



Maximize Your Natural Beauty

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This Month's Natural Beauty Tip Fall is a wonderful time of the year to exfoliate your skin. With summer's tan fading, many women's skin becomes dull and lifeless looking. Simple baking soda is a natural, gentle exfoliant. Purchase a pair of exfoliating hydro gloves. Pull a glove on one hand and sprinkle a small amount of baking soda into the palm of the glove. Using even pressure move in small circles across your face. Be sure to do your neck, decolletage, arms, legs and feet also. When you o't feel friction reapply more baking soda to the glove.

YOUR COLORS? Relax...it's easy!

Although the hype about what colors are in your color palette and what "season" you are has become passe...there is still validity to the concept of wearing colors that are complimentary to your coloring. Trying to make each of us fit neatly into a season doesn't really work. Additionally, it is overwhelming to have 30+ "best" colors. There have been other color "guru's" but generally, in the end, the information we are given is still overwhelming - either in concept or implementation - or both.

The simple concepts in this newsletter will hopefully give you the knowledge you need to make color choices easily and with confidence.

The place to begin is by choosing two neutrals. These will be the building blocks for the rest of your wardrobe. You can choose a third neutral based on a particular fashion season's colors. An example of this is gray. It is the "in" neutral this fall and winter. However, gray is not always in vogue, so you don't want it to be one of your two principle neutrals. Just a review: neutrals are black, white, gray, cream, brown, beige and navy.

In order to know which of these will be best on you, compare the contrast between your hair color, eye color and skin tone. (Use your current hair color if you color your hair.)

A great contrast between these

three will allow you to wear black and pure white. If you have moderate to little contrast then gray, cream, brown, beige and navy are your best choices.

Just what do I mean by contrast? Here are a few examples:

Great contrast:

Example #1

Hair color - dark brunette to black

Eye color - light green to hazel

Skin tone - fair

Example #2

Hair color - white blonde

Eye color - blue

Skin tone - olive

Moderate contrast:

Example #1

Hair color - medium brunette

Eye color - brown

Skin tone - fair

Example #2

Hair color - red/auburn

Eye color - blue

Skin tone - fair

Little contrast:

Example #1

Hair color - medium brunette

Eye color - brown

Skin tone - medium

Example #2

Hair color - medium blonde

Eye color - hazel

Skin tone - medium or fair w/freckles

The same criteria is used to determine your primary colors, which is the second step. Choose

three to five primary colors. Those with greater contrast will look best in bright, vivid colors (jewell tones) or ice pastels. That term simply means pastels that have more white in them than color.

Mid-tones such as true pastels, aqua, and orange-reds or pink-reds (try them out to see which is best) are good choices for those with moderate contrast.

Muted tones from peach to apricot to gold tones and brown tones (again try these out) will make a statement on women with little contrast.

There are a few "universal colors" that look great on nearly everyone. These are royal blue, periwinkle, grass green and coral.

One exception to this method of choosing colors is black skin. Although women with black skin generally have dark hair and dark eyes these women always look best in black and pure white as their neutrals. Vivid tones are best for their secondary colors.

Each season the "trendy" colors change. You can wear ANY color if it is not directly against your face or you change your makeup for the day. Choose one or two a season as your secondary colors. Use them frugally - and make sure you don't spend much money on items in these colors.

Keep it simple and have FUN!