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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Beautiful Eyes

By John Russel

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Beautiful skin care starts with what people notice first. Eyes are what others notice immediately; so start your skin care program eye-to-eye!

Here are four major skin care issues related to eye care, work them successfully and look 20 years younger.

Dark Circles

Check the color of your circles. If they're blue or gray, allergies or pooling blood may be to blame. Receive the firming, moisturizing, and corrective benefits (including the reduction in appearance of dark circles) of just released DNA Repair Creme, found at www.ihdistribution.com.

Undereye Puffiness

To beat those bags, diagnose the cause: If you're puffy only upon awakening, fluid retention is the likely cause; sleeping on two pillows can prevent liquids from pooling. Been using a new face cream or rubbing your eyes? These can cause swelling. A gel that contains a blood-vessel constrictor, like witch hazel, and an anti-inflammatory, like chamomile extract, can temporarily reduce irritation. Or make a home remedy: Mix one drop each of witch hazel, brewed chamomile tea, and over-the-counter cortisone lotion. If you've got time, lay a cucumber slice on top to help the paste penetrate better. If puff is always present, try IH Distribution's DNA Repair Creme to reduce puffiness and repair the delicate tissue around the eye.

Crow's Feet

When you smile, your eyes pay a price - the muscles around them contract, and a little elasticity is lost. Combine that with sun exposure and, in about 30 years, you've got crow's feet. DNA Repair Crème, found at www.ihdistribution.com, is effective to repair fine lines and wrinkles around the eye. The products are natural and botanical-based.

Beautiful Eyes

Drooping

Most firming creams have little, if any, effect on sagginess - so this is a job for cosmetics, strategically applied to define and visually "lift" the eyes. First choose a shadow palette:

1. Apply the midtone from lashline to crease. This adds soft shading to your lids.
2. To draw attention to the highest part of your arch, dust the light, shimmery color along browbone, starting from middle of brow and blending outward.
3. Sweep the darkest color over your crease, blending into the midtone, then toward the inner corner of your brow. (This softens the harshness of using the dark tone alone.)
4. Line your upper lashes with the darkest shade, intensifying the color and slightly flaring it up at the

outer edge. Finish off with a curling mascara to open up your eyes.

5. You can find a vast assortment of eye shadow colors produced from cucumber and aloe extracts that are designed to soothe and moisturize lids.

Eye Color Hints - Big Impact!

1. Enhance your eye hue with a single contrasting shadow shade. For blue or icy green eyes, choose a warm, yellow-based hue; for brown or olive-y eyes, opt for a cool, red-based shadow.
2. Perk up dull eyes. Irises lose pigment as you age, but brightening your hair helps compensate, says Boston colorist Michael Perry. To achieve, use a shine-enhancing shampoo (try IH Distribution's Self-Adjusting Shampoo & Conditioner).
3. Neutralize blue or gray circles with a yellow-based concealer. Cover-ups with a drier consistency often have more pigment.
4. Offset bloodshot eyes. Blue liner works, but it can look unnatural. Better: Glide a neutral eyeliner (brown or black) along upper lashlines, then apply a blue liner on top; blend.
5. Groom ragged brows: They can accentuate droop. For quick cleanup, use a colored brow wand to thicken and add arch.

Control Tips

How you live affects your eyes. So to keep yours looking good, consider changing some daily habits.

1. Perfume. If your eyes are sensitive, fragrance can make them red. To diminish this effect without giving up scent, avoid classic spots - like behind your ears - that are too close to your eyes.
2. Diet. On a low carb. plan? It's dehydrating (to metabolize the extra protein, your body uses more water) - and your eyes may show it. Compensate by drinking ten glasses of water each day, two more than what's usually recommended.
3. Prescriptions. High blood pressure medicines and antihistamines for allergies can dry your eyes. Rehydrate with drops sans preservatives (they can be irritating) and, if you wear contacts, a moisturizing cleaning solution.
4. Exercise. When sweat drips into your eyes, so do dirt and oils and rubbing your eyes with your fingers can start an infection. Instead dab sweat with a towel and try to wear a sweatband.

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None

You Are Beautiful

By Hifzur Rehman

Yes, it is true, you are beautiful beyond any doubt.

Do you know that you are a unique person with a special kind of God gifted beauty which no other person possess. That beauty is something very personal and individual. You must acknowledge that "hidden" beauty within you to know your own worth as a beautiful person.

Beauty is something which can neither be measured by any scale nor can be described in words. It's an impression which one leaves on others and that impression is the true reflection of many fine characteristics of one's own personality. I call it "inner beauty". You may like to visit my website:

and read my article "TAKE CARE OF YOUR INNER BEAUTY" to learn

more about beauty. I have devoted a full Section of my site to "Beauty and Wellness" articles.

If in doubt about your beauty, you may be suffering from some kind of inferiority complex thus badly affecting your professional and family life. Don't let the negative forces to ruin your life. Be confident about yourself.

Look straight in the mirror and say with full confidence "I am beautiful". Wait and let the mirror say "you are beautiful". On your way to job, shopping or social engagements, keep repeating "I am beautiful" and let others say "you are beautiful". Your eyes, ears, nose, lips and even the pores of your skin must say "I am beautiful". This type of confidence about your own beauty will leave no option to others but to admit that you are beautiful.

Why now start a new life as a self-confident beautiful person and achieve success in every sphere of your life. You are no doubt a beautiful person. Say YES!

Beautiful Eyes

Hifzur Rehman is an author and editor of his website

. This website is a

great source of FREE motivational, educational and informative material on various aspects of life. A visit to this website will be a pleasant experience and open the doors of success for you.

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You Are Beautiful

Contact Lens Care – Avoid Long–Term Eye Problems

How To Make The Most Of What's Naturally Yours – Enhancing Your Eyes With Eyeliner.

Makeup Tips for Beautiful Eyes

A Speechless Expression

How Nice Guys, Shy Guys and Good Guys Finish First!

The Ultimate Rose Garden– Neighbors envy, owners pride!

Control your Headache!

Vintage Crochet Patterns Bridal

Note Pops



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