



king at you!

TO ENHANCE YOUR APPEARANCE



primer will make the colours pop and appear more vibrant.

32. Curl your lashes before applying mascara.

33. Change your mascara and eyeliner every three to four months.

34. Don't throw away your old mascara wand – clean it and use it as a brow brush instead if you don't have one.

35. Spritz an old toothbrush or a clean mascara wand with hairspray, then brush brows and style them as desired.

36. Exfoliate your lips with vaseline and a Q-tip or toothbrush.

37. Apply lipstick with a lip brush to ensure full coverage, and outlining your lips will keep the color from running.

38. Taking a shimmery gloss to the centre of

your lips, top and bottom, will attract light. This will make lips look pouty and fuller.

39. After steaming your face, rinse with cold water to close pores.

40. Use a colour wheel to neutralise dark circles/ areas and then use concealer.

41. Exfoliate skin weekly or bi-weekly depending on your skin type, but never over exfoliate as this may irritate or damage your skin.

42. A honey and avocado face mask works wonders to brighten up your skin.

43. Use Vitamin E creams to reduce the appearance of scars.

44. To ensure your manicure lasts longer, apply a clear coat of nail polish every couple of days.

45. Exercising makes you sweat a lot and in the process, makes skin clean itself.

46. The best time to tweeze unwanted hairs is just after a bath/shower when your skin is soft. It will also be less painful.

47. After a shower, squeeze excess water from your hair before wrapping it in a towel and gently patting it dry to absorb remaining water. Don't rub your hair dry with a towel or it will frizz.

48. Apply a deep conditioning treatment once a month to prevent the colour in your hair from fading. For dry hair, use a coconut or avocado mask because it is great for rehydrating.

49. Use a clarifying shampoo once a week to get rid of any product build-up.

50. To add volume to greasy, clean or unwashed hair, use a dry shampoo spray.

51. Avoid washing your hair daily, as this will dry out your scalp. After conditioning your hair, rinse with cold water to close the cuticles.

52. Always use heat protection products before blow-drying, straightening or curling the hair.

53. For a great DIY blowdry, rough dry your hair to about 90 per cent and then for the last 10 per cent, use a brush for a smooth finish.

54. Don't douse yourself in perfume. Dab or spray small amounts on spots like the throat, wrists, behind the earlobes and knees.

55. Last but definitely not least, always smile. A nice smile will light up your face and show off your glowing personality.

EXPERT:
Dimps Sanghani

To find out more about Dimps Sanghani, log on to www.kreativehair.co.uk



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The one that got away

LOVE is a crazy and stupid emotion and it does weird and wonderful things to you, but there will come a time when it doesn't go as it should.

Love is something that we all are faced with and it comes in different forms – love for our families, friends and pets, but the most exciting form, I think, comes when you meet a person whom you can see yourself spending a lifetime with.

Imagine you were seeing this guy, the most perfect, nicest man you have ever met. You had your personality differences, but you had amazing chemistry and a great relationship. You love him and he seems to love you. Then he dumps you. What? All of a sudden. 'It's not you, it's me,' he tells you, but you know something isn't quite right.

Time goes by. A month or two passes, and you are trying to move on, but it's hard because you thought this guy was the one. It is really hard – I know this and so what I wanted to take time to tell you is that it is ok to be sad. It is ok to mourn the loss of someone in your life who could be there but isn't.

It doesn't mean you are weak and it doesn't mean you will never fall in love again. However strong you appear, your inner strength sometimes may just disappear leaving you crying, watching stupid rom-coms (bad move), drinking wine and eating junk. That is all absolutely fine.

The time will come when you decide to dust yourself off and get back out into the dating scene. Perhaps you will exchange numbers with a guy when you are out or join a dating site, maybe meet up with someone for drinks but then think to yourself, this doesn't feel right and those feelings for your ex come back.

My advice is that it is ok to date, but don't do it before you're 100 per cent ready because it is not fair on everyone involved. It is all about timing in certain areas and this is one of those. Test the waters first – go out, meet new people and then when you're sure you are over the guy, only then start to date.

Everything happens for a reason and one thing I have learned is that you cannot predict the future so you have to take every step as it comes and embrace life for what it is – life. Just because society dictates that you have to get married and have kids, it doesn't actually mean you have to and if you want to mourn the loss of a partner then it is completely fine to do so.

No one knows how it feels to be dumped except you, because your relationship was unique, but just remember that everything will be fine in time, so smile.