

Summer Stunners

Lillybeth's Top Ten Guide to Essential Summer Beauty

So you've seen a beauty 'Top Ten' before? Me too! Often women's magazines promise an advice-filled beauty guide when all they really offer is a list of specific products - every item labelled a 'cult favourite' or 'editor's pick' (Read: *Sponsored*). Yeuch, nasty. And very disappointing when you truly are looking for answers but aren't in the market for a \$400 jar of Creme De La Mer.

This Top Ten is about rediscovering what's already in your makeup bag, then filling the gaps with best-selling and expert-recommended products. Yes, I list specific products here. I've included pictures (and the website links in orange) of some of my new and all-time faves from Mary Kay Cosmetics (MK). Many have been given the 'Paula's Pick' tick by Paula Begoun, author of "Don't Go To The Cosmetics Counter Without Me." Use these essential items in order from 1 to 10 to create a stunning Summer look. You can order these direct from me or find your own similar solutions. Here's my Top Ten essentials for Summer!

1. **Microdermabrasion.** Whether you pay \$90 per session for this beauty therapy treatment or use an at-home set, microdermabrasion is instant gratification for silky soft, smooth skin that you'll want to keep touching. Both using aluminium oxide crystals to remove the surface layers of dead skin, it's removes dry, flaky skin, fades surface tan-lines and increases the effectiveness of your skin care products. The MK 2-step set includes a calming serum to soothe the skin. [MK Microdermabrasion Set, \\$76](#) (10 months' supply).
2. **Sunscreen.** An SPF rating refers to UVB protection but has nothing to do with the aging and cancer-causing UVA rays, called 'silent killers' because they damage your skin without burning. To shield against UVA, your sunscreen should be rated SPF 15 or higher and MUST include one of these as an 'active ingredient': Titanium dioxide, zinc oxide, tinosorb, mexoryl SX or avobenzone (aka butyl methoxydibenzoylmethane or parsol 1789). Sunscreen is doubly important after microdermabrasion. This 'Paula's Pick' is non-greasy and includes avobenzone: [MK Very High Protection Sunscreen SPF 30, \\$28](#).
3. **A concealer with brush tip applicator.** If you don't wear foundation on holiday but still want to cover blemishes or dark eye circles, whip out a concealer with a built-in brush applicator. You'll get precise application without using a sponge. Or keep it in your purse for nights out to freshen up on the go. [MK Facial Highlighting Pen in 3 shades, \\$35](#).
4. **Mineral powder foundation.** After concealer, brush on a light but medium-coverage base with a mineral powder. It can be messy to apply but in Summer is fantastic at controlling oil and shine. Also a Paula's Pick: [MK Mineral Powder Foundation, \\$36](#).
5. **A matte bronzer.** For sculpting and slimming your face, creating cheekbones or giving yourself that natural sun-kissed look, a natural tan-brown matte bronzer is a good find. Stay away from glitter-infused or shimmery bronzers as glitter is only fun for teens and all-over shimmer looks like all-over oily shine. [MK Bronzing Powder in Sandstone \(top\), \\$27](#).
6. **Romantic pink blusher.** A soft pink cheek is a sweet tribute to the blossoms of Spring and budding Summer romance. Pink suits all cool-toned women - add a touch of apricot if you have warmer colourings. MK Silk Nectar blush from the [Romantic Notions Set](#) fits in the refillable MK compact shown in #5. Also available in deeper Soft Sable. \$83 set.
7. **Purple eyeshadow.** If coloured eyeshadow makes you nervous, feel the fear and do it anyway - with purple. It's the one non-neutral shade that can suit all eye colours and complexions. Cool lilac or warm plum, muted or bold, there's a purple to suit you. Wear a pop of purple this Summer and start counting the compliments. [MK Mineral Eye Colour in Dusty Lilac, Iris & Sweet Plum, \\$18 each](#). Also a Paula's Pick. 6 fit in the MK compact.
8. **Water-proof and water-resistant mascaras.** Wearing waterproof mascara is a must if you're planning to swim wearing makeup. However if, like me, you can't stand the feeling of waterproof mascara cementing your lashes in place for everyday wear, look for a 'water-resistant' formula. I rely on the [MK Ultimate Mascara in Black or Brown/Black](#) to not flake, smudge or run when the heat waves hit. \$18. Requires makeup remover.
9. **A tinted lip balm with SPF 15.** For sheer colour without the thick feel of a lipstick, find a tinted balm with a decent sunscreen and you've got your lips protected too! Ultra sleek and another Paula's Pick: [MK Tinted Lip Balm SPF 15 in Rose, Poppy, Natural & Fig, \\$29](#).
10. **Sparkling lip gloss.** Put away the matte lipsticks and break out the gloss for another sun-shiny day. Worn alone or layered with the tinted lip balm underneath, a diamond-like gloss adds a youthful look to faces of all ages. One caveat: Avoid if you have deep lines around the mouth. All lip glosses can migrate into these lines. My colour picks for this Summer: [MK Nourishine Lip Gloss in Cream & Sugar, Gold Rush or Berry Sparkle, \\$29](#).

Try these Top Ten Summer items for yourself using the online Virtual Makeover



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