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This Month's Natural Beauty Tip During these hot summer months, let your skin breathe by using sheer makeup. This serves more than one purpose because it is also very important to keep the humidity locked in as sweating dries skin out. So, put away your foundation for the season and use a light moisturizer with a natural based sun block instead. Use translucent tinted powder instead of foundation to cover up freckles. It will even your skin and add color to it. If you must apply foundation, mix it with loose powder to give you a fresh, light look throughout the day.

Body + Personality + Clothes = Harmony

The past several months, I have been concentrating on skin beauty and health. This month - and for the next few months - the newsletter will focus on natural beauty as it relates to fashion. Bone structure, personality and how they blend into clothing choices become your personal fashion signature.

For many years woman thought that our clothing should "mask" what was beneath. Thankfully, that thinking has pretty much gone by the wayside; however, I believe that many women still try to cover their figure flaws by wearing clothing that does not follow the natural line of their bodies. It may sound odd, but the best way to accentuate figure assets and draw attention away from figure flaws is to wear clothing that conforms to your bone structure.

To determine your body type you need to look at four parts of your body. Your head...your shoulders...your waist and your hips. What you want to look for is whether the bones in those areas are rounded or angular. Take for example your shoulders. Do they curve gently from your neck into your arms - or are they a straight line into another straight line from your neck to your arms? When looking at your waist; does it curve in and back out at your hips - or does your waist have little, or no curve to it? Do you have strong angular jaws and a sharp chin - or do you have rounded cheek.

Perhaps you have what is considered the perfect face shape...an oval. An oval is actually a combination of rounded and angular. Are your hips straight and somewhat narrow - or do you have a very definite roundness to them?

Please DO NOT think that rounded is "fat" and angular is "thin". That could not be further from the truth! We are looking at the bone structure underneath the skin...not the amount of flesh covering your bones.

You might be rounded or angular in all four areas, however, most women are rounded in one or two areas and angular in the others. If the latter is you, then you are a hybrid...not rounded or angular, but a combination. ..just like an oval face.

You create harmony between your body and your clothing by choosing fabrics and clothing lines that follow your bone structure. Where you are rounded choose soft, flowing or filmy fabrics; gathers ruffles and bows. Accordingly, stiffer-bodied fabrics in clothing with straight detail lines such as pleats and darts will create harmony with angular bone structures. Rounded or princess necklines will frame a rounded face whereas square necklines or deep v-necks will be the best choice for an angular face or squarish jawline.

Every woman has her own unique personality traits that determine the kinds of clothing she is most comfort-

able in. It is of utmost importance to dress true to your personality. It does not matter how beautiful your clothing is or how great the color is on you or how much your friend likes it...if it does not suit your personality, the overall impact will not be as harmonious as it could be. Your body language will tell on you every time if you are not mentally comfortable in what you are wearing.

Is your idea of a perfect outfit a little dress and strappy heeled sandals? Or would you be more comfortable in a coordinated classic blouse and skirt with princess flats? Maybe you really love being natural and comfy in cotton knits and flip-flops.

There is no right or wrong when it comes to personal style. However, each style type has its drawbacks. Make certain, if you love classic clothing, to mix it up a bit so that you are not boring. If you love dresses and heels, be cautious not to appear too "sexy" for an office work setting. Natural style woman have to work at dressing up when that is what the occasion calls for. In other words, whatever your style signature is - be certain you are dressed appropriately for any given occasion. It just takes a little creativity and ingenuity.

This is one part of fashion that is ALL ABOUT YOU! So have fun and enjoy making harmony between your body, personality and clothes!