

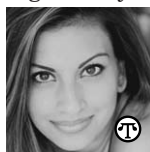
Beauty In Minutes

“Make-Under” Tips

by Shalini Vadhera

(NAPSA)—Today, the biggest trend in beauty is “less is more,” and these “make-under” tips can help women look fresh, put together and natural, without taking up a lot of time.

To achieve the natural look, begin with a flawless canvas. A daily routine of exfoliating, cleansing and hydrating is essential for



Shalini Vadhera

maintaining clear skin. A good hydrating face mask is particularly important.

A tactic that many celebrities swear by is sleeping with a thin layer of hydrating mask on and washing it off in the morning. Not only does it hydrate the skin, it also plumps up fine lines—to take years off your look.

Less Is More—So Skip Heavy Foundations—Women often wear heavy makeup to cover imperceptible flaws. Lighten up. Mix a light-reflecting lotion with a small amount of foundation to recreate a beauty trade secret—light reflection. Alternatively, lighten your foundation with a tinted moisturizer, which will give you multiple benefits, including a built-in sunscreen. Use a light touch—your finger or a foundation brush is best.

Start With a Sexy Pout—For the “no makeup look,” start with the lips. Healthy lips are essential: every night before you go to sleep, gently treat lips with a lip scrub or wet washcloth to remove flakes, then apply a layer of lip moisturizer like the All Natural one from ChapStick®, which has hydrating ingredients such as shea butter,



A NICE REFLECTION ON YOU: Makeup applied with understated elegance.

mango butter and vitamin E. Not only does this help keep lips feeling (and looking) healthy, it also can be used under lipstick to moisturize and soften lips. Some ChapStick lip balms also have SPF 15 or 30, to help protect lips from the sun's harmful rays.

The Eyes Have It—Color is a must. Wear color on your eyes but keep it natural by opting for crème and sheer textures. To create a more natural look, go with a “wash” of shadow across the lid versus a thick line. And because you're wearing less makeup, having well-groomed brows is a definite beauty must.

With these tips in tow, you can give yourself an eye-catching “make-under” in 5 minutes flat!

Ms. Vadhera is a world-renowned beauty expert with an extensive celebrity clientele. She has recently signed a publishing deal with St. Martin's Press to release “Passport To Beauty”—a beauty guide featuring tips from around the world.