

Get that Glow!!!

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
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Get that Glow!!!

By Nitin Jain

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by: **Nitin Jain**

Wanna know the secret behind "getting the glow on the face"?? Here you go...

1. Always apply a light moisturizer, under-eye cream and sun-screen before leaving your house. Even if you are not going out, a hint of tinted moisture does no harm.

2. If you want to get that glow, ensure there's no trace of makeup before you go to bed. See some homemade makeup removers:

<http://www.ultimate-cosmetics.com/beauty/homemade-recipes/makeup-removers.htm>

3. Sleep does wonders to your skin, so try to get atleast 7 to 8 hours of rest everyday. See Beauty Sleep:

<http://www.ultimate-cosmetics.com/beauty/body-basics/beauty-sleep.htm>

4. Try and go in for a massage and facial at least once a month. This will help tone your skin. See facial massage:

<http://www.ultimate-cosmetics.com/beauty/skin-care/facial-massage.htm>

5. Drink lots of water, and if you can try to have at least 2 to 3 glasses of coconut water a day.

6. Work out is a good way to keep your skin healthy as it detoxifies the body. If you love to swim hit the pool everyday. For those who are not fond of water; you have the option of going for a jog.

7. Stick to a healthy diet of fruits and vegetables. Opt for salads instead of oily food. Use less oil while cooking. Try steaming, baking or roasting instead. It saves you a lot of calories, and is lighter to digest.

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8. It is also very important to go on a calorie binge at times. If gorging on a chocolate pastry makes you happy, go ahead. But remember to do this not more once a week. It could go the other way, and you may have to repent.

Join the discussion: How can I get a glowing and radiant skin?

<http://www.ultimate-cosmetics.com/discus/about13.html>

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For

www.ultimate-cosmetics.com

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How Glow Sticks Work

By Mrs. Party Gail Leino

How Glow Sticks Work by

... Gail Leino

How

Glow Sticks

Work...

Glow sticks are fun

party supplies

. When sending out your

party invitations

, think of the interesting

Chemistry involved with your

party favors

. Glow sticks work by a chemical reaction called

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"chemiluminescence" which causes light to be generated. (That's a trivia question for some party games

!) By breaking up the word chemiluminescence into 2 parts, chemi and luminescence we can better understand.

Luminescence is emission of light not caused by a rise in temperature (the object emitting light stays cold). The light is released by atoms returning from "excited" (charged) state to normal "ground" state. It means, an object which glows, first must absorb energy to get into "excited state." That energy will be released (in form of light) by the object returning to the ground state of energy. The energy can be supplied in many ways, but in our particular case of glow sticks the energy is supplied by a chemical reaction (what makes the "chemi" in chemiluminescence). Typical glow sticks as chemical reactants use a hydrogen peroxide solution (which is called the "activator"), a solution of phenyl oxalate ester and a fluorescent dye (which makes the color). The activator is stored in a thin glass capsule. When the glass capsule is broken by flexing a glow stick the activator is released, and mixing the components (shaking the glow stick) initiates the reaction. Depending on components used, the chemical reaction can last (glow sticks can glow) from a few minutes to many hours. When using glow sticks as

party supplies

, wait until that last moment to

shake them. Heating the glow sticks(providing extra energy) will speed up the reaction, what will result in brighter light but will shorten the glow time. The reaction will slow down in low temperatures the light will dim, but the glow time will be longer. For any

party theme

including

Mardi Gras party

,

Luau Party

,

Cowboy Hats

theme,

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Character party

,

Bridal

Showers

,

Super Bowl

,

Baby Showers

,

Wedding

or a

holiday

event like

Christmas

,

Hanukkah

or

Halloween

remember to include light sticks and Turn Out the Lights!

Mrs. Party... Gail Leino is the internet's leading authority on giving the best possible

party

, using proper

etiquette and manners while also teaching organizational skills and fun facts.

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