

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



B

y 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.

**Related Link:** [Beauty Tips: A Guide to Your Favorite Celeb Beauty Lines](#)

**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.

**Related Link:** [Beauty Trends: 5 Ways to Make Your Eyes Pop](#)

**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!**

---

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



y 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

B

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.

**Related Link:** [Beauty Advice: Overnight Beauty Tips to Wake Up Looking Your Best](#)

**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.

**Related Link:** [Beauty Tips: A Guide to Your Favorite Celeb Beauty Lines](#)

**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!**

---

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



B

y 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.

**Related Link:** [Beauty Advice: Overnight Beauty Tips to Wake Up Looking Your Best](#)

**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.

**Related Link:** [What Pop Culture Taught Us About Health, Beauty, and More](#)

**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!**

---

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



H  
ealthy 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!**

---

# Beauty Tips: Fall Makeup Looks for Thanksgiving Dinner



B

y 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 archive 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 power (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.

---

## Beauty Tips: Five Halloween Makeup Trends for 2019





B

y [Hope Ankney](#)

Every year there are new ideas for what to dress up as for Halloween. With the ever-changing pop culture landscape, new [beauty trends](#) rise to tackle different characters and costumes that premiered that year. In 2019, we had a lot of creativity come out of binge-able television series' and even memes that focused on more eccentric levels of eye shadows and color. If you are a [beauty](#) lover, you've probably noticed how makeup has been a leading force in embodying these wild and creative looks. If anything, 2019 is the best year for getting weird and wacky with your makeup inspo for Halloween.

**2019's beauty trends are eye-catching this Halloween. What are some of the most creative, pop culture makeup looks to try this**

# year?

If you're wondering what to wear or who to be on Halloween night, why not look towards some of the biggest makeup trends that this year had to offer? If anything, these makeup looks are taken from some of the biggest and most widely-talked about pieces of pop culture in 2019. Here is some [beauty advice](#) to get your creative juices flowing for absolutely killing your look this spooky season:

**1. Euphoria-inspired:** Zendaya and cast really turned up the volume on makeup styles once *Euphoria* hit HBO this summer. The show, which follows Zendaya's character in high school, tackles controversial topics like sexual assault and drug abuse among teenagers. The beauty looks in the show were something that hadn't been explored before in a television series, and it's something that really distracts from how tense the plot can be. If you want to recreate one of these bold looks this Halloween, look to sequins, glitter, and bright colors for eye shadow and face art to feel like you're apart of Euphoria, yourself.

**Related Link:** [Beauty Trend: Korean Beauty](#)

**2. The E-Girl:** With the surge of popularity that hit the app Tik-Tok the past few months, so did a surge of popularity in a type of makeup look deemed the "E-Girl." Many girls that were going viral on the app had a similar sense of makeup that focused on blush-tinted noses and eyeliner drawings underneath the eye. It is all very doll-like, and it can be as creative as you wish it to be. If you think you can replicate an E-Girl for Halloween this year, there's tons of inspo and tutorials on YouTube to choose from.

**3. Ariana Grande:** Of course, every year there are those that choose to dress up as some of the biggest names in the entertainment industry. But, with [Ariana Grande](#), she gave so

many unique styles in 2019, that it would be a shame if they weren't utilized in a gorgeous Halloween look. With the release of her single "7 Things," it's a fun idea to try and recreate what she was going for in the music video. Besides snagging a similar outfit, try tying your hair up in space buns and swiping on Grande's signature cat-eyeliner with a gold dusting of highlighter.

**4. '80s trends of *Stranger Things*:** The highly anticipated release of the third season of *Stranger Things* was met with an even better style, letting the kids flourish in 80's fashion. Eleven, as played by Millie Bobby Brown, got a superb makeover in the mall that is as retro and spunky as it can get. Many costumes and Halloween looks play off of different decades, but if you want to set yourself apart, try your hand at some neon eye shadow and bright rouge, and if you want everyone to know who you're trying to emulate, dab a little fake blood under your nose. Ya know, for *Stranger Things*.

**Related Link:** [Love & Libations: Cocktails Inspired by Halloween](#)

**5. Eccentric rave-looks:** Coachella and other big-name music festivals always bring out the creative side of those who attend. From the dazzling outfits to the wild and wacky makeup that glitters in the sun, there's nothing better than recreating a festival look for Halloween night. Confetti eyes and glitter lips are two of the biggest trends that came from these events in 2019. To achieve these looks, apply tiny-sequins to your eyes and face with eye-lash glue while peppering your lips with mouth-safe glitter that looks like someone just blew sparkle in your face.

**What are some makeup trends you're raving about for Halloween? Tell us in the comments!**



---

# Beauty Trend: Eyebrows With Some Fluff!



B

y Meghan Khameraj

Eyebrows have been through some serious ups and downs the past few years. From super thin and highly arched brows to too-thick bold brows, the versatile eyebrows never go out of style. In the latest beauty news, fluffy brows are the newest beauty trend. Our [beauty tips](#) will help you achieve this new look!

# **Eyebrow beauty trends have changed a lot through the years. Fluffy brows are the newest trend to sweep the beauty world. Cupid has some advice to help you get this new look.**

The perfect eyebrow look is the key piece to every beauty trend. Although eyebrow trends are constantly changing, it is still fairly easy to change your eyebrow shape. In the latest beauty news, fuzzy eyebrows are the hottest trend. Here is our beauty advice on how to get this cool new eyebrow shape:

**1. Grow out brows:** Fluff is the key part to fluffy brows and the only way to get it is by growing out your brows. It may take a few weeks depending on how quickly your hair grows, but once you have bushy enough brows, then you can truly attain the fluffy look.

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

**2. Get the right tools:** You're going to need some tools to get that perfect fluffy brow look. Stock up on a spoolie, angled brush, brow pencil, and brow gel. You'll need these products once you're ready to groom your eyebrows.

**Related Link:** [Product Review: Bravity Bras Defy Gravity](#)

**3. Groom, groom, groom:** Now your eyebrows should be pretty wild and bushy and could definitely go for some grooming. Use the tools mentioned above to trim and groom your brows so they look bushy, yet tamed. Don't over-groom them since we still want them to look fluffy.

**4. Fill in:** Use the brow pencil to fill in your brows to your

liking; however, brows that are more lightly filled tend to look more natural. Then, use the eyebrow gel and angled brush to move the hairs around, crafting the exact style you want. Crossing your hairs across each other can help get a naturally messy look. Clean up the look to get the exact fluffy eyebrow you were looking for!

Will you try this trend? Let us know in the comments below!

---

## Beauty Trend: Neon Eyeshadow



y [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!**

---

## Beauty Trend: Make Your Skin Glow



y [Katie Sotack](#)

B



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!**

---

## Beauty Trend: Nude Lips





B

y [Katie Sotack](#)

The [beauty](#) community's biggest [beauty trend](#) this season has been a natural look. [Celebrity stylists](#) like NikkeTutorials and red carpet stars like Zendaya have been showing off their shining beauty with dewy foundations and shadow sculpting eye shadow. No natural beauty look is complete without a brilliant nude lip. No longer are the trendsetters sporting beige and brown liquid lipsticks. Rather, they've switched to soft colors that scream radiance and enhance the graceful features that lie within us all.

**Long gone are the days of bold makeup palates. It is time we welcome 50 shades of rosy tan into our makeup bags with this beauty trend.**

Since [Beyonce](#) sang "I woke up like this" in 2014, the beauty

standard has been shifting to a “goddess of nature” look. Think sun-soaked and *au naturel* in a way that amplifies your strong suits. To complete this look there’s no better friend to the makeup lover than a rosy natural lip. Here’s advice on how to get the look:

**1. Sheer lip gloss:** The simplest way to archive the perfect nude lip is by applying a clear enhancing gloss to your lips. These glosses can be found almost anywhere, from drug stores to Sephora and Ulta, and are perfect to slip in with your on-the-go makeup essentials. The clear coat will have the added effect of making your lips look voluptuous while playing up the notes of your true color underneath.

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

**2. Tinted balm:** Say hello to your middle school days when fun chapsticks made you the coolest kid on the playground. The adult version of this is the tinted balm. The balm will melt into your natural color, letting it highlight your lip beneath. In going this route there’s no fear of not having to match your perfect shade. Everything will customize itself to you. Not to mention the health benefits like SPF and moisturizing your lips.

**3. Nipple color:** Just give this a chance. A while back *Buzzfeed’s* Youtube page released a video on finding your perfect rosy nude lip by matching the lipstick shade to the peaks of your breasts. The idea might sound like a quick gambit to amp up views, but the results spoke for themselves. It makes sense too since your body’s natural color palette is a safe road to travel if you want to achieve that rolled out of bed look.

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

**4. Opt out of matte:** The matte trend has had its time. Props to mattes for bringing us long-lasting liquid lips, but it’s time to put the dry look to rest. If you want the natural



look, embrace any and all rosy lip products that give the illusion you've just been to the beach. The sun's rays have graced your lips and you've taken one last dip in the ocean before heading home. In short, think rosy and wet.

Are you a fan of the new nude? What are your tips and tricks to finding the perfect lip? Share in the comments below!

---

## Beauty Trend: Funky, Rainbow & Pastel Nails



B

y [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!

---

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





B

y [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!**

---



# Beauty Tip: Flawless Makeup Starts with Good Skincare



B

y [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.

**Related Link:** [Beauty Tips: The Ins and Outs of Hair Removal](#)

**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.

**Related Link:** [Product Review: Cannabis Beauty Defined](#)

**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.**

---

## Beauty Trend: Shades of Gray





B

y [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!

---

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



B

y [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.

---

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





B

y [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!

---

## Beauty Trend: Neon Eyeliner







B

y [Lauren Burczyk](#)

When we think about wanting to make our eyes pop, we tend to strategically place highlighter in a way that will accentuate them. The newest [beauty trend](#) will literally make your eyes pop with color by sporting highlighter hues as liner. Neon eyeliner is the latest [beauty trick](#) to make your eyes more prominent. You've probably noticed some of these looks taking over your feeds and now we've brought you some of our favorites.

**Take our [beauty advice](#) and try some of these neon eyeliner inspirations:**

**Neon Yellow Eyeliner:** This look may seem like it's very difficult to achieve, but if you have the right products, you'll nail it. Start off with a light smoky eye, trace on some white eyeliner, then top it off with neon yellow eyeliner to make it pop.



Neon Yellow Eyeliner. Photo: @stargazerproducts / Instagram

**Galaxy Makeup: Electric Neon Eyeliner:** Want to make your neon eyeliner resemble galaxy makeup? Make sure to smooth on your favorite base cream before creating a dark smoky eye – then trace your white-winged eyeliner in the crease. Trace your favorite neon yellow eyeliner on top of the white to make it look electrified.



Electric Neon Eyeliner. Photo: @marioncameleon / Instagram

**Neon Blue Eyeliner:** This look, while seemingly complex, is very simple. Grab yourself a thick, white pencil and draw a wing starting in the outer corner of your eye and trace it into your crease. Then, using a pencil brush, trace the outside edges of the thick line you've created with neon blue eyeshadow – make sure to leave the center of the line white, to achieve the electric-effect.



Neon Blue Eyeliner. Photo: @monolidmua / Instagram

**Neon Green Eyeliner:** For this look, start off by using green eyeshadow to create a background effect for your neon green eyeliner. Then, trace over the shadow with a white eyeliner pencil, creating a wing shape from the inner corner of your eye to the outer corner. Finally, using your neon green eyeliner, trace over that line.





Neon Green Eyeliner. Photo: @makeupbyshaniah / Instagram

**Pink Neon Eyeliner:** This candy pink eyeliner look is one of our all time favorites. Be sure to start off with a light base then draw your neon pink eyeliner above your lash line and continue your wing up into the crease. To really help it stand out, smoke out lower lash line by applying a darker shadow using a pencil brush.





Neon Pink Eyeliner. Photo: @luxelarose / Instagram

Have any more neon eyeliner inspirations that you'd like to share? Comment below.

---

## Beauty Trend: Metallic Lip





B

y Megan McIntosh

One celebrity [beauty trend](#) that's here to stay is the metallic lip. You can use it to make an outfit truly spectacular rocking this celebrity style trend, or wear a more dressed down look with lips that still make the look pop.

**Whether you're getting ready for a date night or a day date with the girls and you're dressed to impress, use a metallic lip to complete your look and really wear this beauty trend.**

A celebrity make up look that can be seen at award shows, in music videos, or even just as an everyday look is the metallic lip. It really adds to the [beauty](#) of your style There are a few tips to easily rock this rock and roll look:

**1. Dress it up:** Use the metallic lip to complete your dressed up look. Take your favorite dark lipstick, apply it to your lips, then add some shimmery eyeshadow or pigment on top. This allows you to wear a color you're confident in for a special occasion but make it a little more spectacular with metallic.

**Related Link:** [Spice Up Your Look With Glitter](#)

**2. Keep the rest of your look neutral:** If you're worried about the metallic lip looking reminiscent of a robot-look rather than a fashion look, keep the rest of your look neutral. Keep the rest of your makeup neutral with subtle mascara and neutral blush and eyeshadow.

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

**3. Go all out:** If you're more outgoing and like to be the center of attention, then really go all out when rocking that metallic lip. Apply it on your lips, eyelids, and even cheekbones. You'll be sure to be the life of the party.

Just remember there's all kinds of metallic lip for every occasion: matte, glossy, layered; you just have to experiment and have fun.

**How do you like to style your metallic lip? Share below!**

---

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



B

y [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!**



---

# Beauty Advice: Spice Up Your Look With Glitter



B

y [Courtney Shapiro](#)

Glitter can be intimidating! It has the power to completely amp and glam up your look, or it can come off looking cheap or tacky. When used correctly in a look, it can be pretty while also being subtle. Don't let the product scare you; grab the right brushes as well as the right glitter and glue, and you'll be all set. Cupid has some helpful [beauty advice](#) on how to spice up your makeup looks with glitter.

# Here are three beauty tricks for using glitter in your look:

**1. Eyes:** Adding glitter on your eyes can definitely make them pop. If you want something subtle, add a touch of loose glitter in either the outer or inner corners of your eye. to go for something a little bolder, consider using glitter on the lid. While there are shadows that are shimmery and can add a sparkle, try going for a creamy glitter or loose glitter that can easily be applied with special glue to truly make your eyes stand out.

**2. Cheeks:** Use glitter to help accentuate your cheekbones. Most people use highlighter, as it gives you a nice shimmery glowing look. If you want to go a step further then shimmer, try using some loose glitter to make your cheeks sparkle. Use a brush a trace over where you want the glitter to fall. Don't use too much, or the look can seem cheap rather than glamorous.

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

**3. Body:** Using glitter on your body can help you stand out in a crowd. Use it around your neck and by your collarbones to amp up your features. Rather than using glue, use vaseline on the spots where you want to apply glitter. This is the best trick to keep the glitter in place. Play around with colors and figure out what is best for you.

**What are some other ways to incorporate glitter into your look? Comment below!**

---

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



B

y [Ivana Jarmon](#)

Winter can be incredibly rough on your nails. In the cold weather, they may 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 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.

---

## Beauty Advice: How to Make Your Skin Thank You Later (What You Should Be Doing Now)







B

y [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 many 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 healthy, 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!**

---

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





B

y [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!

---

# Beauty Tips: How to Treat Oily Skin



B

y [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!**