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Colored Contacts As Easy As Hair Dye And Dieting.

By **Cathy Peterson**

Everyone seems to have some particular characteristics they would like to see in a potential

partner. A person can browse an online dating service and select members from a break down of physical characteristics like height, weight, hair color, and eye color. While there is no way, aside from shoe lifts and proper posture, to increase your height, measures are sometimes taken in order to change weight, hair, and eye color.

People have used diets and hair dye for centuries now. You can get hundreds of different shades of hair coloring products for a man or a woman. Likewise you can subscribe to a hundred different programs to shed a few excess pounds. Or you could select from hundreds of different books on dieting and nutrition. That would leave eye color left as the only attribute of those four we mentioned to be changed.

Changing your eye color through colored contact lenses would have to be the most recently changeable physical aspect presented to us. Through colored contact lenses you can change your brown eyes to blue, or so the advertisements say. Some young people have gone as far as wearing opposite colors such as one contact in blue and the other violet.

Every color of the rainbow is represented in colored contacts now. From brown to purple there is an entire spectrum of colors to choose from. You can buy colored contacts with a skull and crossbones on them, or even an eight ball. Different optical companies are continuously improving and outdoing each other in the lens market and striving for more natural looking colored contact lenses. So if there is a color you want, you can more than likely visit your optometrist and get lenses in that color.

There seems to be one draw back concerning colored contacts, though. Unlike what the advertisements say, your naturally dark mocha eye coloring may show through the tint of the lenses trying to make your eyes royal blue. Up close some lenses seem flat and don't show the normal striations and variance. A lens may not be fitted properly and may "float" on the cornea when a person blinks, showing the eye coloring behind the tinted lenses. As with all contact lenses, it is important to select your optometrist wisely. Someone who will take the time and care necessary to make sure that your lenses are properly fitted could save you from being the person that has "fake contacts", to the person who has gorgeous colored eyes.

Cathy Peterson writes about

<http://www.bestcontactlenscoupons.com>

, Contact lenz and Contact Lens

Promo codes

Choosing The Right Shampoo For Your Hair Type

By Tim Henry

There are hundreds of shampoo's out there, from the Suave you can purchase at the local pharmacy to designer shampoo's like Kerastas and Philip B. that can only be purchased from speciality salons and stores. How do you choose?

First, know your hair type. It's fairly easy to know what type of shampoo your hair needs if it's permed or colored. If your hair is permed then most likely you're seeing a stylist on a regular basis and he or she has suggested a product for you. If your hair is colored you will want a shampoo that will be gentle on the color and not strip it from your hair. Is your hair dry? Oily? Thin or full and coarse?

What affect do you want the shampoo to have on your hair? Be aware of claims made by shampoo manufacturers. The only thing regulated by the Food & Drug Administration is the list of ingredients on the back of the shampoo bottle. This means that manufacturers can claim their shampoos moisturize or add volume whether or not they do.

Herbs and botanicals smell great, but their affect on the hair has never been proven. Actually most shampoos and conditioners affect your hair only temporarily by leaving product behind on your hair after you wash. They have no long term effect on the condition of your hair at all.

Don't believe that you have to use one manufacturers entire hair product line. It's the same for skin care products. All shampoos clean the hair. All soaps clean the face. All conditioners leave a trace of product on your hair which help keep the cuticle smooth. All moisturizes soften and moisturize the skin. It doesn't matter if you mix and match products, despite what they say.

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