



# Maximize Your Natural Beauty

## This Month's Natural Beauty Tip

Rub a small amount of Miracle Whip (not mayonnaise) onto dry, rough heels, feet and elbows. Let it set a few minutes – but make certain it is still a bit moist. Using your fingertips begin rubbing vigorously and the dead skin will just roll right off. from Mary Ellen's Best of Helpful Hints

May, 2008 Volume 1, Number 9  
Bridges to Beauty, Ltd  
caring@bridges2beauty.net  
www.bridges2beauty.net

## All the Colors of the Rainbow

Summer fashions are immersed in COLOR! Everywhere you look there are mouth-watering shades of cotton candy pinks, frosty sorbet lavenders, creamsicle oranges and more. They evoke a carefree atmosphere in the midst of an anxious world.

To boost their “color power” this season’s makeup should be just as luscious. It’s all about sheer, glossy and natural color...the more transparent the color, the more summery the look. Try...

- + stains, bronzers or tinted moisturizers on your face.
- + sheer gel stick or mineral blushers
- + light, sheer color eye shadows
- + ultra slick lip-glosses or stains.

Juice Beauty has a wonderful line of makeup – I love their tinted chapstick! Check them out at [www.juicebeauty.com](http://www.juicebeauty.com)

Limit your makeup color choices

+ purples, pinks and reds are universally flattering – just find the shade that right for you.

+ oranges and yellows are best on olive complexions.

+ pastels are best on light skin – but watch pastels if you are both fair-skinned and blonde.

+ try matching the flecks of color in the iris of your eye for eye shadow.

+ with any given outfit highlight only one facial feature-gorgeous eyes; healthy glowing cheeks or plump shapely lips

+ use contrast to add interest in the following ways

1. with bright colored clothing choose a subtler shade of the same color – or try a contrasting bright shade
2. use vibrant colors with pastel colored clothing
3. use the colors in a print to help determine one or two makeup shades

Here are five great makeup tips.

1. For an instant “teeth whitener” apply a blue-based pink lip gloss – the bluish tint

making them look whiter.

2. To help soften and diminish facial lines stay with lighter, less vivid makeup shades.

3. Try a dark colored powder liner along the upper lash line to intensify eye shape and add impact to small eyes.

4. Navy eyeliner will make the whites of your eyes appear whiter and brighter

5. Keep your makeup fresh and safe with these “expiration date” facts.

Mascara and liquid eye liner – 3 months (bacteria in the eye area is rampant)

Foundation, lipstick, liquid blush and eye shadow – 6 months.

Powder blush and powder eye shadows - 1 year

Daytime makeup should be applied with a very light hand. Remember you are going for summery, sheer and natural. Evening and formal occasion application can be a bit heavier. However, remember to highlight only one feature at a time. So have some fun – enjoy!