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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!**

**How To Be Beautiful On A Budget**

**By Daphne Succes**

Gone are the days that you actually have to earn a red carpet income just to look as dazzling.

Everyday life doesn't include glamorous dresses and million dollar diamond earrings, but women still want to feel that beautiful. With the exception of a haircut, you can do most things at home that can be done at expensive nail salons, tanning beds and beauty shops. Best of all, you can achieve the look you want on a budget that you can afford.

Every woman loves the look of perfectly manicured nails, but few have the time or budget to treat themselves to a regular salon visit. For less than \$5.00, women can manicure their own nails at home and, with practice, they will look just as fantastic as any professional manicure. A bottle of pure white nail polish, which can cost as little as \$2.00, along with a light or sheer basecoat color (usually sheer pink or other neutral shade) will do the trick. Apply the basecoat to the entire nail in 1-2 coats. If the first coat isn't dark enough, apply a second and allow drying before adding the tip. When using the white nail polish for the tip, it is very important to follow the natural curve of the nail tip when painting. If your nails are short, it may be okay to add a very small tip with the white polish but don't go overboard. The total cost of two bottles of nail polish may be under \$5.00 if you shop carefully and, best of all, these will last long enough to do many at-home manicures. When someone asks where you have your nails done, you can say "at home" with a smile.

Have you ever had a blemish or other skin imperfection? Sure you have, along with everyone else. But, few people know that concealer is not the only way to hide those little flaws that seem to sneak up on us. If you use an all-in-one foundation/powder makeup, you can achieve a smooth and flawless application by dampening the makeup sponge. Before swiping it through the foundation, hold the sponge under running water and squeeze it gently. When the makeup is on the sponge, it will provide better coverage than a typical dry sponge will do. This procedure can flawlessly conceal redness, acne, light freckles, veins, pores, etc.

A lot of individuals suffer with dry, itchy skin. This is true during both the winter and summer months. It can be difficult to select a moisturizer that will also help to ease the pain of dry, cracked skin. Pacquin Plus Dry Skin Cream, which costs \$6.00 per 8oz. container, provides instant relief to this problem.

## How To Be Beautiful On A Budget

Rather than spending a lot of money on a monthly gym membership, many fitness gurus find that a daily 30-minute walk will help to burn calories and chase away the blues at the same time. Having always been known as a popular cardiovascular exercise, walking will also help individuals achieve a better overall fitness level without having to worry about other dangers associated with using some types of exercise equipment. Plus, walking is free so you can save the money that would otherwise be spent on a gym membership and buy a swimsuit to show off your new figure.

With a little planning and budget, every woman can look as though she is red carpet ready without spending a fortune. And as for the diamond earrings, go for cubic zirconia instead. They are much less expensive and have no inclusions.

Daphne Succes, Writer, Business Owner, Motivator and Self-Starter Independent Consultant for Passion Parties

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### **Wedding Budget**

**By George Meszaros**

Your budget will have an effect on practically everything in your wedding. Everything from the number of people you can invite, the location of your reception, the food that is served is going to be influenced by your budget. Don't think of your budget as a bad thing. Look at it objectively not emotionally.

A budget doesn't just happen. You have to plan it carefully. Without a carefully planned budget, your journey to plan the perfect wedding could quickly turn into a nightmare. Whether you are planning a wedding hosted in your backyard or a formal event with 500 guests, you are going to have to deal with a budget.

You should start with an amount that you or your parents can afford. If it is \$15,000, but you want a wedding that will cost at least \$30,000 you have a lot of work ahead of you. You may not have enough to for everything that you can imagine, but you may have enough for the essentials.

Don't start shopping before you have your budget. You should, however, do your homework. Research how much everything costs as you work on your budget. Your budget should include items that you must purchase or pay for and items that may be substituted without expense. If you may be able to have a friend video your wedding, it may be a great way to cut costs. If you have to have your reception at a reception hall, you know from the beginning that it is an expense that cannot be compromised.

You have to know what are the must haves in your wedding and how much you are willing to pay for it. Don't meet with a reception venue manager or a caterer before your budget is set. It is not wise to try to come up with your budget as you go.

The most important concept for you to keep in mind that you will find everything that you need for

almost any budget. It may require a lot of work, but if you are willing to do the research you can make it happen.

Author: George Meszaros with

<http://www.sweet-reflections.com>



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