

**If this beauty trend caught your attention, check out a few of the ways we found you can incorporate shades of gray in your makeup look for your next [date night](#)!**

Follow this [beauty advice](#) if you want to test out this smokey

look:

**1. Lipstick:** Gray lipstick is best worn with neutral shades such as more gray or white as Beyoncé modeled in her Instagram photo. Light pastel pinks and light blues may work as well. It looks great with all skin tones, but it's important to pair this lipstick with neutral shades so you don't end up looking sick.

**Related Link:** [Beauty Trend: Metallic Lip](#)

**2. Lip Liner:** Don't forget the lip liner! Use this to outline your lips before you apply your lipstick. You can use it like normal lip liner.

**Related Link:** [Beauty Trend: Red Lipstick](#)

**3. Contouring:** Gray contouring powder has been around a while. It's better for fair skin and can be used to add shadows to your cheeks for more definition on your face. Just be careful with some of the powders out there, because they are deeply pigmented.

**4. Nail Polish:** You can find an array of gray nail polish if you want to test this beauty trend. Unlike gray lipstick, shades of gray nail polish will pair with just about any color you choose to wear (it looks stunning on nails against any shade of red fabric!).

**5. Eyeshadow:** Chances are, you have a good amount of grays if you're an eyeshadow addict. Eyeshadow is versatile like nail polish in that it looks great with just about anything. Smoke your eye out with some deep gray/black for an alluring eye look for your date!

**6. Eyeliner:** You can find eyeliners with different shades of gray. Some might have purple, others might have hints of blue. It's a great color to try if you're bored of plain old black or brown.

Do you think you'll try wearing different shades of gray? Let us know in the comments below!

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## Hair Beauty Trend: Crystals, Chains, and Studs



By [Bonnie Griffin](#)

Hair [beauty trends](#) change from year to year with many top designers setting new fashions that are meant to capture that true “wow” factor. This year is no exception, as fashion shows are bright with models’ hair catching more attention due to hairstyles accentuated with crystals, chains, and studs.

According to *Allure.com*, Christian Siriano's fall 2019 collection included Swarovski-crystal-studded makeup on the models, and hair highlighted with chains and studs. The look really tied into the designer's collection.

## **Beauty Trend: How to make your hair “bling” with the help of crystals, chains, and studs!**

Whether it's for a fashion show or a special occasion like prom or your wedding, your hair can make an already beautiful outfit take off to greater heights. Using crystals, chains, and studs can take a simple ponytail from drab to fab in minutes. Add some crystals for a high-end fashionable look, or chains and studs to make things a little edgier. Either way, people will notice, and you will be at the forefront of beauty trends at your prom or office work party.

**1. Crystals:** When you want to sparkle, crystals are the best way to liven up your up-do. Add a few to the front of your hairstyle for a little shine, or layer them all throughout an intricate up-do for a high-fashion glam style that will be sure to turn a few heads.

**Related Link:** [Beauty Trend: Glitters, Shimmers, and Pastel Eyeshadow](#)

**2. Chains:** Want something simple, but edgy? Add chains to a sleek ponytail. You can clip them in, and wrap them around the elastic band, letting them flow down into your ponytail. From the front, you will look like you're simply sporting a stylish sleek ponytail, and then you will wow onlookers when they catch your edgy look in the back.

**Related Link:** [Beauty Trend: Neon Eyeliner](#)

**3. Studs:** Hair studs can be versatile. You can choose sets of crystals for a glamorous look, metal for a grungy, punk look, or something fun like stars or flowers to brighten up your hairstyle.

Crystals, chains, and studs are trending in 2019 for hair. What are some of the best looks you have seen or imagined with one of these hair beauty accents? Let us know your thoughts in the comments below.

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## Beauty Tips: Advanced Skin Analysis





Medical procedures can enhance physical appearance. This, in turn, boosts confidence and self-esteem. However, all medical processes, surgical or not, have risks and cosmetic procedures are no exception.

Cosmetic procedures do not just make you look good; they also make you feel good. This is an ideal solution for people who have certain medical conditions affecting physical appearance. Women with visible, unwanted hair growth, facial veins or acne problems tend to have insecurities. The same goes for people suffering from traumatic accidents that result in physical deformities.

**With successful medical procedures, anyone can recover from the social stigma of skin conditions that are genetically inherited or caused by**



**unfortunate events. You can minimize your exposure to risk with an advanced skin analysis that can fully assess if your condition is more than just skin-deep.**

Like most medical procedures, there are risks and limitations when it comes to cosmetic processes. Treatments that worked for some may not work for you. Before you consider any procedure, ensure that you do a risk assessment first so you know all of the details associated with your skin condition. With this insight, medical professionals can provide the right treatment the first time.

The cost of cosmetic procedures isn't cheap, and most health insurance plans do not cover these expenses. Also, certain conditions require multiple treatments, follow-up procedures and regular visits to your doctor, not to mention the skin products needed for maintenance. But, a successful treatment is a wise investment in the long run. So, take your time to find the best option for you by researching to find the right clinic and experts. If you do find yourself the victim of poor treatment, however, you can always seek professional help from [medical malpractice attorneys](#).

Fortunately, technology has been developed for intensive skin analysis that helps dermatologists, clinicians and dermal technicians give a fast, reliable and accurate skin diagnosis. The advanced equipment minimizes the procedures and the time needed to evaluate the layers of your skin in high definition. The result of this equipment is a comprehensive observation of the skin's age and health, irregularities or features that may cause concern, visualization of conditions and even sun damage assessment.

During consultations, your skincare expert can provide you the results in 3D. You can see your face and skin showcased in multiple facial positions, skin layers and UV imaging for an enhanced view of the skin's condition. The equipment can also zoom, pan and rotate images for a more detailed skin analysis. It exposes what's on the surface (wrinkles, pores, texture, lines, acne) and what's beneath (vascular conditions, skin abnormalities, pigmentation, inflammation and dermal structures).

The science behind this technology is dedicated to accurately detecting skin problems as early as possible. This also builds trust with clients like you as the diagnosis given by a medical expert is backed by images that have been examined at a deeper level. The best thing with this advanced equipment is that the progress of the treatment can be visually displayed. So, you can see a side-by-side comparison of your skin before and after the treatment. This also makes it easier to evaluate whether the solutions implemented by your chosen professional are effective or not.

Caring for the skin is part of every person's beauty regimen, even more so if there are conditions that are affecting the skin. You can invest in cosmetic procedures that give the results you want, but never jump onto the cosmetic surgery bandwagon unless you know what you're getting into. You can start by having an advanced skin analysis that makes you aware of your current skin health.

**What are some ways to take the best care of your skin? Share your routine below.**

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# Beauty Tips: Essential Primers



By Megan McIntosh

Why do we even use primer? Primer is something you put on before foundation for a more flawless and smoother look. It also makes your make-up last longer to help complete your [beauty](#) look. If you know the weather is going to be a little crazy, primer can help your make-up survive extreme weather. With a good primer, your look is already half-way done.

**You can pick the perfect primer for your skin type and Cupid is here to**

# help with beauty tips.

**1. Pick your primer based on your skin's oil level:** If you have oily skin, you'll want to choose a primer that is mattifying. This will soak up the skin's oiliness and make your skin look less greasy throughout the day. If you have more normal skin, you don't want a mattifying primer, instead look for an illuminating primer to give your skin the good kind of shine. If you have combination skin, you'll want a more neutral primer or use more than one kind of primer for different parts of your face.

**Related Link:** [Beauty Tips: 5 Ways to Look Great with the Least Amount of Makeup](#)

**2. Use your primer to correct skin flaws:** You can choose a primer that has color correct so that it's doing two jobs at once: smoothing out your skin for foundation, and correcting any flaws for your foundation to have better coverage. If you have dull skin, look for a pink-tinted primer. If you have red skin, use a green-tinted primer. That way you can look sunkissed, instead of sunburned.

**Related Link:** [Product Review: Beauty Products to Revitalize Your Sun-Kissed Skin](#)

**3. Always test out your primer before wearing it:** Make sure your primer has the same base as your foundation so it goes on smoothly. If your foundation is oil-based, then your primer should be, too. If you have dry skin, you have to test out a few primers to find the best one for your skin. Ultimately, everyone should try to get a sample of a primer they're interested in so they can see what works for them.

**How do you choose a primer? Share below!**

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# Beauty Tips: Best Foundations for a Flawless Look



By Megan McIntosh

Choosing foundation can make or break your entire [beauty](#) look. Much like when finding the perfect partner, there's so much that goes into finding the perfect foundation match. Once you've found the perfect foundation for your skin, the rest of your makeup will look flawless.

**Whether it's based on skin type or the event you're going to, we've got the best foundations for a flawless look. Check out our beauty tips!**

**Skin Type:**

**Oily Skin: Clinique Even Better Makeup SPF 15:** No matter what, foundation with SPF is key. The texture of this foundation is great for oily skin as the liquid turns to a powdery texture after it's applied. It doesn't look cakey and provides great coverage.

**Related Link:** [Beauty Tips: How to Treat Oily Skin](#)

**Dry Skin: Yves Saint Laurent Le Teint Touche Éclat Foundation:** Dry skin tends to be missing that bit of a shine that makes us look young and radiant. Ruscus Extract and Vitamin E take the skin from looking tired to fresh.

**Combination skin: ESTÉE LAUDER Double Wear Stay-in-Place Foundation:** This foundation has a build-able coverage so you can decide just how much suits your combination skin. With this product, a little really does go a long way. It won't leave you with an oil buildup and lasts a long time.

**Related Link:** [Beauty Tips: 5 Ways to Look Great with the Least Amount of Makeup](#)

**Nighttime look: Fenty Beauty Pro Filt'r Soft Matte Longwear Foundation:** People have been raving about [Rihanna's](#) new makeup line since its release only two years ago. This foundation provides perfect coverage for a night out on the town. Any flaws are covered, so you're camera ready at all

times without clogging your pores.

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**Daytime look: LAURA MERCIER Flawless Fusion Ultra-Longwear Foundation:** This foundation is perfect for any skin type and has a nice matte finish. If you've ever worn foundation all day, you know that at times it can leave you looking greasy. This foundation gives you the coverage you need while preventing oil build-up.

**Which foundation do you rely on to create the perfect look? Share below.**

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**Beauty Trend: Glitters, Shimmers, and Pastel Eyeshadow**





By [Mara Miller](#)

A fun eyeshadow look is hard to resist. 2019 [beauty trends](#) have included stained lips, powder nails, and yoga skin. We've got three types of eyeshadows to check out that can help you stay on-trend this year.

## Beauty Trend: Glitters, Shimmers, and Pastel Eyeshadow

Glitter and shimmer eyeshadows can seem a bit confusing when you're trying to find an eyeshadow palette to buy so you can make a ton of new eyeshadow looks. Shimmery eyeshadow has glitter in it but has a more metallic shine. Glitter eyeshadows have chunks of glitter in them. Pastels are pretty and can be layered all over the eye or look great alone. And if you're lucky, you may find some of these types of glitters together in a palette!

**1. Glitter shadow:** When you want all the shine, glitter shadows are a must for a decent eyeshadow palette. Glittery



green or purple are great for a look at night. They're lighter than a shimmer but still help your eye pop. Be sure to look into a glitter glue or to use water so this glitter will have less fallout during application.

**Related Link:** [Beauty Trend: Create Yoga Skin for Your Next Date Night](#)

**2. Shimmer shadow:** These shadows have a metallic cast with finer glitter inside, like a bright gold or shiny brown. They work well all over the lid or on the outer corner of your eye to help define its shape. Shimmers do fallout, but they aren't as bad as glitters.

**Related Link:** [Beauty Trend: Lip Tints Are The Latest Trend That You Need For Your Next Date Night](#)

**3. Pastel shadow:** Pastels are awesome. They can be shimmery, glittery, or matte. They work well in the corner of the eye, the middle of the eye, or all over. Light pinks, purples, and blues help your eyes stand out, depending on the color of your iris.

Glimmer, shimmer, and pastel shadows are trending in 2019 beauty. What are some of the best palettes you've come across so far? Let us know in the comments below!

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# Beauty Tips: 5 Ways to Look Great with the Least Amount of Makeup



By [Lauren Burczyk](#)

Makeup is amazing, but let's be honest, sometimes the whole routine can take up way too much time when we need to be somewhere in a hurry. Also, our skin deserves a little bit of a breather once in awhile. The good news is that there are [beauty tips](#) that can still have us looking our best while wearing less makeup. These [beauty tricks](#) will have you looking fabulous in no time!

## Here are five ways to look great with the least amount of makeup.

**1. Use less foundation:** Your face can still look flawless using less foundation. Some celebrities, like [Jennifer Aniston](#), are known for their natural look. To achieve the same, flawless style, simply use a damp sponge instead of a brush and apply your foundation in thin layers to avoid

caking.

**Related Link:** [Beauty Tips: 5 Natural Ways to Make Your Lips Look Fuller](#)

**2. Define your eyes:** Opt for a pencil liner instead of a liquid liner that is easier to smudge and to help you achieve more consistent results. Use a nude-colored pencil instead of black for your waterline, this will help you look more awake throughout the day.

**Related Link:** [Beauty Tips: 5 Beauty Products You Don't Need To Splurge On](#)

**3. Don't skip the highlighter/bronzer:** Highlighter is a great way to brighten up your look and bronzer can help you contour without using much effort. Use highlighter on your brow bone, the inner corners of your eyes, and the tops of your cheeks. Bronzer can be used as a light eye or cheek contour if you're in a rush.

**4. Streamline your routine:** It's always a good idea to have some color on your cheeks. Using a strobing or shimmery blush can help to streamline your routine by depositing color and shine in one stroke.

**5. Define and thicken your brows:** Polish off your look with an easy-to-apply tinted brow gel. A brow gel can help to keep your brows in place, add color, and even helps to fill in bare spots.

**Can you think of some other ways to look great while using the least amount of makeup? Comment below.**

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# Beauty Tips: 5 Natural Ways to Make Your Lips Look Fuller



By [Jessica Gomez](#)

Who doesn't want full, luscious lips? If you want to stay away from lip injections, like many of us, read this article and find out five simple ways to make your lips look plump. When we say "simple," we mean simple! These [beauty tricks](#) aren't rocket science, you'll see.

**Here are five beauty tips for those of us craving fuller lips! :**

**1. The toothbrush trick:** With this method, you'll be able to

get two things done at once. Use a toothbrush to scrub your lips – this will boost circulation, making your lips look fuller. At the same time, it will make your lips soft! It's easy. You can use petroleum jelly or a lip scrub to exfoliate your lips.

**2. Use lip plump gloss:** You can choose to opt out of using your regular lipstick and lip glosses and instead use one with plumping ingredients. There are lip products that are made for the person who wants fuller lips without the injections. Apply it during your makeup routine and take it with you to retouch as needed. And remember, get one that is cruelty free (doesn't test on animals)!

**Related Link:** [How to Make Your Skin Thank You Later \(What You Should Be Doing Now\)](#)

**3. Use essential oil lip balm as a base:** Peppermint oil doesn't irritate the way cinnamon oil does, but you can use whichever you prefer. These oils will create a sort of swelling effect, though nothing drastic. Find lip balms with either of these ingredients and apply it to your lips before you apply your makeup.

**4. Fill them out with lip liner:** For this makeup trick, you're going to want to apply lip liner that is about a shade or two darker than your lips. Trace right above your lips with the pencil, not too high above (you'll look silly because it'll be noticeable). Next, fill in your lips with the same color, and voila, you've got fuller looking lips! This may remind you of sisters [Kylie Jenner](#) and [Khloe Kardashian](#), because they use this technique often.

**Related Link:** [Beauty Tricks That Will Save You Money](#)

**5. Use two different lip colors:** Aim for a nude color, as darker colors make the mouth look smaller. Apply one shade on your lips, next, apply the lighter shade to the middle of your lips. This will create the illusion of plump lips – yes,

please! It's that simple.

Which ones are you willing to try? Comment below!

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## Beauty Tips: 5 Beauty Products You Don't Need To Splurge On



If you're a beauty fanatic, you're probably familiar with the thrill that comes with purchasing that new product you've been eyeing. Buying a shiny new beauty product can make you feel like you're taking steps to become a better version of

yourself, but that feeling quickly fades when you see the damage that new eyeliner, mascara or lipstick has done to your wallet. You may not realize it, but there are probably a few products in your bathroom that you've been spending too much money on, and you can actually get the same results by using a cheaper version or even DIY-ing your own! Here are five beauty products you don't need to splurge on, and cheaper alternatives to look into instead!

## **Don't Splurge On These Beauty Products**

### **Lip Balm**

Lip balm is something you definitely don't need to be spending a ton of money on. Lip balm is essentially meant to moisturize your lips and keep them from getting chapped, so it doesn't really make sense to spend a fortune on something so basic. Drugstore brands like Burt's Bees and Smith's make great lip balms that are also good for your the health of your lips. Other

slightly more expensive, but still affordable lip balms, like Glossier's Balm Dotcom and C.O. Bigelow's lip balm are also great options for keeping your lips healthy and soft.

### **Toner**

Toner is something that you can spend little to no money on at all! Toner is meant to be used after washing your face, as a way to remove excess dirt and shrink your pores. While many people make the mistake of purchasing expensive toners at department stores or beauty retailers like Ulta and Sephora, the same quality can be found at the drugstore! Witch hazel makes a great toner that won't break the bank, and brands like Dickinson's and Thayers make their own amazing versions for under \$10! Apple Cider Vinegar mixed with water can also be used as a toner in a pinch, and you most likely already have a jar of it in your kitchen!

## **Moisturizer**

Moisturizing is one of the most important parts of skincare, but that doesn't mean it has to be expensive! With celebrities and social media influencers swearing by pricey facial lotions like La

Mer and La Prairie, it can be easy to think that you need to shell out the big bucks to get a quality product. However, there are tons of great moisturizers out there for a fraction of what

you would be paying for a luxury brand. Depending on your skin type and the climate you live in, you can find a quality moisturizer at the drugstore that won't hurt your wallet. For instance, if

you live in a warmer city, like Miami or [Austin](#), you'll want to purchase a lightweight moisturizer from a brand like CeraVe or Cetaphil. During the cold winter months, check out your local

drugstore for something a little thicker.

## **Lipstick**

Lipstick is something that many people make the mistake of spending an exorbitant amount of money on. There are tons of great lipsticks available at the drugstore, so you can purchase a

few different colors for the price you'd be paying for one lipstick at a high-end store. Brands like NYX, Wet n Wild, and Maybelline have some of the best drugstore lipsticks in a variety of colors

and finishes, all for under \$10. With so many great drugstore options, there is no reason you should be spending a fortune on high-end lipsticks that essentially do the same thing!

## **Nail Polish**

Nail polish is something that should never cost more than \$5-\$10, so if you find yourself spending more than that, it's time to reconsider where your money has been going. You can find quality nail polishes for even less than \$5 at most



drugstores, and brands like Sally Hansen, Essie, and Wet 'n Wild make great ones in tons of different colors, so you can rock a fresh manicure on a budget. If you really want to pamper yourself, give yourself an at-home mani-pedi by picking up some inexpensive nail polish in a cute color, and exfoliate and moisturize your hands and feet before applying polish. Your nails will look so good, your friends will be asking you where you got them done!

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## Beauty Tips: How To Give a Perfect At-Home Manicure



By [Ivana Jarmon](#)

Winter can be incredibly rough on your nails. In the cold weather, they may be becoming dry and brittle. Plus, it's a busy time of year with the holidays, so you may not have the time or money to go to the salon. Cupid has a few [beauty tips](#) on how to give yourself the perfect at-home manicure. (Paula's Choice Skincare Manicure Routine was used in this article.)

## Here are some beauty tips on how to give yourself a home manicure??

**1. Grab essential tools:** Nail polish remover and cotton swabs or pads. Nail clippers, emery board, and nail buffer, cuticle pusher, and nippers. Callous/cuticle remover, Hand/nail moisturizer, base coat, nail polish, clear top coat.

**Related Link:** [Beauty Trend: Lip Tints Are The Latest Trend That You Need For Your Next Date Night](#)

**2. Remove current nail polish (if any):** You will want to remove any old nail polish. Any acetone-based remover will work faster and will be kinder to your skin.

**Related Link:** [Beauty Tips: Don't Ignore These Cosmetic Procedure Red Flags](#)

**3. Shape nails:** Only if necessary, clip your nails then file and shape them. You have three ways you can shape your nails first, into a slightly rounded nail or second the square rounded edge or third be creative. Do not use any coarse or metal nail file to minimize splintering. You will want to use a crystal nail file or gentle emery board. Next, smooth the tops and sides of your nails with a nail buffer so that your nails can have an even surface.

**4. Soak your nails:** Put your hands in a bowl of warm water, be sure to add either some face cleaner or shampoo to the water. Do this for only 3 mins.

**5. Apply callous/cuticle remover:** After you cut away the thick skin around your nails, be sure to apply cuticle remover for only a few seconds.

**6. Remove excess cuticle/callouses around nail:** Use the cuticle pusher and gently push away from the nail. However, do NOT push it too far, it can damage your nail growth and cuticle. Be careful and do NOT lift, pull, force, tear or cut into your cuticle at all. Remove hangnails and the sides of your nail.

**7. Moisturize:** Massage your cuticles and hands with an oil or rich cream. This will hydrate and replenish your skin.

**8. Prep for polish:** Next use a cotton ball and apply nail polish remover over nails surface to remove any residue. Be sure your nail has nothing oil left on it.

**9. Paint nails:** Use a base coat of ridge-filling nail polish to shore up your nail. A base coat helps protect your nail from staining and chipping. Then, apply your color polish in layers, make sure you allow each layer to dry properly between coats. Two coats of color followed up by a top coat of gloss should be perfect.

**10. Moisturizer:** Keeping your nails and hands looking healthy requires a moisturizer.

**What are some beauty tips to give yourself the perfect at home manicure? Share your thoughts below.**

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## **Beauty Advice: How to Make**

# Your Skin Thank You Later (What You Should Be Doing Now)



By [Jessica Gomez](#)

Who doesn't want great skin? The problem with taking care of ourselves is that we many times neglect certain duties we owe to our skin. Well, fear no more! With our [beauty tips](#) and some dedication from you, you'll be well on your way to the skin you want. Give yourself the gift of great skin this holiday season!

**The current state of your skin is a result of many factors. However, there are things we can all add to our beauty regime to make our skin thank us, besides washing it daily of course! This is what you should be doing now:**

**1. Drinking lots of water daily:** This is a given and obvious to many, but the truth is that so many of us neglect to drink enough water! You need to keep yourself hydrated throughout the day. Your skin can look dull when you don't drink enough. So let's pick up our glasses and bottles and get to drinkin'. When hydrated, our skin gets that glowing, calm look we strive for. A healthy goal to aim for, that you've probably heard of before, is drinking 8 glasses of water a day. Do that, and watch the change.

**2. Moisturizing:** It takes a bit of our time and can be easily pushed aside, but it shouldn't be! Like drinking water, applying a good, natural cream to your skin on the daily will keep it looking nice and smelling wonderful. This can also help delay aging, and who doesn't want that? Also, remember to slap on some sunscreen to protect your skin from the almighty sun.

**3. Getting enough sleep:** Unfortunately, sleep is neglected many times, whether it's for work, our social life, or issues. We prioritize many tasks over sleep. We all know that sleeping is important and has many benefits, but because life is active and while we sleep we're "inactive," we don't put it on the top of our list. Sleep helps your mind and body (skin included) repair, so get to sleeping, and nap when needed.

**Related Link:** [Beauty Tip: Different Uses for Coconut Oil](#)

**4. Applying masks:** Masks are our friends! Face masks, hand masks, foot masks, etc.; do them all. The good thing about masks is that they can help your skin by targeting your specific needs. Ideally, do a mask once a week. If your skin isn't sensitive or dry, you can do it twice a week if you feel the need. If your skin is dry, make sure to apply a mask that is moisturizing on top of everything else.

**5. Exfoliating:** Your face and your body! You can exfoliate one to three times a week, depending on your skin type and needs. If you have oily skin, two to three times a week can work for you. Now, if you have dry or sensitive skin, once a week should be enough. Exfoliating gets rid of dead skin cells. It'll make your skin look better and will help your makeup settle better as well.

**6. Working out:** Working out is great for many things, skin included! After working out, you may notice your skin glowing. Also, exercising can help reduce stress, and we all know that stress has a negative impact on our skin. Therefore, exercising alongside the tips above can help avoid breakouts and clogged pores.

**Related Link:** [Beauty Advice: Beauty Tricks That Will Save You Money](#)

**7. Cleaning things that touch your face:** Most of us don't do this! Anything that touches our face on the regular should be cleaned often, sometimes even daily. For example, our phones touch our faces all the time – and we touch the phone with our hands all time, on top of plopping it down wherever. Make sure to clean it on the daily! There are so many bacteria on it, and we don't want that all up in our grill. Makeup brushes are on the list of items to clean as well. Aim to clean them once a week at least.

**8. Removing makeup:** Many of us are guilty of going to sleep

with makeup on, but this is a big no-no. It can clog your pores and we definitely don't need that kind of buildup in our lives. Make sure to wash your face before heading to bed or at least use makeup wipes to clean your precious skin.

**9. Watching what you eat:** Oh, junk food, how we love thee! Junk food can be so bad for not only our overall health, but also our skin. When you notice that breakouts or other flaws arise after eating a certain food, the obvious thing to do is stop eating it. However, we aren't perfect and we crave what we crave. That is where the moderation rule comes in. Just keep in mind what messes with your skin and don't indulge in it. Once in a while is okay.

**Related Link:** [Celebrity Makeup Looks: The Benefits of No-Makeup Makeup](#)

**10. Treating your skin with care:** Sometimes, we don't pay attention and can rub our faces aggressively and pick at our skin. Don't! Try to be conscious of how you treat your skin. You should always be gentle, especially with your face and the area around your eyes.

**Follow these tips, and you'll do just fine! Which of these do you need to start doing? Comment below!**

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**Product Review: YouTuber Heather Marianna's Created Organic Beauty Line, Beauty**

# Kitchen



By Altina Kamara

Now that the summer months are coming to an end and the cold, dry months will soon be upon us, we find that it is important to take extra care of our skin and hair! We were so excited for the opportunity to try some amazing products from [Beauty Kitchen](#) by YouTuber, Heather Marianna. Read the rest of this piece for some of our favorite products and for product tips from Beauty Kitchen's owner, Heather Marianna! If you love what you see, make sure to use our discount code **CUPIDSPULSE** at checkout ([Beautykitchen.net](#)) for \$10 off your order with a minimum purchase of \$25.



**Product Review: Organic beauty products are the latest celebrity trend that you have to try out.**



**Tropical Smoothie Skin Polish, \$26.50**

This sugar scrub is like being on vacation! They come in three other amazing scents and make your skin feel like butter. You can use it in a bath or shower and as you scrub, you removed dead skin cells and leave your skin smooth. The fact that it's made with all-natural ingredients make it even more appealing.



**[Golden Ocean Marine Extract Collagen Eye Gels, \\$5.25](#)**

These eye gels are infused with marine extracts and do wonders to revive your eyes. What we love most about them is that they make you look awake and relaxed. They also do wonders at brightening your complexion. Their cool and soothing sensation on your skin makes it feel like you're having a spa day at home at a fraction of the cost!



### [Blemish Blaster Starter Kit, \\$29.50](#)

Acne is something that many of us have dealt with at one point or another and this kit includes four products that can be used when your skin just isn't behaving:

**2 oz. Bamboo, Mud, and Bentonite Clay:** Bentonite clay is one of the most powerful healing clays and when it comes in contact with toxins, it absorbs them. We used this at night before bed and it left us with such a refreshing feeling. You can feel how clean it makes your skin and it doesn't leave any residue behind.

**4 oz. Blemish Blaster Scrub:** This is one of our favorite products because it makes our skin feel so soft after using it and it's multifaceted. This scrub is made with sugar and acne-fighting essential oils, which smell heavenly. We like to keep this in our gym bag to use after a workout because that's when we tend to have to most sweat and oils on our face, but this can be used in the shower, as well.

**1 oz. Blemish Blaster Makeup Cleansing Oil:** This oil is made with the same essential oils that are in the Blemish Blaster

Scrub so not only do these products go hand in hand, you can use this oil to remove makeup while fighting your acne. We love using this oil because it's much gentler than your typical makeup wipes and you don't have to use much, either.

**Full-size Conceal it by Beauty Kitchen:** Though we fight to get rid of acne, we may not be able to do much about the scars and that's where this concealer comes in handy. Like the other products in this kit, it contains essential oils that not only smell amazing but help to support troubled skin. A little goes a long way and this concealer has lasted a long time for us.



**Pink Diamond Flake Collagen Eye Gels from [The Diamond Collection Face & Eye Gel Set](#), \$21.50**

These collagen- and antioxidant-infused eye pads feel amazing on your skin. What's great about them is that you can use them to prep your face before makeup or as a revitalizer after a long day out. We like to use them to de-stress and tone ours under eyes.



### **ACV Buildup Removing Hair Rinse, \$14**

This rinse is so clarifying and makes your scalp feel clean after use. What makes it even better is that it is infused with the smell of orange so there isn't a strong vinegar scent. We found that it's best to use this type of product once every 1-2 weeks, that way you don't make your hair too dry.



## **Hollywood's Obsession with DIY beauty**

**By Heather Marianna, owner of Beauty Kitchen**

Hollywood's hottest stars are obsessed with DIY beauty, and it's easy to see why! Celebrities love being able to pamper themselves on their own time and the proof is on their social media accounts. Tons of popular stars like Lady Gaga, Kim Kardashian and Jessica Alba have all flocked to Instagram to post fun selfies showing them engaging in a variety of at-home skincare treatments (helllloooo epic selfie!) Forget breaking the bank on expensive spa treatments, these at home gems work wonders for a huge fraction of the price. Just ask your

favorite celebrity.

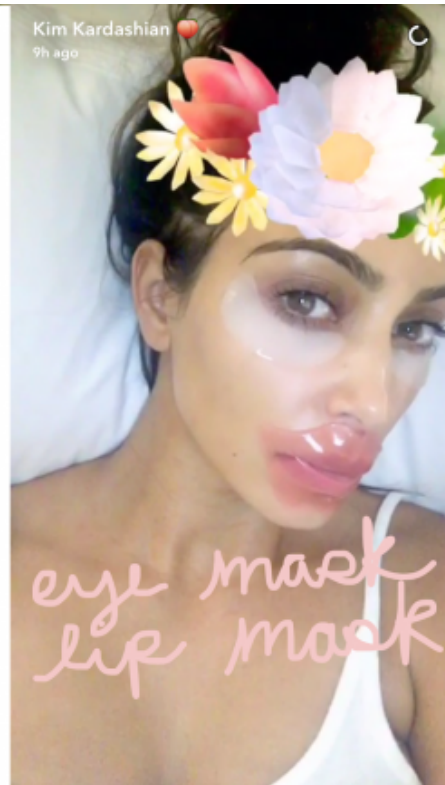


P Diddy sporting collagen eye gels via [thebeautyinformer.co](http://thebeautyinformer.co)

### **Collagen eye gels**

Celebrity fans include: Kylie Jenner, Diddy

Whether it's due to the weather, allergies, too little sleep, a stressful day at work or a wild night of partying – eye gel pads are your go to for tired puffy eyes! There are a huge variety of infused eye gel options out there to help you really tailor your treatment to your exact needs. On my BeautyKitchen.net website, our variety includes selections like green tea collagen, nano gold and ocean marine extract (each under \$6) and I can barely keep them in stock. Eye gel pads hydrate the most delicate area of skin on your body in just 20 minutes and aid in the prevention of puffiness, lines and dark circles to leave you with bright-eyed, refreshed eyes!



Kim Kardashian. Photo: Snapchat

## **Lip Masks**

Celebrity fans include: Jessica Alba, Kim Kardashian

Everybody hates a dreaded dry, chapped lip! It is especially imperative to prep your lips with a mask before applying makeup to ensure a flawless finish. This quick 10-15 minute investment is guaranteed to change your lipstick game! Made with hydrogel, vitamins and nourishing oils, a good lip mask will keep your lips soft, hydrated and looking mega plumped!





Lady Gaga's Instagram

### **Face Masks**

Celebrity fans include: Lady Gaga, Chrissy Teigen, Khloe Kardashian

Regardless what your skin type is, there's a face mask for you! Here's some insight into the variety of options available for you: **Cream Masks** – best for normal to dry skin: rich in oils and moisturizers that penetrate skin and re-hydrate dry cells:

**Clay Masks** – best for normal to oily skin: firming, detoxifying, hydrating and tightening as they close off skin to air, causing the brain to send down natural skin plumpers

**Gel Masks** – best for dry to sensitive skin: soothing, cooling and extremely hydrating with an emphasis on recovering parched skin

**Sheet Masks** – best for most skincare types: benefits depend on formula but recommended to use a serum prior to applying mask which will aid in ultra-absorption

**Exfoliating Masks** – best for most skincare types. Sensitive skin should look for gentle options: sloughs away dead skin and cleanses away dirt from pores.

Heather Marianna is a popular Youtuber, whose sassy DIY beauty videos using common kitchen ingredients has been viewed by over 3 million fans in conjunction with her all-natural whimsical skincare line, Beauty Kitchen.

A respected and reputable expert in the beauty industry, Heather, has appeared on over 80 national TV beauty segments and been featured on prominent websites including The Today Show, E! Online, Yahoo, The Huffington Post and more. Beauty Kitchen celebrity fans include: Vanessa Simmons, Christina Milian, Dascha Polanco, Lisa Vanderpump, Viola Davis and more. Beauty Kitchen products have also been gifted at high-profile award show events including The Grammys, Golden Globes, Emmys and Espy gifting suites.

Beauty enthusiasts can shop the brand including collagen eye gels, lace face masks, pizza bath bombs, sugar scrubs and more at [beautykitchen.net](http://beautykitchen.net).

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# Beauty Tips: Don't Ignore These Cosmetic Procedure Red Flags



Article submitted by [www.psspecialists.com](http://www.psspecialists.com)

As more and more cosmetic procedures become readily available and mainstream, it seems as if everyone is having something done. However, easy access to treatments and procedures comes with concerns. As captured on the popular TV show *Botched*, things can go very wrong with serious, even life-threatening consequences. Anyone conducting cosmetic procedures can call themselves a “cosmetic surgeon.” However, to be considered a plastic surgeon, one must be certified by the American Board of Plastic Surgery.

**Dr. Stanley Poulos, a Board-certified San Francisco area plastic surgeon offers the following red flags not to ignore when selecting a plastic surgeon, dermatologist, aesthetician or anyone else you plan to trust your body with. It's important to take these beauty tips seriously.**

**1. They offer discount coupons.**

Discount coupons make sense if you're looking for a haircut or a massage, not for plastic surgery. "Don't bargain shop when it comes to something serious like surgery. You want to make sure you research the average prices and if something seems too steep of a discount, beware;" Dr. Poulos says.

**2. The surgeon is not Board-Certified.**

Look for credentials, someone who is Board-Certified in plastic surgery by the American Board of Plastic Surgery. If they are they usually have this credential prominently visible in their office and on their website. This means the surgeon has had at least six years of surgical training with two or three years devoted specifically to plastic surgery, has passed rigorous oral and written examinations and has demonstrated safe and ethical surgical practice.

**Related Link:** [Why You Don't Need the Perfect Body](#)

**3. They make lofty promises.**

Dr. Poulos states that, “Any surgeon that promises to make you look like a celebrity or says he can make you look 30 years younger, is over-promising. A skilled surgeon knows the potential and limitations of surgery and will be clear about this from the start. A good surgeon will want you to look like an improved version of you, not someone else.”

#### **4. The surgeon’s operating facility is not accredited.**

Often plastic surgery is performed in an ambulatory care center or the surgeon’s office-based surgical facility. “Either way, “you want to make sure the facility is properly accredited. Accreditation ensures that strict standards are met for proper equipment, safety, surgeon credentials and staffing,” stresses Dr. Poulos.

#### **5. They try to “up-sell” potential patients.**

An initial consultation with a plastic surgeon should be a collaborative effort in which doctor and patient come to an agreement about which course of treatment is best. It’s reasonable for the surgeon to suggest alternative approaches, but that it’s worrisome if he/she uses high-pressure tactics. “Your surgeon may suggest consideration of more or different procedures than your initial request but should have sound reasons why this is his/her advice,” says Dr. Poulos.

**Related Link:** [Cosmetic Surgery: How Does It Affect Your Relationship?](#)

#### **6. The consultation is short and lacks professionalism.**

The first visit with a plastic surgeon must be a thorough, get-to-know-you session in which both patient and doctor determine if they can work together. Also trust how the overall consultation experience feels to you. Is the staff friendly and welcoming? Was your phone call handled professionally? Did they follow through on getting your promised information? Are they clear about all costs and how

the procedure will go?

#### **7. They've been censured or sued several times.**

“Just because a surgeon has faced a malpractice lawsuit doesn't mean they are incompetent. In today's medical climate, even first-rate surgeons are sometimes sued. However, “be wary of a surgeon who has been sued more than a few times or have been censured by the state medical board,” says Poulos.

8. They don't provide before and after photos. If you're interested in a procedure, you should see what the physician can do for you. One of the best ways to see the quality of work is to view before and after photos of their actual patients. If they won't show you any, they may not have enough experience, or success in that particular procedure.

#### **9. When to Consider a Different Aesthetic Surgeon**

Dr. Poulos says that, “Searching for a cosmetic surgeon is more manageable when you use a clearly defined system to make the choice. Consider all options and weigh them cautiously. If you're consulting with a cosmetic surgeon and any of the above red-flags come up, consider looking for a different surgeon.”

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## **Beauty Tip: Different Uses for Coconut Oil**





By [Jessica Gomez](#)

Coconut oil is one of those ingredients that's magic in a jar, so make sure to always have it around the house! It has many uses, which is partly what makes coconut oil so fantastic. Whether you're using coconut oil as a substitute or using it for something specific, you can count on its aid. This natural ingredient can be used for countless purposes, and here are just a few.

**These are six uses to add to your beauty regime. Follow these [beauty tips](#) to get the most out of your coconut oil:**

**1. To moisturize hair:** Coconut oil is great for dry and/or damaged hair. It seals in moisture and softens your hair as well. You can use it two different ways – use it as leave-in conditioner or as a hair mask/ treatment. You can apply a bit of it to help split ends, moisturize, and lock in some shine –

making it look healthy. However, the longer you leave coconut oil in your hair, the better it works. So, you can leave it in anywhere from an hour to overnight. Just make sure to wash your hair thoroughly after to get all the excess oil off.

**2. As a body scrub/moisturizer:** Mix some coconut oil with sugar or salt to create a natural exfoliant. You can use it on your hands, feet, and body. Put this scrub to work while in the shower to get rid of dead skin cells, leaving room for healthy skin. You can also slather on some coconut oil to moisturize – it will without a doubt leave your skin feeling like a baby's.

**Related Link:** [Beauty Tips: Best Anti-Aging Ingredients](#)

**3. To shave:** Ran out of shaving cream or just want to replace it altogether? For a smooth, close shave you can use coconut oil. It will allow the blade to easily glide over your skin, leaving it extra smooth. No cuts, soft skin. Another tip: make sure to always keep your razors clean and fairly new. Once they start getting dull, time to throw 'em away and get some new ones. This will allow a better shave and will avoid the buildup of bacteria.

**4. As a lip balm:** If coconut oil can soften your hair and skin, why not your lips? You can use coconut oil on the regular or as a treatment. It will leave your lips soft and smooth. Say goodbye to cracked, chapped lips – say hello to luscious lips!

**Related Link:** [Beauty Trends: 5 Beauty YouTubers You Need to Watch](#)

**5. As night cream... and even eye cream:** Coconut oil is gentle enough for the sensitive skin around your eyes, making it an even better ingredient. Coconut oil helps with fine lines and under-eye bags, so it's time to add it to your beauty regime! Obviously, coconut oil works hard so you don't.



**6. To remove makeup:** Removing your makeup should not be neglected if you want better skin. You can use coconut oil to remove makeup, while at the same time allowing it to nourish your skin – giving it moisture and helping with fine lines. Just mix some of it with water and rub it on your face gently, removing all the makeup, and then rinse and wash your face afterward. Your face will be makeup-free, clean, and smooth.

As you can now see, it is essential to have coconut oil at home for its many uses. It can not only help you in the beauty department, but it can also replace so many other products. Which way do you plan on using it first?

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## Beauty Advice: Beauty Tricks That Will Save You Money





By [Jessica Gomez](#)

The beauty industry makes a ton of money, a lot of it due to high-demand products, many of which are pretty expensive. Not all of us have the luxury of buying all of the products we want and need unfortunately. Luckily, Cupid has some [beauty advice](#) for you that will save you some bucks while retaining every part of your beauty regime!

## **Here are five beauty tricks that will save you money and keep you looking good:**

**1. Wrinkle creams:** Wrinkle cream and eye wrinkle cream are sometimes necessities. But, guess what? If you don't have the cash right now to buy both, buying only eye wrinkle cream is the way to go. The skin around your eye is very thin and sensitive, and eye wrinkle cream is especially made for that area. And because eye wrinkle cream is light and sensitive, you can also use it on your face! So, it's perfect to use on

laugh/frown lines as well.

**2. Blush:** Oh no! You want rosy cheeks, but you ran out of blush! Have no fear; lipstick can come and save the day. Choose a lipstick with the color you want on your cheeks, and rub a very small amount of it in. Viola! You now have rosy cheeks without needing an extra beauty product. Lipstick being used on both your lips and cheeks is super resourceful!

**Related Link:** [Beauty Tips: Best Anti-Aging Ingredients](#)

**3. Lip exfoliator:** You don't need to buy a pricey beauty product to keep your lips soft and looking great. In fact, you can just use a product that we are 100% sure you have at home: a toothbrush. Yeah, you read that right! Use a toothbrush to exfoliate your lips. You can apply Vaseline or lip balm to your lips and then use the brush to exfoliate them. Ideally, you want a separate toothbrush for this, but if you don't have one, you can just make sure to clean the brush thoroughly after using it.

**4. Shaving:** You're in desperate need of a shave, and you have no shaving cream. Many of us will use soap as a substitute, but two products that work well are coconut oil and even your hair conditioner! Both of these products will help you have a close, smooth shave.

**Related Link:** [Beauty Trend: 5 Life Triggers that Inspire Bold Beauty Transformations](#)

**5. Makeup remover:** Removing your makeup is very important and is a duty that should not be neglected. Instead of buying makeup remover, or if you just ran out, you can use coconut oil. Just mix some of it with water and rub it on your face gently, removing all the makeup, and then rinse and wash your face afterward. Your face will be makeup-free, clean, and smooth. Coconut oil is a product that we should all have at home, because it has tons of uses!

Which beauty trick is the one you think you'll try first?  
Comment below!

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# Beauty Tips: How to Treat Oily Skin



By [Haley Lerner](#)

Sometimes, your skin can really do its best to frustrate you to no end. Perfect skin is nearly impossible to achieve, and dealing with skincare issues can be incredibly trying. One of the most annoying skincare dilemmas is oily skin. No matter how much matte powder you put on your face, sometimes it's

difficult to avoid. Oily skin results from the overproduction of sebum from sebaceous glands under the skin's surface. While sebum can help protect and moisturize your skin, too much of it can lead to oily skin, clogged pores and annoying acne. Luckily, we've got the [beauty tips](#) to help solve your oily skin problems and give you the [celebrity look](#) you deserve.

## Check out our beauty tips on how to combat oily skin!

**1. Find the perfect face wash:** The first step to battling oily skin is to make sure you have an effective way of cleaning your face. Sometimes, oil cleansers can actually help greasy skin. The oil in the cleanser can attract your skin's sebum and rinse it away. You can also go for a face wash containing salicylic acid that will exfoliate your face and help your oily skin. You should also make sure to wash your face twice a day.

**2. Moisturize:** It might seem weird to combat oily skin with more moisture, but it's actually a really important step. Moisturizer can keep the skin's barrier intact and prevent more oil build up on the outside. But, opt for an oil-free moisturizer without any heavy ingredients that will clog your pores.

**Related Link:** [Beauty Trend: Why Korean Beauty Products Are So Popular](#)

**3. Be careful with makeup:** Obviously, the best way to help your oily skin is by going makeup free, but sometimes that isn't an option. So, it's important you avoid any foundations that are heavy and will clog your pores. Go for a product that has a light texture and has a matte finish. A good matte powder can also go a long way in minimizing your oily skin.

**4. Blotting papers:** Even if you follow a strict skincare

regimen, your skin can still get oily during the day no matter what. That's why you should always keep blotting papers in your purse for an emergency fix. Blotting papers can help you blot any excess oil from your face and are the perfect summer must-have.

**Related Link:** [Beauty Tips: Best Anti-Aging Ingredients](#)

**5. Talk to a dermatologist:** Sometimes, no matter how many products you try, it may seem like there's nothing to help your skin. Instead of struggling, consult an expert. Visit a dermatologist so they can look at your skin and figure out what type of treatment is right for you.

**Have any more tips on how to treat oily skin? Comment below!**

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## **Celebrity Beauty Secrets: Jade Rollers Will Change Your Life!**





By [Haley Lerner](#)

Sometimes, no matter how much makeup you put on, you can still end up with visible deep under eye circles and a puffy face. Luckily, we've got the perfect [beauty secrets](#) to help you solve your problems. Jade rollers are the newest [beauty trend](#) that will totally change your life. The jade roller is a handheld massaging tool that's made from solid jade stone, typically with one or two jade stone heads. A larger stone is used for the cheeks, jaw and forehead and a smaller stone is used for under the eyes and around the mouth. Jade rollers help decrease puffiness and under eye circles and even minimize the appearance of fine lines. Trust us, a jade roller will be your new favorite beauty tool!

**Check out our beauty secrets on how to use a jade roller and how it will help you.**

**1. Pop your roller in the fridge:** Before doing anything, try

storing your jade roller in the fridge every night. This way when you use it you'll have an extra cooling sensation that will help reduce swelling even more.

**2. Clean and moisturize:** Before using your jade roller, it's important your skin has been cleaned with a gentle face wash to remove all dirt and oil. Then, apply a moisturizer or face serum so your jade roller has a smooth surface to work on.

**Related Link:** [Product Review: Glow and Catch that Cutie's Eyes with This Ancient Beauty Trick](#)

**3. Time to roll:** Once you're ready, use the larger jade roller stone with gentle pressure, rolling it from the center of your face in upward and outward motions. Roll it on your neck, jawline, nose, chin and forehead. This will boost blood circulation to make your face more plump, firm and awake looking.

**4. Focus on the details:** Make sure to hit the smaller areas of your face with the smaller roller stone. Use it on your under-eye area and around your mouth. Using the roller to massage your face will then remove excess fluid under your eyes and constrict blood vessels to lessen swelling.

**Related Link:** [Product Review: Make a Splash This Summer with Snow Fox Skincare](#)

**5. Clean your roller:** You don't want any bacteria floating around on your jade roller, so after using it make sure to wipe it off gently with a damp cloth then dry it with a soft towel. Make sure not to use any hot water on the jade and don't ever submerge it in water.

**Have any more tips on how to use a jade roller? Comment below!**