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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!

Professional Skin Care Look

By John Russell

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When you walk in a room, have people notice your Beauty not your make-up!

The place to start for skin care that looks professional is clear healthy skin, it's a must. Whereas many women simply wash their face, cleansing the skin is important to the final finish. To effectively cleanse the skin, NEVER, EVER use soap off the shelf of the drugstore or grocery mart. A professional cleansing product that is specifically developed for your skin type is mandatory. World-class products, supplied by IH Distribution, include Cleansing Cream for dry skin, Cleansing Lotion for oily skin, hydrating wash with anti-aging properties for mature skin. More information about these products can be obtained from www.ihdistribution.com. Next, NEVER scrub your face with a washcloth, always use the fingertips. Rinse with lukewarm water and pat dry with a towel.

A critical step often missed is the use of a toner or freshener, which is also directly tailored to your skin type; this is important because it will remove any remaining oil, debris, or remnants the cleanser left behind. Then, using the proper moisturizer (again, tailored to your skin type) is paramount.

The foundation used is vitally important because where eye shadow, blush and lipstick may accent your facial features; the foundation sets the tone for a woman's visual appearance. Find a shade that disappears into your skin, which will be the correct shade for your complexion. IH Distribution has 15 different shades for which one perfectly matches everyone's skin. The About Face Line Defiance Makeup is SPF8, which smoothes the look of fine lines and wrinkles. The new line of liquid makeup is blended with vitamins A & E to protect against the invisible enemy – Time.

When using a blush to accent facial features, use a slightly darker shade to provide a contour to your face and provide cheekbones that "lift" from your face. Start at the earlobe down towards the cheek so a "glob" isn't left on the cheek. Use a blush that is lighter in color to bring out the highlights.

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Eye makeup – use shadows to effectively reflect your moods! Take time to practice and you can apply eye shadow accurately and easily. Keep in mind that light colors highlight features and dark colors diminish. Use either 2 or 3 different shades, start with the lightest first on the entire eye lid, medium lower only and the darkest on the outer corner which provides a perception of depth.

Eyeliner should be applied with short strokes and remember to start at the center and work outside to the corners.

To complete the look and the mood, quality mascara finishes your eye make-up — with dark eyes use navy, black, or dark brown.

Nail color – Use a polish that compliments the overall tones of your make-up. For example, if you were using natural shades on your lips and cheeks, stay with a natural color for nails.

Finally, lip color adds the striking appearance that makes a woman stand out and appear desirable. A professional skin care tip is to try to use a lip pencil to outline the lips prior to lipstick application; it's a personal thing but very defining on some women. Also, try a small brush from tube lipstick to help define the contours of the mouth but, more importantly, really control the amount of color that's applied. Another professional skin care tip is to lightly apply powder over the lips before applying the lipstick which helps it stay on longer. For effective lipstick stain removal, apply a dab of glycerin and wash as usual.

Check IH Distribution's 10 About Face Lip Pencils and 28 About Face Lipsticks. Virtually a rainbow of colors, one is sure to fit and shade your lips with beautiful color, moistures, and antioxidant protection. Favorite colors are Mysterious, Smolder, Whisper, and Celebrity. The products are available online at www.ihdistribution.com.

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Oily skin care

By Tania Jain

To start the discussion on oily skin care, it's imperative to first understand the cause behind oily skin. Put simply, oily skin is a result of excessive production of sebum (an oily substance that is naturally

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produced by skin). As is known to everyone, excess of everything is bad; so excessive sebum is bad too. It leads to clogging of skin pores, resulting in accumulation of dead cells and hence formation of pimples/acne. Moreover, oily skin spoils your looks too. So, 'oily skin care' is as important as the 'skin care' for other types of skin.

The basic aim of 'oily skin care' is the removal of excessive sebum or oil from the skin. However, oily skin care procedures should not lead to complete removal of oil. 'Oily skin care' starts with the use of a cleanser. However, not all cleansers will work. You need a cleanser which contains salicylic acid i.e. a beta-hydroxy acid that retards the rate of sebum production. Cleansing should be done twice a day (and even more in hot and humid conditions).

Most of the oily skin care products are oil-free; however, it is always good to check the ingredients of the product, before you actually buy it. This is especially important if a product is marked as 'suitable for all skin types', instead of 'oily skin care product'. 'Oily skin care' is also dependent on the degree of oiliness, if you aren't too oily, so some of these 'suitable for all'-type of products might be work for you too. For extremely oily skin, only oily skin care products are suitable. Your oily skin care routine can include an alcohol based toner (for an extremely oily skin). This can be the second step in your oily skin care routine i.e. just after cleansing. However, excessive toning can harm your skin.

The next step in your oily skin care routine can be a mild moisturiser. Again, the degree of oiliness of your skin will determine whether you need to include this in your oily skin care routine. If you do decide to include a moisturiser, be sure to use one that is oil-free, wax-free and lipid-free. You could also use a clay mask (say once a week) as an oily skin care measure.

As far as the oily skin care products go, you might need to try out a few before you arrive at the one that is really suitable for your skin.

In case these measures don't give you the desired result, consult a good dermatologist for advice. He could prescribe stronger oily skin care products like vitamin A creams, retinoids, sulphur creams etc , which can help counter the problems of oily skin.

Tania for <http://www.ultimate-cosmetics.com> . Find lots of makeup and beauty tips here with loads of information on



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