

Making The Most Of You

Five Small Steps To A New You

(NAPSA)—Whether you're looking to make sweeping changes or just minor adjustments, lifestyle makeovers start with a few small steps. That's the advice from eyebrow guru and celebrity makeup artist Ramy Gafni and dentist-to-the-stars Dr. Jennifer Salzer. They offer these tips:

1. **Get Real**—It's important to set realistic goals for yourself. Remember that subtle changes can make you feel like a different person. "If you set a realistic goal and achieve it, you'll feel like you've followed through," says Gafni.

2. **Recharge**—Many people expend more energy than they take in. The first step in recharging can be something as small as changing your after-work routine. Instead of coming home, getting the kids started on homework and beginning the prep work for dinner, turn on some music, invite everyone to share a cup of juice and discuss high points of the day. The activity can help you get ready to go about your household business.

3. **Revamp That Smile**—"You'll be amazed how much younger you'll look and feel with a bright, white smile," says Dr. Salzer. She says products such as the new Crest Whitestrips Renewal are age-defying solutions for your smile. In 10 days, the strips can remove up to 20 years of stains off your smile.



Mini makeover—Something as simple as changing the arch of your eyebrows can make a difference in how you look and feel.

4. **The Perfect Arch**—According to Gafni, eyebrows are a small but important part of the face that often get overlooked. "By simply changing the arch in your eyebrows, you can update your look," he says. For an instant change, he recommends visiting a spa to have your eyebrows done, and then maintaining the new look at home.

5. **Take Care**—It's important to keep stress levels down and to prioritize your responsibilities. Adding a little exercise to your day can help because it gives you time to think and keeps you feeling energized. Be sure to reward yourself for each milestone you hit. You may be surprised at how confident and relaxed you feel after treating yourself to a well-deserved manicure or massage.

For more information on the latest age-defying solutions, visit www.keepthemguessing.com.