

# A Beautiful Education

Giving you the smarts to use cosmetics with confidence!



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## Your Questions

Email your questions to Lillybeth & if published, you'll win your beauty profile info-swatch, exclusive to A Beautiful Education.

Hello Lillybeth.

Thanks for your Beauty Bulletin. I have a question. What color eye shadow would you recommend for myself who has hazel colored eyes? They are green with yellow around the pupil. Thanks for your help.

Laura, Motueka

Hi Laura! Thanks for your question.

I \*love\* working with hazel eyes - they are so gorgeous. Hazel eyes are usually a combination of brown and green or yellow.

In choosing eyeshadow colours, you can do two things:

- 1) Opt for colours the same or similar to your eye colour for a natural look (like the first photo above)
- 2) Choose the opposite/complementary colours to enhance your natural eye colour (as in the 2nd and 3rd photos).

Personally, I'm not a fan of the first option and don't recommend using matching eyeshadows if your eyes are green or blue. Why not? Though this idea is still circulated by some big name cosmetic brands, it's easy to look dated using this advice. When applied all over the eyelid, greens and blues look rather 1970/80's-ish since green and blue on the eyes was all the rage then.



Instead, choose shades based on the opposite of your eye colour to intensify your natural beauty and enjoy the focus being on your eyes - not the makeup.

**GREEN EYES:** So using the second option, play up the green of your eyes by using eye shadows that are RED-based. Red is complementary to green. So try burgundy, brick brown, oranges and pinks!

**YELLOW:** To accent the yellow instead, use PURPLE. Try plum, violet, periwinkle, lilac etc. Gorgeous! Purple as a shadow and eyeliner (have you considered trying that?) is fantastic for green/yellow eyes. It will really make your eyes 'pop', as they say in the industry.

Of course, browns and 'natural' colours will work for everyone, but red-based colours and purples will look superb on you. Take this tip to the mirror, try it and start counting the complements! xx - Lillybeth

## DIY Treatments: Microdermabrasion

**Did you know the top layers of your skin are dead?** Dead! So all the moisturising in the world will not hydrate or nourish your complexion if you don't properly shed that dry layer of dead skin (Don't worry - you have seven layers of skin in total).

Microdermabrasion is the ultimate in exfoliation. It's the third most popular non-surgical treatment (behind Botox and laser hair removal) and is administered by dermatologists and beauticians. Performed with a machine that blasts the skin with tiny crystals (then sucks them up and rinses them away), it leaves skin revitalized and silky soft. Many women call it an addiction! The procedure costs around \$90 per 30 minute treatment with a set of six treatments recommended.

Unlike scrubs that use walnut shell or seeds to scrub away dead cells, microdermabrasion works on a smaller, finer level by using glass or aluminium oxide crystals as the abrasive agent. Aluminium oxide, otherwise known as corundum, is a naturally occurring crystal that picks up and traps dead skin in its lattice-like structure. It's so good at exfoliating it's used to make sandpaper, so you might think of it as a 'cut & polish' for your face.

Here are two DIY microdermabrasion treatments you can do in the convenience

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## Before & After: Natural Day Makeup

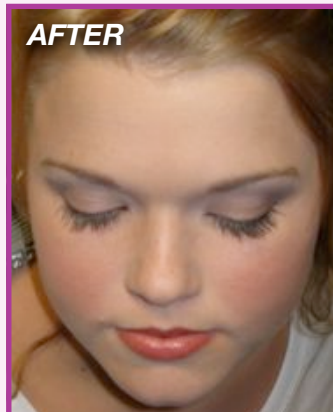
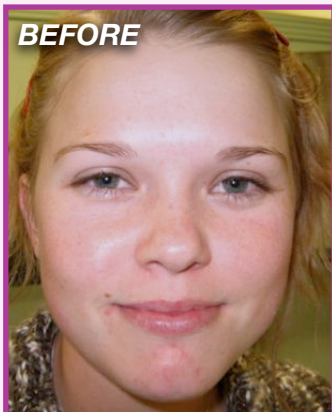
Artist Skye Carson-Wilson became my canvas for a photo shoot where 'natural day' makeup was the focus. The aim was to keep it simple, flawless and suitable for daytime. Already a beautiful girl with a sweet soul, Skye was pretty as a picture when I followed these keys to 'natural day' makeup:

**The Perfect Foundation Shade & Finish** ~ your foundation colour must be a close match to your face (and neck!) and have a natural finish. Skye prepped her skin by using a microdermabrasion treatment so the yellow-based liquid foundation I used glided on smoothly and evenly. Yellow gives life to the skin, looks the most youthful and counteracts redness.

**Natural Eye Colours** ~ I used neutral, brown shades to add depth and interest to her eyes. Soft pinks, apricots and browns can all be considered 'natural' colours for lighter skin. The concentration of colour was kept to the outer corners so as not to 'close down' the eye.

**Enhanced Natural Lips** ~ A light tan lip liner was used to give a clean, defined lip line without adding too much colour. An obvious lip liner only dates your makeup and makes the lips appear smaller. Choose a liner the same colour or lighter than your lipstick. The lipstick used here is a blush pink, just a couple of shades darker than Skye's natural lip colour.

Skye and her artworks can be seen in person at Tauranga's Cargo Shed on weekends or viewed online at her Myspace page anytime: [www.myspace.com/skyecdubart](http://www.myspace.com/skyecdubart)



### Microdermabrasion continued...

of your home, without having to drive anywhere, find parking spaces or pay per treatment! And you get to keep your beauty in your own hands. Your skin really will be smooth and you will love how your foundation just glides on afterwards. As you'll be exposing a new layer of skin, remember to follow with moisturiser, use a SPF 15+ product and avoid excessive sun exposure.

### BAKING SODA PASTE

Baking soda is mild, safe and fine enough to polish skin on a 'micro' level. It balances the pH levels of acids on your skin, costs almost nothing and you probably already have some in your kitchen!

*Mix up a paste in an eggcup or small bowl. Use one part baking soda to three parts water. Apply to face as a mask. Use circular motions with fingers to polish your skin for a minute or so. Rinse off and pat dry.*

### AT-HOME MICRODERMABRASION SET

With the popularity of this treatment, some supermarket skin care brands now produce their own at-home microdermabrasion kits. Some consist of a brush and polishing cream while others include a hand-held, battery-powered polishing disc.



Pictured above: Prestige brand Mary Kay Cosmetics produces a two-step set: a polishing cream that contains aluminium oxide crystals (Refine) and an antioxidant-packed serum to replenish, soothe and soften the skin (Replenish). Note: Step 1 is even easier when done in the shower. The set costs \$76 and gives you about 40 treatments - that's about 10 months worth if used once a week!

*Step 1: Dampen face and apply Refine. Avoiding eyes and mouth, use circular motions with your fingers to polish skin for two minutes. Rinse off and pat dry.*

*Step 2: Squirt two pumps of Replenish onto fingertips and pat onto exfoliated skin.*

This is exactly what I use. Last year my skin became beautifully reconditioned and balanced using Mary Kay products so I opened an account with them. Unfortunately, they don't sell through retail stores and otherwise are only available through independent distributors, so if you'd like me to access any of their lovely and effective products on your behalf, go to [www.abeautifuleducation.co.nz](http://www.abeautifuleducation.co.nz) and click on 'SHOP' for info.

**NEXT MONTH: DIY EYE BROW SHAPING.** Continue to become your own beauty expert, learn what the professionals know and shape your own brows with confidence!

## Special Occasions & Ball Makeup

Do you know a young woman soon going to a ball or special occasion? Or perhaps a bride-to-be?

They need A Beautiful Education! Forward them this beauty bulletin and they'll thank you for thinking of them.