

Bright Ideas At Bedtime

The Stars Come Out At Night: *Celebrity Makeup Artist Offers Evening Beauty Tips*

(NAPSA)—The evening hour before bedtime is often the only time people have to pamper themselves. Rushing off to work in the morning, getting children to school and then preparing dinner means that the few peaceful moments before bedtime have become more precious than ever. Natalie Miller, Los Angeles celebrity makeup artist, shares a quick nighttime beauty routine she recommends to her star clients to look refreshed and renewed in the morning.

Natalie Miller, one of the most successful makeup artists in Hollywood, creates the look for clients including Jennifer Lopez, Kirsten Dunst, Josh Hartnett and George Clooney (among others).

“You don’t need to spend a lot of money on your nighttime beauty routine. Drugstore brands are inexpensive and even my celebrity clients stay loyal to the trusted brands they’ve always used, even after making it big,” says Miller.

Miller suggests these simple tips that take less than five minutes and won’t break the bank:

- Use a face wash instead of a bar soap, which tends to be harsher on skin;
- Use cleansers with a pump to prevent the collection of bacteria;
- Use moisturizer and eye cream to treat tired skin, puffy eyes and dark circles;
- Always use moisturizer after shaving to help minimize



**Natalie Miller, Los Angeles
celebrity makeup artist.**

razor burn;

- After brushing and flossing at night, try a once-daily at-home teeth whitener such as new Colgate® Simply White™ Night. There is no residue to rinse or brush off in the morning and in just two weeks, you’ll have a whiter, brighter smile.

“Just as the eyes are the window to your soul, your smile is the invitation to conversation,” says Miller. “Therefore, it is important to make sure that you are taking the time to care for your teeth just as you would your skin or hair.”

Miller also stresses the importance of simplifying your life: “A beauty regimen is something that must fit into your life, every night, and does not need to take more than five minutes. With these simple and affordable tips, anyone can unleash their inner celebrity.”