

# Beauty Tips: Top 5 Coolsculpting Questions Answered



Anyone looking to tone their body in certain areas, without having to go through painful procedures and long recovery times have access to Coolsculpting. It's a revolution in body sculpting, thanks to how it uses your body's natural abilities to trim off the excess fat that clumped up in areas like the stomach, thighs, hips, even arms and back. And this is only a few of the many other areas you can treat with Coolsculpting.

**But as amazing as this sounds,**

there are still many things a lot of people don't know about Coolsculpting, that they should in order to fully understand what they're signing up for. With the help of Skinly Aesthetics, a New York based cosmetic clinic and medical spa which offer their treatment of [Skinly Aesthetics](#) to countless local clients, we can answer the most widely-asked questions that people have about the treatment.

### 1. How does it work?

Fat cells are weak to cold temperatures. When exposed to them long enough, they commit what is essentially cell suicide and get absorbed by the body. This is a completely natural process and the only artificial stimulation it gets comes from the cold vacuums which are placed on the part of the body being treated.

For 40 to 50 minutes, depending on what part of the body you'll be treating, cold air is going to be pumped against the skin, causing the cells to begin their apoptosis process, destroy themselves and get absorbed by the rest of the body. This will take place over several months, as your body slowly but surely tones and sculpts itself without any injections, cuts or incision being required.

## **2. What side effects does it have?**

As with any other cosmetic treatment, people want to know about the side effects and what they'll have to endure following the procedure. Luckily, Coolsculpting has one of the easiest and most painless side effects. Immediately after the procedure is over, you'll feel a little aching in the treated area as well as this little itching sensation.

Have you ever walked into a hot room after being out in the cold for a while and your hands begin to hurt? This is essentially the same phenomenon, where your skin isn't used to the temperature yet and is slowly adapting to the new heat. It goes away after a while and you should come back to normal in no time. As far as other side effects go, there have been reports of redness, which again, is completely normal a couple hours after the treatment and the dryness of the skin. But both of these are very easy to take care of with simple household skin care products.

And within the first day, these side effects should go away and you can back to normal without any complicated recovery procedures or techniques.

## **3. Does the procedure hurt?**

Another big worry for a lot of people, maybe even a putoff, is when cosmetic treatments are painful, which they sometimes can be, even if for just a little. But Coolsculpting by its very nature is painless.

Our skin is able to adapt to any temperature, including the cold. So, after a couple minutes of being exposed to the cold temperatures, it'll get used to the sensation and go numb. You'll essentially only feel the cold for the first 7 to 10 minutes and after that, you'll feel absolutely nothing. Other than numbness, of course.

## **4. What parts of the body can it treat?**

With Coolsculpting, you can treat a wide variety of areas on your body. Most popular areas of treatment are the stomach, thighs, hips and even under the chin. But thanks to how versatile the Coolsculpting treatment and its equipment are, you can also treat the arms, back, legs, anything you think of that may have excess fat built up there.

Your best bet on deciding what you want to treat depends greatly on your own personal opinion and what's been bothering you about your body. Maybe you have slightly bigger thighs that you want to see more toned. Or maybe even it's a double chin that you see in every selfie you take. Coolsculpting works wonders on all these areas and within a couple months, you'll have exactly the kind of toned body you've always hoped for.

## **5. Is it really expensive?**

Any cosmetic treatment, considering how generally they are very complex and require a lot of qualifications in order to perform, are more expensive than something you're comfortable paying for on a monthly basis. But specifically for Coolsculpting, it's hard to give one specific answer, when everyone has different needs and expectations.

The price will depend on what or where you're treating and how much of it. So, it's hard to give even a rough estimate. The best way for you to find out is by consulting a clinic and asking their specialists, who can give you an accurate pricing model. For example, many of Skinly Aesthetics' clients who go in for the clinic's Coolsculpting NYC treatment plan often call beforehand and make sure they understand exactly how much it's going to cost.

And you need to make sure to do that yourself. Don't take any unnecessary guesses. Clinics love to give you all the information you need.

## **Good to Be Curious**

Even if you're not planning on getting Coolsculpting anytime soon, it's still pretty interesting hearing about just how it works, what it does and what you can expect from it. It's a perfect addition to cosmetic clinics as a treatment, since it offers an easy solution to people who don't have the time, energy or money to tone specific parts of their body, without using any questionable methods.

It's broken new ground in terms of body sculpting and with every new development in its effectiveness, you can expect Coolsculpting to only get better and better over time.

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## **Beauty Tips: Makeup Trends Making a Comeback in 2021**





By Carly Silva

After quarantining and staying at home for the better part of 2020, many of us are ready to get back out into the world this new year. Everyone is itching to start dressing up and going out again, and of course, doing their makeup again. This year, all sorts of makeup trends are going to be making a comeback as we dive back into makeup in 2021.

**If you're looking for some new [beauty tips](#) for your makeup look this new year, check out these five makeup trends making a comeback in 2021:**

**1. It's all in the eyes:** This new year, especially with wearing masks covering half of our faces, the eyes are more important than ever. Eye makeup trends from the 90s and 2000s are going to be essential in 2021, especially thick eyeliner

and smokey eyes. These are great looks to draw attention to your eyes and keep your face sparkling through your mask!

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**2. Brows, brows, and more brows:** Another trend that has gone in and out of style, but is definitely making a comeback for 2021 is thick eyebrows. Thick brows are a great way to add a strong feature to your face without having to wear too much eye makeup, and they maintain a pretty natural look as well!

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**3. Natural skin:** Now that the skincare movement has blown up in 2020, this new year is going to be all about glowing skin. Focusing on skin health and sporting glowing and juicy skin is going to be a major trend for 2021. Serums and primers are great ways to accomplish a dewy look with or without makeup!

**4. 80s colors:** 80s-style makeup and colors are going to be another big part of 2021. Neon colors, as well as shimmery shadows are an up-and-coming trend to incorporate into your routine this new year! Using neon colors will help draw attention to your eyes and help you accomplish a fun and trendy throwback look!

**5. Juicy lips:** While juicy lips have always been in style, they're making a major comeback this new year. Plump and juicy lips, as well as bright and bold lips are a great way to add something special to your makeup look in 2021. You can accomplish a plump lip using any gloss or lip liner!

**What are some other makeup trends for 2021? Start a conversation in the comments down below!**

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# Beauty Trend: How to Take Care of Your Skin in Cold Weather



By Nicole Maher

While winter is a wonderful time of year, it certainly does not do wonders for your skin. Whether it's the harsh winds outside or the dry air coming from indoor heating, your skin will likely be in need of some extra nurturing this winter. By incorporating some of the following [beauty trends](#) into your skincare routine, you will be ready to take on the winter months with skin just as hydrated as it is in the summer.



# Check out these five beauty trends for taking care of your skin during the colder months.

**1. Inspect your skin daily:** The best way to prevent yourself from experiencing major dry skin or irritation this winter is to inspect your skin regularly. While patches will undoubtedly appear in areas after spending a lot of time outside or in an overly-heated room, monitoring them before they get too big will help with treatment. While your face may be your main focus for treating dry skin this winter, be sure to keep an eye on your legs and stomach as well as these places are also susceptible to experiencing dryness.

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**2. Prioritize moisturization:** No matter your skin type, having a moisturizer in your skincare routine this winter is a must. While you may be tempted to switch to a heavier moisturizer during the winter, it is actually more beneficial to continue using one that works best for your skin type. If you are extremely prone to dry areas during colder weather, talk to a dermatologist about using a medicated moisturizer. If you often experience breakouts or acne from certain products, try finding a moisturizer that does not have an oil-based formula.

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**3. Keep wearing sunscreen:** Sunscreen is the secret to healthy skin all year long. It may not seem like a priority in the winter because you aren't spending your afternoons in the hot sun, but the colder temperatures do not make the strength of the sun any weaker. If you live in an area that experiences snowfall, the reflection of the sun on the snow can also lead to harsh sunburns. Be sure to keep a sunscreen-infused

moisturizer or makeup primer in your routine this winter to protect your skin just as you would do during the summer months!

**4. Watch out for rosy tint:** While a rosy tint on your cheeks might be considered cute during the winter, it is actually a sign that your skin needs some help. The pinkish color that appears on your skin is a sign that it is drying out and may eventually lead to dry patches. If your skin begins to turn a darker shade of pink or red, it may be a sign that you have broken capillaries under your skin, which are usually caused by heavy winds. If this is the case, use the beauty trend of natural facemasks, with ingredients such as honey and avocado, to treat the damaged areas.

**5. Don't neglect your lips:** One of the most crucial areas of your skin and face to pay attention to this winter is your lips. While having chapped lips at some point is likely inevitable in a colder climate, being sure to treat them and leave the house prepared is a must. Putting a hydrator on your lips before leaving the house in the morning or going to bed at night is a good way of preventing any major dryness. It is also important to carry around some kind of chapstick with you throughout the day to apply as your lips get dryer. Keeping your lips hydrated will prevent them from cracking or splitting and causing irritation with the surrounding skin on your face as well.

**What are some other ways to take care of your skin during the colder weather? Start a conversation in the comments below!**

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# Beauty Advice: 6 Last Minute Holiday Gift Ideas for a Beauty Guru



By Nicole Maher

The holidays are just days away, and if you are just now realizing you've forgotten a gift for someone, you are probably not alone. With the craziness of the holiday season, it's normal for everyone to be scrambling for last minute gifts. Beauty products are always a great option for last minute gifts as the options are endless and beauty trends are constantly changing. Check out the [beauty advice](#) below to find the perfect gift for the beauty guru in your life.

# Use this beauty advice to find the perfect last minute holiday gift for your beauty guru friend.

**1. Makeup brush set:** Makeup brands and celebrities are constantly coming out with new brush sets, especially around the holiday season. This makes makeup brushes the perfect gift to give the beauty guru in your life. For a larger gift, purchase the complete set of brushes. If you are looking for a smaller option, many brush sets can be broken down into different areas of the face, such as eyeshadow brushes or blush and bronzer brush sets.

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**2. Facial moisturizer:** Many people have a relatively consistent skincare routine, so it can be challenging to buy someone a facial cleanser. However, moisturizers are a good alternative as they are likely to be compatible with more skin types. Search the beauty market for new facial moisturizers that offer different benefits, such as targeting specific dry areas or doubling as a primer for makeup. Moisturizers with some form of sun protection are also great options for your beauty loving friend.

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**3. Hair styling tool:** If you are looking for a gift that is a little bit larger, hair styling tools are a great option. With so many new hair tools hitting the market each year, you should have no problem finding one that your beauty guru friend doesn't own yet. Classic styling tools include straighteners and curling irons, which can be useful if your friend is in need of a replacement. Less conventional options include blow-out brushes and styling attachments for hair

dryers, which could help your friend find their new favorite hair style!

**4. Setting spray:** It can be challenging to buy someone a makeup product if you are unsure of their exact skin tone in terms of foundations and concealers. This makes the gift of setting spray a great option for someone who loves makeup, as it does not need to match any specific shades. It is also something that they may use more frequently than some other makeup-centered gifts. Use this beauty advice to buy your friend a refill of their go-to setting spray, or give them the opportunity to try out a new product by gifting them with one they've never tried.

**5. Body scrub:** Another great option for the beauty guru in your life is the gift of a body scrub. This is another product that does not require any color matching, and is typically compatible with most skin types. Go for floral smelling body scrub if your friend is a big fan of scented products, or go for something more natural if they are into clean, chemical-free products. Like many of the other beauty advice gift ideas, body scrubs come in a variety of sizes and prices, making it a good option for any budget this holiday season.

**6. Manicure set:** Whether as a hobby or way of saving some extra money, many people have been opting to give themselves at-home manicures rather than heading to the nail salon every few weeks. If you know someone who always has their nails freshly painted, an at-home manicure set could be a great gift option. For a smaller gift, go for a set that includes the basic manicure tools and a few nail polish colors. For a larger option, go for a nail dryer or UV-gel manicure light to help them perfect their new hobby!

**What are some other last minute holiday gifts for a beauty guru? Start a conversation in the comments below!**

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# Beauty Advice: Everything You Need to Know About Exfoliating Your Skin



By Carly Silva

Exfoliation is a great option to deep-clean your skin, especially if you struggle from clogged pores or acne. While it is not necessary for every type of skin, it is a great step to implement into your routine if you are looking to clear out your pores and get soft and glowing skin. Exfoliation can have plenty of benefits, but it's important that it's done in the right way to reap the total benefit and avoid doing any

unnecessary damage to the skin.

**If you're in need of some new [beauty advice](#), here is everything you need to know about proper exfoliating that will help make your skin soft and glowing:**

**1. Figure out which type works best for you:** There are two different types of exfoliation: mechanical and chemical. While mechanical is far more popular, chemical exfoliations tend to be more gentle and safer for the skin. Mechanical exfoliants usually consist of a wash-off scrubs with some sort of granular ingredient that buffs against the skin to rid dead skin and get deep into the pores. Chemical exfoliants, often in the form leave-on treatments, use exfoliant ingredients, such as salicylic acid or glycolic acid to sink deep into the pores to clean out dirt and oil while ridding dead skin cells. Before you start using an exfoliant, decide what type of exfoliation is best for your skin and your personal routine.

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**2. Choose the right products:** Another important part of starting an exfoliant is to make sure you are using the right product. If you're using a mechanical exfoliant, avoid using products with damaging exfoliating ingredients, such as walnut shells. These can be super rough on the skin and lead to microtearing. Instead, look for products with gentle exfoliants, or even consider using a soft exfoliating brush instead of a scrub. If you're looking to try chemical exfoliating, make sure that the ingredients are cohesive with the other products in your routine, and that you're choosing

acids that won't be too strong for your skin.

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**3. Be gentle:** Perhaps the most important part of exfoliating is to remember to be gentle, especially if you are using a mechanical exfoliant. While it often feels the most satisfying to scrub the skin vigorously to get rid of dead skin cells, you can actually damage your skin if you're too aggressive. Be gentle, use circular motions, and don't scrub your face for more than 30-60 seconds at a time. If you're using a chemical exfoliant, make sure you're not being too rough on your skin with the ingredients you choose, and look for gentler exfoliating ingredients like salicylic acid, especially if you are prone to sensitive skin.

**4. Keep a schedule:** Another common mistake with exfoliating is doing it too often. Exfoliating more than once a day, or even every single can overwhelm the skin, which needs a break from exfoliation. You may only need to exfoliate 1-3 times a week, or even only once a month if your skin is super sensitive. Find out what works for your skin and be sure you are not overdoing it and irritating your skin.

**What are some other tips for exfoliating? Start a conversation in the comments down below!**

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**Beauty Tips: 7 Halloween Makeup Looks You Can Wear**



# with a Mask



By Nicole Maher

You may find yourself wearing a different kind of mask than normal this Halloween. While the inclusion of a mask may go against your original costume plan, there are still many ways to look festive while remaining safe on October 31st. Whether it is for your small gathering or simply for the Instagram picture, try incorporating some of the following [beauty tips](#) to create the perfect mask-friendly makeup look this Halloween.

**Try out some of these beauty tips**

# to help you create the perfect mask-friendly makeup look this Halloween.

**1. Cat-eye:** The classic cat-eye is the perfect makeup option when it comes to wearing a mask. Put your eyeliner skills to the test by applying a thick cat-eye above your lash line. You can also incorporate the mask into your costume as an accessory by drawing on a cute nose and set of whiskers. Throwing on a pair of cat ears is also a great way to compliment your eyeliner and complete the costume.

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**2. Mermaid scales:** Break out your brightest blue eyeshadows and get ready to complete your mask-friendly mermaid costume. By placing a pair of fishnets over your forehead, you can trace out the perfect scale pattern quickly and easily. Try adding some bright scales to the sides of your hairline to frame your eyes, and incorporate a shiny mask to finish out the look.

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**3. Sunken eyes:** One of the most popular makeup looks to pull off on Halloween is the skeleton. This look can also be one of the most challenging, making this year the perfect time to give it a try. Since only the top half of your face will be visible, focus your effort on producing your best sunken eyes with some gray eyeshadow. Continue by tracing the remaining skeletal features out with white eyeliner and throw on a skeleton-smile mask to save yourself from attempting to draw the teeth!

**4. Lots of glitter:** There is no better time for body glitter

than on Halloween. From copying looks from the television show *Euphoria* to going with more classic options such as princesses and fairies, there are no shortage of glitter looks this Halloween. By coating your eyelids in a shimmery shadow and applying some jewels to your upper cheeks, this beauty tip will make it look like you put in maximum effort on your mask-friendly costume.

**5. Doll eyes:** Another trend that has been gaining momentum this Halloween is doll eyes. Whether you prefer Barbie dolls or Bratz, there are plenty of tutorials showing you how to create the perfect doll eyes. By overlining your eyes and applying full fake eyelashes, you'll have no trouble turning yourself into one of your favorite childhood toys. Take your recreation to the next level by tracing the dolls lips onto the front of your mask and throwing on some themed accessories.

**6. Colored contacts:** If you're not the biggest fan of wearing makeup but still want to participate in a mask-friendly Halloween look, colored contacts are a great alternative. Throw on a pair of white contacts to complete a skeleton look, or opt for a deep red to put forward your best vampire. Colored contacts are also a great way to avoid the tiredly makeup removal process at the end of Halloween night as all you have to do is take them out.

**7. Classic clown:** While they may not be for everyone, clown costumes are another mask-friendly option this Halloween. You can go the scary route by recreating a horror film clown look with dark triangles around your eyes, or the more friendly route by using bright eyeshadows and painting a red nose onto your mask. Wigs and props are another great way to attenuate this costume while staying safe this Halloween.

**What are some other mask-friendly Halloween makeup options? Start a conversation in the comments below!**

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# Beauty Tips: 2020 Skincare Trends



By Nicole Maher

Whether it's from our favorite celebrities, our mother, or the person working at our local beauty store, there is no shortage of [beauty tips](#) for creating the perfect skincare routine. However, with advice coming from so many different outlets, it can be difficult to decide whose to take. If you are having difficulties finding skincare products that are perfect for you, try incorporating some of these simple beauty tips into your everyday routine.

# 2020 has been rough, but the birth of these five skincare beauty tips is a positive.

**1. Clean beauty:** A [beauty trend](#) that has been gaining momentum over the last few years is the use of clean beauty products. These products refrain from using ingredients that are known to be harmful to the human body and focus more on all-natural or low-chemical blends. By including more clean beauty products in your skincare routine, you'll leave your skin looking healthier longer.

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**2. Weekly at-home facials:** Everyone loves a good facial, especially when you can do it at home. While facials can do wonders for your skin, doing it too often can sometimes be harmful. Once a week is a good target in terms of using a peel or giving yourself a facial. You can incorporate the use of facial rollers to help your skin absorb different blends and formulas, or simply massage your face with your hands.

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**3. Personalized products:** The best way to make your beauty routine more effective is to customize it to your own needs. From personalized face washes to hair shampoos, there are plenty of companies that offer specialized formulas aimed at helping the areas you've specified. Many of these companies offer online quizzes to help you customize your own formulas and allow you to make the necessary adjustments until you have a blend that is perfect for your beauty routine.

**4. Chemical-free sunscreens:** Sunscreen is another popular skincare product that has been added to many people's routines

over the past few years. However, the best sunscreen options are those that emphasize being a chemical-free product. Similar to clean beauty products, chemical-free sunscreens are safer to use on your skin, as well as being less harmful to the environment. High chemical-based sunscreens have been proven to be detrimental to environmental ecosystems such as the coral reef, and should be avoided whenever possible.

**5. A simpler overall routine:** “Less is more” truly is the way to go in terms of skincare. With a new product on the shelves everyday, it can be incredibly tempting to switch up your skincare routine often. Despite this temptation, try to keep your skincare routine as simple and consistent as possible. By changing products constantly, you will end up shocking your skin and cause it to react negatively. Try using between two and four products in your everyday routine with the occasional use of a spot treatment on a problem area.

**What are some other beauty tips to incorporate into your 2020 skincare routine? Start a conversation in the comments below!**

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## **Beauty Trends: 5 Ways to Make Your Eyes Pop**





By Carly Silva

Now that the COVID-19 pandemic has a lot of us wearing masks, it is a little more difficult to accomplish a full-faced beautiful makeup look. Since the eyes are really the only part of your face that people can see, adding an extra pop to your eye makeup is a great way to still sport a fun makeup look from underneath your mask.

**If you're in need of some [beauty tips](#) on making your eyes pop, here are five ideas that will draw extra attention to your eyes:**

**1. Add a sparkle:** One of the easiest ways to draw some special attention to your eyes is to add sparkle. You can use a glittery eyeshadow or add extra glitter on top of your preferred eyeshadow. Sparkly cream and liquid shadows are also super easy ways to add shimmer to your lids as well. You can

even use a highlighter on your eyelids or in the inner corner of your eye to give them a little extra sparkle without having to buy a new glitter shadow!

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**2. Curl your lashes:** This step might seem simple, but it makes an incredible difference. Curling your lashes makes your eyes look bigger and brighter, and it also helps your mascara to pop more. Lash curlers are a simple way to make your lashes look extra long and your eyes stand out even more!

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**3. Use an eyeshadow primer:** Another simple way to make your eyes pop, especially when wearing eyeshadow, is to use a primer. Adding a primer underneath eyeshadow will not only help the product stick for long wear, but it will also help the colors of your shadow appear brighter and more pigmented. This is a great way to help your eyes get that extra boost of color they need!

**4. Fill in your brows:** If you are looking for a way to make your eyes pop without having to add crazy colors or glitter, focusing on the brows is a great option. Adding extra color and depth to your brows is the perfect way to draw attention to this part of your face. You can use any type of filler: pencil, gel, crayon, or even a dark eyeshadow.

**5. Add in a liner:** Another great tip that will really make your eyes stand out is adding eyeliner. Eyeliner, whether on the top or the bottom, is great for defining the eyes and making them more noticeable than usual. You can even use a bright colored or sparkly liner to add a little extra pop.

**What are some other tips for making your eyes pop? Start a conversation in the comments down below!**



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# Beauty Tips: A Guide to Your Favorite Celeb Beauty Lines



By Nicole Maher

There is certainly no shortage of options when it comes to searching for a beauty line designed by a celebrity. While certain celebrities, such as Kylie Jenner, have built an empire around their beauty lines, others have begun to release their own lines as well. Whether it is inclusivity or clean products, each of these celebrities have tailored their make-up and skincare brands to encompass the aspects of beauty they value the most. By offering their own [beauty tips](#) and tricks, these celebrities may quickly go from being your favorite

people on stage to your favorite beauty line providers as well.

## **Check out these five celebrity beauty lines to get the inside scoop on some of your favorite celebrities' beauty tips and tricks.**

**1. Rare Beauty:** Selena Gomez is among the most recent celebrities to dive into the world of make-up with her beauty line hitting the shelves this past September. Gomez's line, called Rare Beauty, includes products for the eyes, lips, and face. With an emphasis on embracing natural beauty rather than trying to cover anything up, Rare Beauty offers a variety of foundations that strive to be breathable and offer medium coverage. Along with launching Rare Beauty, Gomez also released a connected campaign titled Rare Impact, which has the goal of raising \$100 million over the next ten years to help provide people with access to mental health services.

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**2. Soulcare:** Alicia Keys has recently announced plans to release her own beauty brand just in time for the holiday season. This upcoming line is named Keys Soulcare, and is in collaboration with the beauty brand e.l.f. Beauty. Keys Soulcare has already launched an editorial site this past September, which includes a weekly newsletter and details into the inspiration behind Keys' new line. The brand hopes to launch its first physical products, being a candle and two unannounced skincare products, this December with the rest of the line coming out in the early months of 2021.

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**3. Fenty Beauty:** Rhianna first launched Fenty Beauty back in 2017, and has been growing her brand ever since. Since the initial launch, Rhianna's brand has divided into two different sections, those being Fenty Beauty and Fenty Skin. Fenty Beauty focuses on make-up products, and aims to create an inclusive environment by providing foundation shades for nearly every skin tone. Fenty Skin currently consists of a three-step face cleansing routine which Rhianna has promoted as being for both men and women. Rhianna has also included some of her personal beauty tips and tricks for recreating her make-up looks with the Fenty products.

**4. Haus Laboratories:** Lady Gaga is also among the celebrities joining the make-up community. She began offering her own beauty tips and products through her line Haus Laboratories in 2019 and has been expanding ever since. Much like Lady Gaga's own personal style, many of her make-up products consist of bold colors to create vibrant, statement looks. Haus Laboratories currently includes products for the eyes, lips, and cheeks, and can be found on the company's website or through Amazon.

**5. Florence by Mills:** Musicians are not the only celebrities diving into the world of make-up and skincare as actress Milly Bobby Brown has also released her own beauty line. With an emphasis on clean beauty, Brown's line Florence by Mills includes both make-up and skincare products that are paraben and dye free. The make-up portion of Florence by Mills includes products for the eyes, lips, and face while the skincare section offers both facial cleansers as well as spot treatments and moistures.

**Who are some other celebrities who have released their own beauty lines? Start a conversation in the comments below!**

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# Fun Fall Beauty Tips

**Cupid's Pulse**  
\* Celebrities. Love. Opinions. \*



By Carly Silva

Fall is officially here, and that means new beauty trends. Transitioning from summer to fall can warrant a lot of different changes for your beauty routine, including different skincare tricks and a new color palette.

**If you're looking to switch up your beauty routine for the fall, here**

# are five fun beauty tips to help you get ready for the fall:

**1. Change up your skincare:** Fall means cooler weather, which can be tough on your skin. It's important to keep your skin moisturized, which can mean drinking more water or maybe switching to a heavier face moisturizer. Also, it's a good idea to invest in a moisturizing lip product to keep your lips from looking chapped as the weather gets colder.

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**2. Show off some autumn nails:** The fall season is the perfect time to embrace darker color palettes for nail art. Don't be afraid to explore grey tones, purples, reds, oranges, and greens. These dark fall tones will top off any fall beauty look.

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**3. Warm-toned eyeshadow:** Fall is the perfect excuse to wear warm, shimmery, and even glittery eyeshadow. Sparkly golds are extremely trendy this fall, so top off your makeup look with a glittering eyeshadow or a sparkling highlighter on your cheekbones.

**4. Add in some dark accents:** Something that makes a look pop in the fall is adding a dark accent to your makeup look. The best way to do this is to add a dark lip or fill in your brows to be nice and thick. This type of look is a nice contrast from summer trends and will definitely make you look like you're ready for fall.

**5. Don't forget about SPF:** Even though you may not be basking in the sun and laying on the beach like in the summertime, SPF is still very important. If you're still going to be outside for fall activities, or even if you won't be outside much, SPF

is something your skin needs every day, during every season. Keep your skin healthy and avoid fine lines and premature aging all season long by keeping up with your SPF.

Do you have more fun fall beauty tips? Start a conversation in the comments down below!

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# Beauty Advice: Overnight Beauty Tips to Wake Up Looking Your Best



By Nicole Maher

Overnight [beauty tips](#) seem to be the most sought out secrets in a world that has become increasingly fast-paced. Not only do people want to wake up feeling and looking their best, but they are also searching for ways to save time in the morning. While the quest for new [beauty tricks](#) seems to be endless, there are a few simple steps that will help you along the process. The easiest way to save time is to put in a little bit of prep work the night before, whether you are focusing on your skin, hair, or mindset.

**If you are looking for ways to wake up feeling refreshed and ready for whatever the day throws at you, here are six pieces of overnight beauty advice that will help you out.**

Your overnight beauty musts include:

**1. Get a good night's sleep:** It sounds simple, but it can be challenging to get a good night of sleep regularly. Whether you are working late, out with friends, or binge watching your new favorite show, it can be easy to sacrifice a few hours of sleep to finish whatever it is you are doing. By making an effort to structure your sleeping schedule, you'll wake up both looking and feeling well-rested and ready to take on the day.

**Related link:** [Beauty Tips: How to Combat Maskne](#)

**2. Wash away the day:** Removing makeup and cleansing your skin before falling asleep is an essential step in waking up the next morning looking your best. With so many makeup remover and face wash options on the market, it is also important to

find the best fit for your skin. Don't be afraid to shop around before deciding on a more definite skincare routine. Just because something is the hottest product on the market right now does not mean it's the best fit for you!

**Related link:** [Beauty Trend: Customized Body Care](#)

**3. Attack that spot:** Despite all of our efforts to keep our face clean and clear, we still may experience a break out occasionally. Spot treatments can be a quick and effective way to clear up any problem areas overnight. They are also a great option if you do not need to use an acne-fighting face wash nightly, or if your skin is particularly sensitive to more aggressive face washes.

**4. Bring back the moisture:** Applying a moisturizer to your skin at night will help you wake up the next morning looking hydrated and refreshed. Just like with cleansers, it is important to find the best nighttime moisturizer for your skin. Pay attention to if your skin tends to be more oily or dry, and test out different products that cater to those characteristics.

**5. Don't forget your hair:** Styling or prepping your hair at night can help you save time the next morning. Applying a serum or leave-in conditioner after you shower is a great way to add some moisture and shine back into your hair. You can also save time by styling your hair before falling asleep. One option is to pull your damp hair into loose twists or braids before going to bed. The next morning you'll wake up with beautiful waves, as well as save your hair from any extra heat damage.

**6. Clear your mind:** When we think of beauty tips, we typically only consider options that benefit our external appearance. However, our thoughts and emotions can have an effect on how we appear and carry ourselves throughout the day. Before settling into bed for the night, take a few moments to clear



your mind and process the events of the day. The less stress you bring into the next day, the better you will look and feel!

What are some other overnight beauty tips that will have you waking up feeling your best? Start a conversation in the comments below!

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## Beauty Tips: How to Combat Maskne



By Alycia Williams

Wearing a mask has become apart of our everyday lives, but some people are facing the hurdle of maskne, which is acne created from wearing a mask. Since we can't just stop wearing our masks, [beauty tips](#) are needed to prevent and treat maskne.

## Here are some beauty tips for preventing and treating maskne!

**1. Skip your usual makeup:** Wearing too many products under the mask can cause a build up on the skin. Forego wearing foundation, or pick non-comedogenic products under the mask to allow your skin to breathe. This is especially true if you work out in your mask.

**Related Link:** [Fashion Tips: 5 Ways Mask Fashion Can Elevate Your Look](#)

**2. Wash your mask after every use:** It removes any acne-causing bacteria and oils from the mask. Use hot water, laundry detergent, and white vinegar, which has antibacterial, antiviral, and anti fungal properties. Be sure to look for a laundry detergent that is fragrance-free, as leftover fragrance residue can also irritate skin.

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

**3. Exfoliate and hydrate:** In addition to your daily washing, the two most important steps in your skincare routine that can help maskne are an exfoliating cleanser and a hydrating moisturizer. Swap your gentle cleanser for an exfoliating version three nights per week.

**4. Spot-treat:** If you're already experiencing a crop of mask-related pimples, you can use a spot treatment containing salicylic acid, sulfur, zinc, or 2.5 percent benzoyl peroxide.

**5. Consider a retinol:** Now is also a good time to hop on the

retinol bandwagon, if you haven't already. Retinol speeds cell turnover, which prevents dead skin cells from clogging your pores. Start by using several nights a week with a pea-sized amount and gradually increase the frequency.

**6. Try a stronger OTC treatment:** This product changes the way the skin cells develop from the inside out and works well for blackheads and clogged pores. You can usually find these products over the counter.

**7. Create a barrier:** When maskne shows up as skin irritation, you may need a "barrier" product to protect your delicate skin. A thin layer of Healing Ointment applied to the irritated skin just before putting on your mask works wonders.

**What are some other tips for treating and preventing maskne? Start a conversation in the comments below!**

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## **Beauty Tips: Everything You Need to Know About Shampoo for Healthy Hair**





Healthy hair is something most people strive for, but you don't always know how the wrong shampoo can impact the overall look, feel, and health of your hair. With the rise of social media beauty influencers and bloggers, it's become even easier to be misled by false information. Luckily, we have some beauty advice to help you have the healthiest hair possible.

**No matter your hair type you have, here are some beauty tips to help debunk common shampoo myths to keep your hair healthy.**

### **How Long Can I Use the Same Shampoo?**

Despite the rumors, there's really no science behind your shampoo losing its effect after frequent use. That's not to say that you may have noticed your shampoo has stopped giving you the results you're used to seeing. What may be happening has less to do with the shampoo and more to do with the

condition of your hair. If the condition of your hair has changed, it may have different needs now. We recommend trying out a new brand every few years.

### **Will Frequent Shampooing Strip my Hair of its Natural Oils?**

Every person is different, so it's hard to say exactly how often someone should wash their hair. We like to suggest starting off with a weekly wash and pay attention to how your hair responds. Chemicals like coloring and change in the seasons may mean tweaking your hair care regimen to support continued growth.

The type of shampoo you use will also affect your hair's health. Certain brands have harsh cleaning agents in them that can strip the hair and scalp of the oil we need to protect our hair and keep it moisturized. The key to making sure shampoo does not dry out your hair also has to do with your technique. Instead of spreading the shampoo evenly throughout your hair, focus primarily on cleaning your scalp. This will increase blood circulation, which also encourages hair growth.

### **Will Frequent Shampooing Dry Out My Hair?**

The [ingredients in your shampoo](#) can make all of the difference. You want to look for formulas that contain a balance of cleaning and moisturizing agents. If you are struggling with hair loss, you want to focus on a shampoo that contains a DHT blocker. DHT can be credited with causing hair loss because the hormone binds to the healthy hair follicles and deprives them of proper oxygen and nutrients.

### **Will Frequent Shampooing Make My Hair More Greasy?**

Believe it or not, the opposite may happen. Sebum is produced by the glands near your hair follicles. Factors like your genetics and your hair type decide how much or how little sebum we each produce. Our glands will continue to create around the same amount of sebum to protect the hair or scalp,

regardless of how often you use shampoo. You can trust that your shampoo will only wash away the dirt, oils, products, and dead skin cells that build-up on the scalp.

### **Will Frequent Shampooing Make My Hair Fall Out?**

We naturally lose around 100 hairs a day, but we don't usually notice it. Even though the strands have been dislodged, they may still be hanging on near the follicle. When we shampoo, we tend to dislodge hair that was probably already detached. The longer you go between washes, the more time you're allowing loose hair to dislodge and wait until your next wash. Eventually, when you do wash, you're technically losing the same amount of hair, it's just all coming out at once.

**Which changes will you make in your hair washing routine? Start a conversation in the comments below!**

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## **Beauty Tips: Flawless Foundation**





By Alycia Williams

Foundation is the base of every great makeup look. It can make or break your entire look if not done correctly. Finding out new [beauty tricks](#) when it comes to applying your foundation can be great, but once you have the correct [beauty tips](#) for applying foundation, you may not need any tricks.

## Here are the beauty tips you need to have flawless foundation.

**1. Start with a clean canvas:** Your foundation will only look as good as the skin underneath, so maintaining a consistent skin care routine is key. Right before applying foundation, it's important to cleanse your skin to help prevent clogged pores and remove any dirt that may be dulling your natural radiance. Next, gently exfoliate your skin to sweep away any dry, dead skin cells that may cause foundation to go on unevenly or look flaky. Finally, apply moisturizer; foundation sinks best into hydrated skin.

**Related Link:** [Beauty Trends: Date Night Makeup Looks to Match Your Style](#)

**2. Take the time to prime:** A primer may add an additional step to your makeup routine, but it will go a long way to ensure that your foundation looks flawless because it turns your skin into a perfectly smooth surface.

**Related Link:** [Beauty Tips: Choosing and Using Blush Based On Your Needs](#)

**3. Be conservative:** Always start by applying just a little bit of foundation, and then add more until you have just the right amount of coverage. The goal is to only apply foundation where you need it, so that your skin still looks like skin. If you have to apply foundation all over your face for it to look even, then you're using the wrong shade.

**4. Work from the inside out:** Concentrate the foundation in the center of your face where redness and blemishes tend to be more problematic. Apply just a dab of foundation on each side of your nose, and in the center of your forehead and chin, then blend outward. After it is all blended in, pinpoint any other areas of the face where blemishes are visible and apply an additional light layer of foundation in those specific areas.

**5. Stipple, don't rub:** Whether you're using a foundation brush or your fingertips, apply foundation in a stippling motion, which means gently tapping it into your skin. Avoid any wiping or rubbing motions because that will only push the foundation around and cause streaks.

**6. Don't forget your ears!:** Often overlooked, your ears are a part of your face, too. If you're prone to red lobes, lightly sweep your foundation brush over them so that they blend in with the rest of your face.

**7. Set it and forget it:** Most people associate powder with a



matte, cakey look, but dusting a silky loose setting powder, like Blended Loose Powder, over your foundation will ensure it won't budge without dulling its finish.

**What are some other tips for having flawless foundation? Start conversation in the comments below!**

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# Beauty Tips: How to Style Your Natural Hair for the Summer



By Alycia Williams

Naturally thick hair leaves an endless amount of options when it comes to styling. It can be overwhelming, as new [beauty trends](#) revolving around natural hair develop everyday. In these [beauty tips](#), you'll find the perfect natural hairstyle that's summer ready.

**Whether your looking for statement hairstyle or something a little bit more understated, here are the beauty tips you'll need to get through the summer.**

Find your perfect style:

**1. The classic wash and go:** This style calls for minimal styling which gives it a carefree and easygoing look. If you're looking for your hair to dry in the summer breeze, the wash and go is for you.

**Related Link:** [Beauty Tricks: The Best Curly Hair Hacks](#)

**2. Braid/twist out:** This style requires a little bit more work than the wash and go. On the flip side. this style is sure to give you definition that you're looking for without going out with damp hair. This style works for all kinds of textured hair and gives a range of possibilities. You can have textured bangs one day, middle part the next, and then an up-do all with one braid/twist out. The possibilities are endless.

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

**3. Micro twist:** The micro twist is perfect for you if you're looking for a style to last you all summer. It takes a little while to style it, but it can last until fall. These twists are extremely versatile as you can do any style you want them.

They're easy to maintain and work for any kind of summer outing.

**4. Embellished braids:** This style can be categorized as more of a statement hairstyle. It takes regular braids to the next level. Wooden beads, metallic yarn, silver cuffs, shells, rings, and so much more, allows you to level up those braids.

**5. Afro puffs:** Whether they're high or low puffs they still give off a cute and endearing look. They can be fun and flirty as high puffs or relaxed and easygoing as low puffs. Either way, these puffs have summer written all over them.

**6. Dip dyed ends:** It's exactly what it sounds like, only dying the end tips of your hair to give you an exciting look. No matter what color you choose, this is bound to make you look like the life of party. Any style you choose to do with the dip dyed ends (as long as it's showing) will give you a super fun look.

**7. Buzz cut:** Out of all the styles this, is by far the edgiest one. Not everyone is ready for a big chop, but if you are, then the buzz cut is the way to go. You'll save a massive amount of time doing your hair. This style will have you looking bolder than ever.

**What are some other natural hairstyles that are perfect for summer? Start a conversation in the comments below!**

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## **Beauty Tricks: The Best Curly Hair Hacks**



By Alycia Williams

When it comes to curly hair, it's definitely a go-to hairstyle, but getting your hair to curl the right way can be hard, especially if you don't want to use a curling iron. The good news is that there are [beauty tips](#) that can curl straight hair without applying the heat of a curling iron or rod. These [beauty tricks](#) will have your hair curly in no time.

## Here are seven beauty tricks for getting the perfect curly hair style.

**1. Tuck your hair behind your ears while it dries:** When straight hair is completely wet, if you tuck it behind your ears, it'll get wavy and have lots of body once it dries. This

is perfect for soft shiny waves.

**Related Link:** [Beauty Tips: How to Combat Frizz During Spring Showers](#)

**2. Swap your hair towel for an old t-shirt:** Even though it sounds a little weird to dry your hair with an old t-shirt, it'll give you softer and shinier curls, especially if your natural hair already has a little curl to it.

**Related Link:** [Beauty Trend: 7 Hairstyles To Help You Look Gorgeous Before a Dinner Date](#)

**3. Try a paper towel for beachy waves:** If you're looking for looser curls, then try drying your hair with paper towels. This particularly works for people with straight hair.

**4. Master squishing:** When your hair is soaking wet and it has conditioner in it, grab your hair from the bottom and squish it all the way to the top of your head. Then, repeat. Once you rinse out your conditioner, you'll notice bouncier, defined, and frizz-free curls.

**5. Use a strainer as a diffuser:** Using a pasta strainer can give you glossy blow dried curls. Flip your head over into the strainer and blow dry up into the strainer. Just pile sections of your hair into it you'll have your shiny, frizz-free curls.

**6. Bun waves:** Putting your hair in a bun while it's wet is a great way to ensure some waves. If you want effortless, light, and airy waves put your hair in a top knot. For more defined waves, do a low bun.

**7. Finger coils:** While your hair is wet, take little pieces of it and curl it with your finger. Use any kind of soft gel to make sure that it stays. Then, let it dry. When it does, you'll have super defined and bouncy curls.

**What are some other beauty tricks for getting curly hair? Start a conversation in the comments below!**

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# Beauty Tips: Choosing and Using Blush Based On Your Needs



By Diana Iscenko

The makeup world is constantly evolving and it feels like there's always more beauty trends to keep up with. It can feel overwhelming to figure out the best routine for you. Today, we're going to focus on finding the perfect blush.

There are four different kinds of blush: powder, cream, gel and stain. Each kind interacts differently with certain skin

types. They have different pigmentation and finishes on your cheeks. Luckily, Cupid has some beauty tricks to help you find the perfect blush for your skin type.

**Whether you want to up your date night makeup look or improve your daily makeup routine, here are four different types of blush you might want to add to your makeup bag:**

### **1. Powder Blush**

This blush is easy to blend and looks great on everyone. Powder blush is the most traditional type of blush, so it comes in a bunch of colors and in every price point. The only drawback is that powder blush doesn't last super long, so you'll need to reapply if you want to keep your soft glow going.

Powder blush works with all skin types. It's especially flattering on people with smooth complexions or larger pores. If you have large pores or bumpy skin, try using a matte powder blush instead of a shimmer! Too much shine will bring attention to your pores and imperfections.

Applying powder blush is easy. Use a dense blush brush to apply the powder on your cheeks. Use sweeping movements toward your hairline. If you want to go the extra mile, you can use a smaller brush in circular motions to get some extra blending after your initial application.

**Related Link:** [Beauty Trends: Date Night Makeup Looks to Match Your Style](#)

### **2. Cream Blush**

Looking for a dewy look? Cream blush is perfect for you! It's also very pigmented, which lets the blush last all day without needing to be reapplied. Cream blush is hydrating, too. It'll give your face a fresh and youthful look and won't dry out your skin.

Cream blush works for most skin types, except oily skin. The oils found in the creamy formula will prevent it from being able to stick to oilier skin. It can also clog pores and cause breakouts. If you have oily skin, cream blush isn't your best bet.

Applying cream blush is more like applying foundation. Use a small stippling brush to pick up the blush and apply it to your cheeks with light, short strokes. Then use either a damp makeup sponge or clean fingertips to blend it out. Be careful with cream blush! Its strong pigmentation means it's easy to overapply.

**Related Link:** [Beauty Trend: Smokey, Golden, and Monochrome Eyes](#)

### **3. Gel Blush**

This blush isn't as heavy and pigmented as cream blush, but it still gives a fresh, dewy look. It's especially great for summer because it's lighter formula is less likely to clog your pores. Unfortunately, it doesn't last as long and it's harder to show up on deeper skin tones.

Gel blush works well for light to medium skin tones. The light pigmentation might be able to build up on darker skin tones, but it might not be worth the extra effort. Using a small amount of cream blush on deeper skin tones will give a similar effect without overloading the product on your skin.

The application for gel blush is similar to cream blush. Because it's less pigmented, you can apply it straight to the apples of your cheeks and then blend the gel out with a damp



makeup sponge or clean fingers.

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

#### **4. Stain Blush**

Also called tint blush, stain blush gives you long-lasting color with a barely-there feel. As the name suggests, it stains your cheeks. It can be hard to work with because it dries so quickly. It can dry out your skin, so remember to moisturize before using it!

Stain blush works for all skin types. It works especially well for people who tend to sweat because it so strongly sticks to your cheeks after application. Those with drier skin should make sure your skin is hydrated, so it doesn't dry you out more.

Be careful when applying this blush! Lightly tap the stain into your cheeks with clean fingers and blend with a damp makeup sponge. Apply a little at a time and remember to blend quickly. Once it sets into your skin, it'll be hard to blend out.

**Are you going to mix up your blush routine? Start a conversation in the comments below!**

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# **Beauty Trends: Date Night Makeup Looks to Match Your Style**



By Alycia Williams

When [date night](#) finally comes along and you have your outfit picked out and your hair is done, it can be hard to find the right makeup look to match. Whether you want a full face of makeup or a fresh faced look, it all depends on your style. Our [beauty tips](#) will help you find the perfect makeup look for your perfect date.

## Check out these seven amazing beauty trends for makeup looks to compliment your style:

**1. The Fresh Face:** Now the fresh face doesn't mean you aren't wearing any makeup at all. If you're looking for a natural and clean face for your date night, then this is your look. A

groomed brow, a sharp line of liquid liner, defining mascara and a nude lip stick or lip gloss, can leave your face looking refreshed.

**2. The sun-kissed look:** Do you want to look like you just came from tanning on the beach? Then this is the look for you. This look is all about using warm tones. Anything from a peachy tone to a bronze tone for eyeshadow with heavy black eyeliner and mascara. Along with some bronze hue on your cheeks, a shimmery golden lipgloss, and a golden highlight on your cheekbones.

**3. The bold lip:** Whether it's a fearless red or a romantic berry, if you want to do a bold lip, it has to be the focal point of your look. Regardless of the color that you choose, you should prep your lips beforehand by outlining your lips with a matching pencil to really give it that "wow" factor. Then, match the look with neutral eyeshadow tones and a strong defined brow. A winged eyeliner always compliments the bold lip.

**Related Link:** [Date Night Makeup: Red Lipstick is Hot](#)

**4. Classic smokey eye:** The smokey eye is the go to for any candlelit dinner. Since this look is all about drama it's important to accentuate the outer part of the eye with a dark eyeshadow and the inner part with a lighter eyeshadow to create the ombre affect. Having a strong brow is important for this look as it outline the eye. Finishing it off with subtle lashes and glossy lip gloss.

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**5. The glittery look:** If you're looking to steal the night away with your ultra shiny makeup, then this is your look. Choosing the right eyeshadow is crucial as this will be the prime focus of the look. The color could be nude or it could be a vibrant purple, as long it as it has glitter, gloss, or

shine it works for the look. Matching that with a soft brow, and over the top lashes will seal the deal. You can also top it off with a strong highlight on your cheekbone to give your face some more glimmer.

**6. The rosy monochrome:** This look light, airy, and flirty. A light pink works perfectly for the eyeshadow, keeping it subtle is key for this look. Along with rosy cheeks and a soft pink lipstick or lipgloss. Keep the eyebrows and lashes subtle and not overdone and you can even skip eyeliner for this look. To top it off use a delicate highlighter on your cheekbones and in the corner of your eyes.

**7. Bold liner:** Using bright colors for eyeliners is a great way to keep all eyes on you, so this is a great date night look. Since you want your liner to stand out almost everything should be nude. The eyeshadow could go a little off the nude palate but not too far keeping everything moderate. No matter what color you choose, it should be applied to either the top of the lid or as under liner, but it shouldn't be both. To complete this look you'll just need gentle brows and mascara.

**What are some makeup looks that you wear on date night? Comment below!**

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**Celebrity Interview:  
Hollywood's Most Sought-After  
Hair Colorist Michael Canale**

# Talks Tips for At-Home Hair Care and His New Hair Line



By [Hope Ankney](#)

Michael Canalé is an American hairstylist, colorist, and the creator of Canalé Hair Care Products. Yet, he's mainly famous for being the most sought-after hair specialist in Hollywood.

Being a part of the entertainment industry for years, his hands have worked magic on the likes of Reese Witherspoon, Jennifer Aniston, and Kate Hudson. In fact, Canalé is responsible for "The Rachel" look on Aniston that dominated the widely successful, early 2000s sitcom *Friends*. But, he's recently decided to branch out and start his own line of hair care products to further help others outside of his grasp. On top of that, he has spoken out about the importance of self-

care and how to maintain your color during this time of quarantine.

**In our exclusive celebrity interview, we chat Michael on his rise in the industry, advice over safe hair coloring tips, tricks to try at home, and his new hair line Canalé.**

**How did all of this start for you? Was there a specific moment you remember that caused you to want to become a hair colorist?**

I was a biology minor and have always been on the chemical side of the industry. Early in my career, the colorist where I worked did not show up to the salon. The makeup artist asked me if I wanted to learn how to color hair with him. So, he taught me how to identify the right color for each type of complexion. He also showed me 3 techniques that I have expanded over time, making my own numerous techniques while retaining those 3 main concepts.

**You've worked with very well-known clientele over the years. Jennifer Aniston... Kate Hudson... Are there any stories you can tell us about your favorite experiences with some of them?**

I am a colorist, and I work by myself. It was amazing to see Jennifer blow-dry her own hair as well as any stylist! Heidi Klum was the only person that ever made me blush just by her looking at me. I am honored to work with a lot of my actresses, trusting me to color their hair during their pregnancies, like Kate Hudson!

**You've been voted 14 years in a row by *Allure Magazine* as being the "best of the best" and even received praise from *Vogue*. You have such a prolific career. What advice do you have for young children or even young stylists who want to get into the field?**

Learn from the best, work with the best, and never let them down. Make the master stylist proud. Remember to keep the health of the hair, use what the client naturally has to achieve – what they desire. Work with their natural base color and their hair consistency to enhance their overall look.

**With the state of the world right now and everyone being at home due to quarantine, what are some at-home hair coloring tips for our audience?**

Between seeing your colorist and seeing them again, do not do anything that will ruin your hair. While quarantined, you can use concealers like spray and powders that cover grey. This lasts until you wash it out. Another option is demi or semi-permanent. Demi will last up to 2 weeks while semi can last up to 6 weeks when using the right hair products. Both will keep your hair color intact while waiting to see your hairdresser again. If you choose to dye your hair, remember hairlines grab darker, so try to stay lighter around the hairline. You will have to purchase 2 different boxes of color. For example, if you are doing your base medium brown use light brown around your hairline. Also for brunettes, try a color bath with the remainder of the hair color! Use a base color, you can add water and shampoo to the remaining color in the bottle and lather it into the ends of the hair to refresh it for the last 5 minutes of the process.

**From your perspective, what are the hair color trends at the moment?**

Roots are in! Try to preserve or prolong your hair color. I recommend using a color and shine-boosting gloss. All of my

New SIGNATURE GLOSSES, can really refresh and enhance color for both highlights and base colors. The SUNKISSED GOLD for warmer skin tones and COOL BLUE for cooler skin tones will brighten up your blonde while MIDNIGHT BLUE cools down any brassy tones on blondes or brunettes. They last up to 2 weeks, the results are amazing! I am currently providing samples to my clients in my Canalé At Home Personalized Color Kits. The glosses will be made available in June for the Summer and can currently be pre-ordered on my website [www.colorbycanale.com](http://www.colorbycanale.com).

**Self-care in any way can be something that makes someone feel great about how they look or feel inside. How important do you feel it is to practice self-care on your hair while being isolated during this pandemic?**

Take care of yourself and your hair! Get up in the morning, take a shower, wash, and style your hair. Use boar bristles, not metal for your brushes, and avoid hot tools. Add oils to your conditioner. My new REPAIRING Hair Oil restores natural luster, hydrates, and deeply conditions dry, damaged, and color-treated hair. Just add 3-5 drops of oil to a tablespoon of Canalé SOFTEN or SOFTEN PLUS Conditioner for a deep conditioning treatment. I am also providing these samples to my clients in my Canalé At Home Personalized Color Kits. They will be made available in June and can currently be pre-ordered on my website [www.colorbycanale.com](http://www.colorbycanale.com).



Michael Canalé. Photo:



Courtesy Anderson Group  
Public Relations

**Can you tell us a little bit more about your product line, Canalé?**

People would come to me and ask, "How can I keep my hair looking fresh until I see you again?" So, I created a product line that is proven to maintain and restore the integrity of treated hair from the inside out and the outside in! Canalé CLEANSE Shampoo for all types of hair is the mildest shampoo that fully cleans the hair without fading color. SOFTEN Conditioner for finer hair, rebuilds the hair shaft and brings back the luster of the hair. SOFTEN PLUS Conditioner, rebuilds the hair shaft plus adds moisture, perfect for thick, unmanageable hair. Canalé hair products have two supplements, one topical and one ingestible. NOURISH topical vitamin foam is applied to the root of the hair and feeds the hair follicle with key nutrients. It is applied after Cleanse shampoo and expands the hair shaft adding volume. It is the most technologically advanced product in the line. The ingestible vitamin REPLENISH feeds the hair, skin, and nails all-natural, vegan, superfood, blue-green algae, and other key nutrients that help stimulate the hair with a patent on cellular absorption by Targeted Medical Pharma. Healthy, shiny hair that is what everyone wants!

**How did the idea come about to create the products for Canalé? Was there a specific amount of time you waited before pursuing it?**

In the past, I represented brands like *Kerastase* and *Shu Uemura*. Although I loved these products, I still felt something was missing. I made it my personal goal to develop the most holistic healthy hair care system. I partnered with Dr. David Silver and worked together to scientifically

formulate a product line focusing on getting and keeping hair healthy while maintaining and extending hair color, improving the fullness of hair, and bringing out the natural shine.

**What do you think is the greatest opportunity you've had while having the platform you do as such a renowned hair colorist?**

I truly enjoy making people happy. Creating the trend, while working to bring out my client's personal best. The right color is an accessory, use it to your advantage. People can always tell my work, enhancing a person's natural complexion and eye color, this trend never goes out of style. I have appreciated the opportunity to share my work over the years with multiple generations of the most powerful woman, true icons, and inspirations.

**The hairstyles we have can be so empowering. The way one plays with theirs can be such a creative outlet. Why do you think that is?**

Hair is personal. It is an expression and extension of ourselves and our personality. It is who we are and who we inspire to be. With the latest hair color trends, individuals are empowered and encouraged to take risks. Using temporary dye or hair makeup is so fun!

*Voted "Best-of-the-Best" by Allure Magazine 14 years in a row and touted by Vogue as "not only really good, he's really fast," Canalé personally travels between locations in Rancho Santa Fe, San Francisco, Dallas, New York, Washington DC and Beverly Hills, making sure that each of his clients gets the hands-on attention they need to look and feel their very best. With over 30 years' experience, Michael Canalé is a rare talent and truly among the best in the industry; his work has been published in Allure, Vogue, Vanity Fair, Women's Health, Elle, Marie Claire, Redbook, Glamour, and New Beauty, to name a few.*

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# What Pop Culture Taught Us About Health, Beauty, and More



By CupidsPulse Team

The current pop culture is very different from what it used to be. The incomparable obsession with Paris Hilton and Britney Spears has subdued and instead replaced by a mix of celebrities that can be best described as an unexpected blended family.

You no longer need to be a spoiled rich kid or a defamed

starlet to create a media frenzy around your every move. From social media influencers to reality television stars to controversial shows, present pop culture is shaped by an unforeseen concoction of stardom and social commentary.

**While the gossip culture is mostly terrible, it does have a silver lining. The relentless social media feed has offered access to interesting health, beauty and wellness tips. And lucky for you, we're sharing some noteworthy contenders.**

### **1. Self Care from *Eat, Pray, and Love***

The joy Julia Roberts feels while indulging in the cheesiest delicacies in Italy is palpable through the screen. This movie (originally book) offers the perfect recipe for re-discovering yourself through food, inner peace, and true love.

There's only so much satisfaction you can derive from material possessions and career achievements. When it all becomes too much, you should take a step back and reflect. Indulge in food, try meditation and travel.

Start your wellness journey with [Bodytonic Clinic's](#) Yoga Class.

### **2. Health with Gwyneth Paltrow's *Goop***

Despite being an Oscar-winning actress, Gwyneth Paltrow is now well-known for her lifestyle company *Goop*. She shares and suggests everything from healthy dinner recipes to vaginal

steaming. To say the least, *Goop* tops the weird list.

Paltrow works out five days a week, let this be your inspiration. Regular exercise promotes physical and mental health and also improves skin.

### **3. Eating Like Posh Spice**

Victoria Beckham aka Posh Spice has previously talked about her 'Five Hands Diet'. This involves eating five high-protein meals in a day and drinking lots of water.

If you're an incorrigible snacker, perhaps eating five filling and nutritious meals will put you on a healthier path.

**Related Link:** [Fitness Trend: How CBD Can Be Used In An Exercise Plan](#)

### **4. Kardashian's Salad Culture**

Kardashians are masters at two things- being famous for being famous and always eating humongous proportions of salads. An average episode of *Keeping Up With The Kardashians* involves dramatic champagne problems, unnecessary yelling, many salads, occasional crying and a few snarky comments (usually from Kourtney).

Salads alone can't make up a balanced meal, but eating salads is a good source of fibers and healthy fats.

### **5. JLo & Essential Oils**

While the world remains divided about essential oils, Jennifer Lopez is here to set the record straight. She believes in sniffing fruit-based essential oils to promote weight loss.

Though there is no scientific evidence backing the above claim, essential oils do promise a range of health and wellness benefits. Lavender essential oils, in particular, improve sleep.

**Related Link:** [Food Trend: Collagen Is Skincare You Can Eat!](#)

## 6. Elle Woods' Allegiance to Vegetarianism

Reese Witherspoon's character Elle Woods from *Legally Blonde* cheerfully announces her vegetarianism at a cultural diversity group discussion at Harvard Law School. Going vegetarian or vegan is more popular than ever.

Vegan and vegetarian diets offer several health benefits and are much better for the environment. Even eating vegan once a week can make a significant difference.

## 7. Shailene Woodley's Natural Take

In an interview with Seth Meyers, Shailene Woodley revealed that she got rid of most of her belongings. And everything she now owns fits in one suitcase! Her decision to give up material possessions is in [pursuit of a natural lifestyle](#). She also shared that eating clay helps her with detoxification.

Oil pulling is a Woodley-endorsed ayurvedic practice you can try. Swish a tablespoon of organic coconut oil for a couple of minutes and spit it out. It's a natural way to whiten your teeth.

**What are some ways you incorporate health and wellness into your lifestyle? Start a conversation in the comments below!**

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# Beauty Trend: 7 Hairstyles To Help You Look Gorgeous Before

# a Dinner Date



By [Hope Ankney](#)

It feels good to look your best when heading out on a dinner date. However, many people will focus on their dress code and try as much as they can to impress their date with what they wear. Unfortunately, looking good is also something men think about and looking good can start with making sure your facial hair is impeccably groomed.

The hairstyle you carry can give you confidence. If you don't know what to do or how to style it, it might be wise to speak to a professional stylist. After all, why shouldn't your hair look as stunning as your personality? We did some research and found a great resource for men called the [Andis Styliner](#) which gives them an appearance they can be proud of on their next date. Below are 7 styles for women to consider as well:

# Seven gorgeous hairstyles to bring your look to the next level:

**1. Romantic braids:** Braids are always great for women who have long and thick hair. To come up with that perfect look for your dinner date, you can opt for different types of braid hairstyles. For instance, you can opt for a romantic fishtail braid or twisted crown braid. This is a great hairstyle that will rest elegantly on top of your head as you enjoy dinner, but also add a touch of princess warmth as you have fun.

**2. Bun hairstyle:** The bun may be a traditional choice that's easy to do. It's a great hairstyle if you have long, medium or even short hair. You can make your hairstyle the talk of the day by opting for a twisted or side bun that will go well with a floral dress and a candlelit dinner. It's a [fabulous hairstyle](#) that will add glam to your date night, but make sure you secure it so it doesn't fall.

**Related Link:** [Beauty Trend: Nude Lips](#)

**3. A bob:** You can stand out among other [women at a dinner party](#) by opting for a classic bob hairstyle. This is an MVP in the haircut world and you will not only look great but also beautiful. You just need to keep your bob simple with minimal sleek layers. Don't forget to match your look with a beautiful and [elegant outfit](#) as well.

**4. Soft curls:** If the man of your dreams has mentioned that he loves your curly hair, then go for it! It starts by getting a good haircut to help the curls fall just right and make you [look attractive](#) and ready for a date night. Properly done, soft curls are a classic hairstyle to go for.

**Related Link:** [Beauty Trend: Sleek and Straight Hair for The Win](#)



**5. Chignon:** Chignon is one of the most popular hairstyles among many sophisticated women in the world today. You can try it out on a [dinner date](#) and look glamorous. There are different variations of a chignon hairstyle, but you can go for one that you find stylish and fits into your preferences. For instance, you can choose low side chignon, low messy chignon or super-sleek chignon to bring out your fashion statement.

**6. Ponytail:** The ponytail is a classic hairstyle that if done correctly will look super sophisticated. It's a great look that will give you a certain level of glamour. You can go with a voluminous, high, braided, tousled or slicked-back ponytail. Your style options are endless. This is a hairstyle synonymous with the simplicity and comfort you need during a night on the town.

**7. Waves:** As you think about the top hairstyles, don't forget about gorgeous waves. This is a style that will ooze timeless elegance and make you look glamorous. Try out varied finger wave styles, and find a style that fits your mood and personality. Waves are a flawless hairstyle for a dinner date that you will treasure.

### **To Sum Up**

In order to get the right look, you need the right tools from a hair straightener, styling trimmer, or blow dryer to clips, pins, and rubber bands. If all else fails and you find that you just don't have the magic touch, pick up the phone and enlist the help of your hairstylist to pick an elegant style that is just right for you.

**What are your favorite styles to try for a night out? Let us know below!**

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# Beauty Trend: 7 Hairstyles That Make You Gorgeous for Dining Out



There's no doubt that you want to look your best when you're heading out with friends or your partner for dinner. There's more to the equation than just your outfit, however. Impeccable grooming is key, too, which means paying close attention to your hairstyle. This will ensure your outfit is complete. This means you have to know the best [andis styliner](#) to use and get that unique haircut that will leave you satisfied with your appearance. The hairstyle you opt for

should give you confidence you need to feel great all night. However, if you aren't great with your own hairstyles, it's wise to seek professional assistance. Nothing should stop you from having a chic hair day. In fact, you should make your night out as stunning as your personality.

## Here are seven gorgeous hairstyles that can bring your look to the next level:

### 1. Romantic Braids

Braids are always great for women who have long and thick hair. To come up with that perfect look for your night out you can opt for different types of braid hairstyles. For instance, you can opt for a romantic fishtail braid or a twisted crown braid. This is a great hairstyle that will rest elegantly on top of your head as you enjoy dinner, but also add a touch of warmth.

### 2. Bun Hairstyle

The bun is a traditional date night up-do you can try out. It's a great hairstyle if you have long, medium or even short hair.

You can make your hairstyle the talk of the day by opting for a twisted or side bun hairstyle that will go well with a floral dress and a candlelit dinner. It's a [fabulous hairstyle](#) that will add glam to your date night, but make sure you secure it with knots and twists.

### 3. Classic Bob

You can shine at a [dinner party](#) by opting for a classic bob hairstyle. This is an MVP in the haircut world and you will not only look great, but also beautiful. You just need to keep

your bob haircut simple with minimal sleek layers. Don't forget to match your look with a beautiful and [elegant outfit](#) for the night out.

#### **4. Soft Curls**

If the man of your dreams has asked you for a dinner out, don't disappoint. It starts by getting the best haircut that will make you [look attractive](#) and ready for a date night. Properly done, soft curls are a classic hairstyle. It's a haircut that works on most hair lengths. You can have your stylist do it and get those gorgeous soft curls.

#### **5. Chignon**

Chignon is one of the most popular hairstyles among many sophisticated women in the world today. You can try it out on a [dinner date](#) too and look glamorous. There are different variations of chignon hairstyle, but you can go for one that you find stylish and fits into your preferences. For instance, you can choose low side chignon, low messy chignon or super-sleek chignon and bring out your fashion statement.

#### **6. Ponytail**

Ponytail is a classic and a basic hairstyle if done right. It's a great hairstyle that will give you a certain level of glamour every woman on a dinner party will fancy and fall in love with. You can go with a voluminous, high, braided, tousled or slicked-back ponytail as your style options are endless. This is a hairstyle synonymous with simplicity and comfort you need during a date night.

#### **7. Waves**

As you think of and list the top classic hairstyles for dine out, don't forget to style your hair into gorgeous waves. This is a hairstyle that will ooze timeless elegance many women crave during dine out. Try out varied finger waves styles, and

find a style that fits your mood, personality, and dress code. Waves are a flawless hairstyle for your dinner date you will treasure.

The bottom line is that you have to get it right when it comes to your hairstyles. Know the right tools from hair straightener, styliner trimmer or blow dryer to have in your closet and get the right hairdo. You don't want to disappoint for dine out when you can also enlist the help of your hairstylist and pick an elegant hairstyle.

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## Getting to Know the Benefits of Eyelash Extensions





Eyelash extensions offer a convenient and beautiful way to enhance your natural beauty while reducing what you have to do to get ready each day. If you aren't sure if eyelash extensions are right for you, getting to know some of the benefits may help.

**Keep reading to learn some of the most popular benefits of these extensions here and make an educated decision regarding if they are right for you.**

### **Boost in Self Confidence**

When you gather the needed [Eyelash supplies near Edmonton](#) and apply your extensions, you'll find the amount of makeup you have to wear is reduced significantly. In fact, there are many people who claim that after their eyelash extensions are in place, they can roll out of bed and it already looks as though

they are wearing eyeliner and mascara. This can definitely help to give you a self-confidence boost.

### **Reduce the Amount of Time it Takes You to Get Ready**

It may be against what you believe now, but most eyelash extensions on the market today aren't targeted to ultra-glam women. In fact, many people who choose these extensions are moms, businesswomen, instructors, and even athletes who don't wear much makeup each day. With the extensions in place, these people have just enough of that "glam" look they want to feel comfortable without any other makeup on. No makeup means less time getting ready each morning, which is a definite plus for most people.

### **Great for Special Events and Vacation**

There are many people who start wearing eyelash extensions for a special event or when they go on vacation. However, many of these people stick with the extensions because they add that extra "glam" they are looking for.

Lash extensions are a great thing to invest in a few days before you plan on going on vacation or to a special event such as a retirement party, fundraiser, or something else. As mentioned above, this little extra fullness to your lashes can help to [boost your self-confidence](#) while catching the attention of others.

### **The Right Eyelash Extensions Matter**

Remember, not all eyelash extensions are created equal. You have to put time and effort into finding quality extensions that will meet your needs and provide all the benefits here, and more. Being informed and getting the right extensions is a great way to enhance your look and get the bit of "glam" you are looking for without having to spend too much money.

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# Beauty Tips: Fall Makeup Looks for Thanksgiving Dinner



By Ahjané Forbes

Just because you have to switch up your makeup slightly does not mean you can't still look on fleek. It's very easy if you use the mauve color palette and don't mind mixing and matching colors. Cupid has some [beauty tips](#) you can use to look stunning while eating a turkey leg.



**You want to look cute for the family photos, but you're not sure what type of makeup you should wear. How can you achieve a fierce Fall look for Thanksgiving? Here are some beauty tips.**

**1. Arch those brows:** Finding a perfect way to do your eyebrows is a process. Make sure you shape your eyebrows before you start. You can shape them yourself with an eyebrow shaver or go to a salon to get them threaded or waxed. Eyebrow crayons are also a good option, because they are made to last longer than eyebrow pencils and are a lot easier to use. Brushes are also a big help in volumizing those fine hairs. If you are one of those people who hate the eyebrow styling process entirely, you can try a tint and sculpting or microblading at a salon.

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

**2. Natural colored eyeshadow:** Start with an eyeshadow that is close to your skin complexion. Apply a deep red or orange around the outer portion of your eyelid. You can get creative and mix a nude with a dark red or brown to add an outline to the lower portion of the lid. Blend all the colors together and see how it looks. If you really want your look to pop, add a glittery gold eyeshadow on the section that still has that natural look. Don't forget to add lashes as well!

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

**3. Bare those nudes!:** Fall is a time to embrace your skin color. Match your skin tone and work from there! Add your primer. For your foundation, you can use color! Again, you

don't want it to look bright, but you can get away with a dark color. Use a burgundy or mahogany for the foundation. Yes, it will look weird at first, but you you'll end up blending it. Now, apply concealer. This is where you can get away with a little color to blend out that foundation. Choose a shade up from your normal color. Make sure to apply it under your eyes! Use a brush for application and a beauty blender to even out the colors.

**4. Highlight your beauty:** Even though you're trying to obtain a subtle look, you can still use a little highlighter. Use a contour that closely matches your hair color. Work with the glitter eyeshadow that you used on your eyes. You can go for a softer look with a highlight that isn't so bright as well. For it to be more noticeable, apply it above your contour, straight down your nose, and outline your top lip and under your eyebrows.

**5. Kiss me:** You have freedom in this part! Glossy and matte lipsticks both work for this look. Stick to the Fall theme by wearing a dark red or brown. If you used mahogany or burgundy for your foundation, bring your look full circle with that color! When done, you can use a setting powder (lasts longer) or spray to savor the look!

**Now you're ready to spend time with your family and look absolutely fabulous! Let us know how you plan to turn heads at the dinner table in the comments below.**