

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.

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!

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

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!

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 are 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. Keep you

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!

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!

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!

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!

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!

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!

Fun Fall Beauty Tips



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!

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.

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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.

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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!

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!

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!

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!

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 shiner 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!

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!

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.

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 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 Trend: Smokey, Golden, and Monochrome Eyes



By [Emily Green](#)

Eyeshadow is the key part of any makeup look, and it can really tie any outfit together. As the weather gets colder, following some [beauty tricks](#) by matching your smokey, golden or monochrome eyeshadow to your outfit is an awesome way to show off your unique fashion sense. Follow these [beauty tips](#) so your eyeshadow will be on point this fall and winter season.

Smokey, golden, and monochrome eyes are a beautiful look that can make a statement with your outfit. What are some of the best places to wear these types of eyeshadow looks?

Smokey, golden, and monochrome eyeshadow looks are definitely intense, and will have heads turning when you walk on by. Of course, you have to pick certain occasions to wear these looks, as not all of them are for everyday! Here are some of Cupid's favorite occasions to wear smokey, golden, and

monochrome eyeshadow looks:

1. Smokey eyes: A smokey eye is one of the classiest makeup looks that anyone can wear. From business meetings to banquets or high profile events, a beautiful smokey eye will make your eyes pop with a sharp gaze that no one will be able to turn away from.

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

2. Golden eyes: If you're looking for a glamorous eye, then a golden eye look is the way to go. Whether you're going to a fancy dinner or a red carpet event, you can keep the gold subtle or go over the top. Either way, the brightness of the gold will draw people's eyes to you, and will keep everyone's eyes on you for the entire night!

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

3. Monochrome eyes: A great part of monochrome eye looks is that you can match the color with other parts of your outfit! No matter if you're going on a date night or just hanging out with your friends, a monochrome eye look is a great way to show that you're always feeling and looking great, no matter the occasion.

What are some other occasions to wear smokey, golden, and monochrome eyes? Let us know in the comments below!

Date Night Makeup: Red Lipstick is Hot



✖ By [Hope Ankney](#)

Everyone has that special connection with one of their makeup products or a piece of clothing in their wardrobe. It's that special connection that only it can give you – the air of confidence, the power of [beauty](#), and the reflection of radiance. So, what is it about red lipstick that has almost become a universal [beauty trend](#) that makes anyone that swipes it on feel untouchable? And, why do date nights that feature a red lip feel that much hotter?

Red lipstick has been a powerful beauty tool for ages. Make your date night soar with this pop of color.

The red lip has been one that's transcended history. Whether it was on royal figures, Disney princesses, or even [Kim Kardashian](#) on a dazzling red carpet, the color is the very definition of beauty and grace. It's earned it's right to be a timeless and traditional form of feeling gorgeous and confident. If you're wanting to spice up your next date night, consider a few reasons why a red lip could help with Cupid's [beauty tips](#):

1. It's romantic: A red lipstick can automatically turn your look romantic. There's something about the color that reminds us of passion and love. Allie from The Notebook even rocked a signature red lip. So, if you want to liven up your look right before a date, we recommend keeping the rest of your makeup to a minimum while swiping on a beautiful coat of red lipstick before you rush out the door.

Related Link: [Beauty Tips: Romantic Make-Up Looks for Valentine's Day](#)

2. It's an attention-grabber: It's no surprise that red lipstick can make a woman feel invincible, but there are also studies that show a red lip is the most attractive color to wear. This hue is bright, bold, and it brings attention to one of the more sensual features of our faces. If you're wanting to instantly grab the attention of your date the moment they see you, we recommend using a bright, cherry lipstick. No one could resist!

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

3. It embodies strength and femininity: The red lipstick has been a classic symbol for strength and beauty within women all throughout history. One of the most powerful women, Cleopatra, was known for her cherry-reddened lips. She would make others crush up thousands of beetles just to get the dark-pigment of this color. It even symbolized her power as she wore a beautiful red lip while her subjects' wore a dull and rusted tone on theirs. If you're searching for a color that is classy, polished, and bold for your next date night, pick up a striking red lipstick to feel powerful and in control.

4. It plays up youth: As we get older, our eyes, lips, and complexion get paler. It's just part of the aging process. But, there is something a red lipstick does that can liven you up and make you look more youthful with a term called 'facial contrast.' This contrast is the process of balancing out the paleness of our features with a vibrant color somewhere on our face. By using a striking red lip, it automatically flatters our skin. If you're wanting to create a more youthful and playful look for date night, we recommend one swipe of your most vibrant red lipstick before you head out!

How has red lipstick made you feel when you've worn it? Let us know down below!

Beauty Trend: Eyebrows With Some Fluff!



 By 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.

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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: High Fashion Top-Knots



 By [Emily Green](#)

Hairstyles are truly a key part of your style that can make or break your look. Many people follow different [beauty tricks](#) to make their hairstyle as fashionable as possible. Top-knots, while typically used as a “laid back” hairstyle, has been brought into the beauty world as a beautiful addition to any outfit for any occasion. Follow these [beauty tips](#) to add a top-knot into your next outfit:

Top-knots are a high fashion hairstyle and beauty trend that will make heads turn. What are some of the best places to wear your hair in a top-knot?

No matter what kind of day you’re having, you should style your hair in a way that will make you feel beautiful. High fashion top-knots are a great choice that can enhance anyone’s beauty, no matter the event or reason. Here are some of Cupid’s favorite occasions to wear a high fashion top-knot:

1. Fancy dinner/banquet: An important dinner or banquet is the perfect place to bring out that outfit you’ve always wanted to wear but never had the chance to- and what better way to add a fun flare to your look than a top-knot? A sleek top-knot in your wardrobe will showcase your beautiful features that will have everyone turning your way.

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2. Beach day: Time for a beach day? Time to throw the hair up in a top-knot and break out the sunscreen. Kick back, relax, and take some super cute pictures for your Instagram.

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3. Night out: Finally got that long awaited night out with your best friends? Plan on hitting all the best spots in town? Throw your hair up in a top-knot so you can still have heads turning when you walk in, and have fun all night without having to worry about your hair.

4. Date night: Time for date night with your significant other? A top-knot is a great hairstyle to pair with any date night outfit- whether its a movie, dinner, a run, etc, you won't ever have to worry about not looking like the gem you are.

What are some other great occasions to wear a top-knot? Let us know in the comments below!

Beauty Tip: Instagram-Worthy Fall Hairstyles



 By [Hope Ankney](#)

It's Fall. The leaves are falling off the trees. The air is dropping in temperature. The smell of the horizon has officially shifted to burning firewood and... somehow... cinnamon? And Thanksgiving is right around the corner. The changing seasons can inspire a personal change in your own appearance as well, and what better way to do that than with one of the easiest and refreshing [beauty](#) switch-ups: Hairstyles!

Changing up your hair this Fall

will definitely turn heads. In these [beauty tips](#), what are some of the best new 'dos that you can deem as an Instagram-worthy reveal?

With Thanksgiving coming up, it seems like the perfect time to debut a new hairstyle to your friends and family for the holiday season. But, your hair transformation doesn't have to be anything drastic. In fact, some of the most popular 2019 Fall hairstyles are subtle, yet effective. No need to drain your bank account or take a big risk completely changing your hair if you're looking for a simple switch that'll be just as powerful as bleaching your entire head. Here are five of Cupid's favorite low-effort, Instagram-worthy hairstyles that'll be sure to turn heads:

1. Low-side ponytail: A quick and easy way to change your hairstyle if you are usually a big fan of wearing your hair down is to tie it back in a nice low side ponytail. A favorite of celebrities like [Kourtney Kardashian](#), this simple ponytail can add a touch of difference to your look without much effort. Tie up your hair right above the shoulder on the side of your head, and add some slight wave for texture to change a casual side-pony to a sophisticated style worthy of your Instagram and any Fall get-together.

Related Link: [Beauty Tip: Flawless Makeup Starts with Good Skincare](#)

2. Long shag: A shag is a great way to add a little flair of retro to your appearance. With recent [beauty trends](#) taking a page from decades past, it's only natural that a '70s shag would be "in" sooner or later. Easy to achieve, tell your stylist that you want some shattered layers with a long, thick bang. This should get you that fun and casual shag for the

season.

3. Blunt lob: If you have thin hair and are forever wishing for a fuller look, the blunt lob could be your saving grace. Very popular this Fall, this hairstyle can be bold and classic while also giving the illusion of a fuller mane. Some stylist experts have even called this look the “statement cut of the season.” Having a simple lob that grazes your collarbone can do wonders for transforming your appearance without much effort involved.

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4. Intense curls: It’s refreshing to see such a celebration of natural hair within the beauty industry, recently. Whether your hair is naturally curly or you want to add some voluminous curls to your hair, anyone can achieve this '70s disco trend that’s emerging for the Fall season. If you don’t have naturally beautiful curls, using a small curling iron and a teasing comb can give you that fun and timeless look. Keeping it voluminous or pulling the hair back into a semi-updo are both looks out of the several this hairstyle is capable of that can add that change you’ve been looking for this Fall.

5. Statement headbands: Probably the easiest and yet most effective hairstyle on this list, the headband had its time this summer, but it doesn’t seem like it’s going anywhere for the Fall. A cute way to switch up your Instagram feed as well as your own personal style, buying some chunkier headbands in fun, Fall patterns or colors can add that Boho spark to your look. Simply slide it on your head, pull the front pieces of your hair forward, and rock the ‘do. The best part is that you can stock up on many headbands for cheap at your local retail stores.

What are some of your favorite Instagram-worthy, Fall

hairstyles you've been eyeing this year? Let us know in the comments down below!

Beauty Trend: Customized Body Care



By [Katie Sotack](#)

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

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

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

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

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

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

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4. Humanize yourself: Remember that you're a person and people naturally have cellulite, wrinkles, hair, and acne. The real purpose behind the body care beauty trend is to treat yourself. Enjoy the feeling of hydrated, healthy skin, without

getting caught up in the looks of things. Celebrate your body as a vessel to experience life in and reward it with healthy skin for doing it's job.

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

Beauty Trend: Neon Eyeshadow



By [Emily Green](#)

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

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

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

1. Red Carpet Event: Heading to an event where you know you're

going to get photographed or possibly even interviewed? Adding a neon eyeshadow to your formal look will accentuate all the right features, and most importantly, it will draw everyone up to see your beautiful face!

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

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

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

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

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

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