

365 Quick Beauty Tips

By Adi Atar



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Beauty Tips



Organization is the key when it comes to time management and your beauty routine. Expedite your beauty ritual in the mornings by keeping all of your makeup in one or two well-known places.

Save yourself the hassle of packing extra items by bringing travel-size containers of your beauty and skincare products. This will give you more room to pack other things.

Learn to recycle your skincare products to be more Earth-friendly. Opt for skincare, cosmetic and other beauty products that offer refillable containers. Also reuse any boxes you receive packages in.

Keep your cosmetic products intact by keeping them out of direct sunlight and make sure the lids are tightly shut when not in use. Also avoid sharing cosmetics, since this can be unsanitary.

Keep a close eye on your cosmetic products. Be sure to note if your products suddenly contain a foul odor, change colors or change its consistency. Chances are it's gone bad so throw it out.

Clean tools like eyelash curlers, nail tools, and curling irons by taking a cotton ball soaked in vinegar or alcohol and gently wipe the surface. Clean your blow dryer with a toothbrush to clean out the grill.

Sick of spending money on new makeup sponges? Then try washing them instead of throwing them away after each use. Tossing them time after time quickly adds up to more waste and more of a burden on the planet.

Don't throw away your old contact lens cases - these can be used as makeshift travel containers that can be used to store small amounts of eye cream or moisturizer if you're making an overnight trip.

When buying drugstore makeup, throw away the cheap nylon brushes, which aren't suitable for blending. Instead invest in good quality, professional makeup brushes to get perfect results.

Find time in your schedule when you have more than an hour to devote to the spa. If time and your budget permits, try to schedule a block of time when you can have more than one service performed.

Any product, organic or not, may have its effectiveness compromised by being exposed to extreme hot or cold temperatures. Store your products in a safe place kept at constant room temperature.

Replace cosmetics every 8-12 weeks. Products that come in close contact with the eyes, such as mascara and eyeliner, should be renewed every 6 weeks since bacteria are very easily spread here.

Geranium leaves, oak bark, pine needles, and sunflower leaves are all known for the astringent properties. Look for these ingredients in the products you buy, and experiment on your own.

Vitamins A, D and E, aloe, hyaluronic acid and squalene, give off a healthier and smoother appearance while moisturizing. Be on the lookout for such ingredients when you go shopping for lotion or moisturizer.

Since being a sports mom mean being on the go, learn to love ponytails. There are a variety of sexy ponytail styles you can try at home. Your beauty routine should not only work for you, it should be practical.

Add a few hints of sparkle to your peepers by using a few touches of larger glitter pieces and placing them on the inner and outer corner of your eyes. Or you can affix each spec of glitter along your lash line.

Add a touch of glitter to your lips if you'd rather play up your lips than your eyes. You can find lip colors already infused with glitter and shimmer or layer on your regular lipstick and top with glittery gloss.

To build up thin brows, try some eye shadow in a shade close to your brows. Apply it with an angled brush to fill in thin areas. Be sure not to go too dark with the shadow to keep the look natural.

Since blemishes are raised, they cast a shadow when the light hits them. To combat this, apply one shade darker than your skin to the top of the blemish and one shade lighter than your skin to the bottom.

Many scrubs contain aromatic essential oils: geranium tightens and tones skin, chamomile is calming for sensitive skin, sage soaks up oily skin and eucalyptus does some serious sinus-clearing.

Fenugreek is a powerful anti-blackhead herb. Make a paste out of water and fresh crushed fenugreek leaves. Apply to the face for 10 – 15 minutes. Rinse with warm water. Repeat every night before bed.

Whether you use your hands, a loofah, or a massager, don't hesitate to use more of your favorite scrub, especially over particularly dry skin on your heels and elbows. This will keep them soft and smooth.

You can make your fine or thin hair work in your favor with the right haircut and style. If you're feeling daring, you can pull off a crop cut, which is a short, tapered style.

Professional flat irons are worth the investment and give you great results in the long run. Some pricier flat irons are more favorable and have the technology to prevent long term damage to your tresses.

Use lemon juice directly from the lemon on areas affected with blackheads two to three times a day. The juice will help tighten your pores and make the environment of the face less prone to blackheads.

Goat milk soap has a similar pH balance as human skin so it is ideal for preventing chemicals and bacteria from upsetting the skin's natural pH balance. This makes it perfect for sensitive skin.

There are a variety of natural products that keep mosquitoes away from your skin but keep in mind that such products must be reapplied every two hours and should be purchased in high concentration formulas.

The style and size of your bag can flatter your body shape: petite women should avoid large, oversized bags, which can swallow you in size by comparison. Plus size women should opt for medium sized bags.

To make sure your flat iron has lasting power, make it a habit to gently clean your flat iron plates after each use with a styling iron cleaner. Avoid wrapping the cord around the iron and unplug it when not in use.

Enjoy a bit of friendly competition? Challenge your sweetie to a game of one-on-one basketball. You don't have to be an athlete to have a good time dribbling and shooting and you'll both get a workout.

Snack smart by reaching for water instead of soda, fruit instead of cookies and chips and vegetables in place of sweets. Switching the wrong foods with the right ones help you stay fit and satisfy your cravings.

Women should take in more calcium because of conditions such as osteoporosis—1,000 mg per day is recommended for women younger than 50 years of age and 1,200 mg for those 50+.

Before trying a new skincare product, visit your local skincare counter and ask for sample sizes first. Use those and see how your skin reacts after the first few days. Then decide if you want to pay full price.

A trade secret for models that have dark circles is to apply black eyeliner and glossy mascara to the top lids and lashes only. Leave the bottom lashes dusted with eye shadow and powder.

For a do-it-yourself lip exfoliator, apply a small amount of cocoa butter and sugar onto your fingertip or toothbrush and gently brush onto your lips. Rinse afterwards. Do this 1-2 times a day for smooth lips.

Keep your hands young by using hand cream/lotion every day. Keep it in your purse, car or at your desk at work. A small amount each day will preserve your hands' youth for years to come.

Natural bristles pick up more color, causing makeup to fall around the lower crease of the eye making dark circles look darker. To neutralize bluish circles choose a brown eye shadow with a subtle gold shimmer.

Lip liner should be used for lipstick colors that are darker or really bright. These types of lip color tend to spread over the lips, causing an undefined look. Natural or lighter shades should skip the liner.

The next time you do your manicure at home, let your nail polish sit for about a minute. Next, put your nails underneath cold water for about 15 seconds. This process gets your nails drier quicker.

Sensitive skin types should stick to skincare products that are free of heavy scents and fragrances, as these contain chemicals that can irritate the skin. Avoid scrubbing your face and over washing.

Keep breakouts and pimples at bay by not touching your face with your hands often. The bacteria and oils on your fingers can easily transfer to your complexion, making it a breeding ground for pimples.

To find the perfect jean, curvy figures should choose dark denim with a longer, boot cut. You will look your best in styles that draw attention to your entire silhouette rather than to a specific area.

Prevent unwanted stretch marks from pregnancy by applying body oil or a thick body lotion to your belly soon as you find out you are pregnant. Keeping the skin highly moisturized helps the skin expand easier.

Do you wear glasses or sunglasses regularly? Then make sure you clean them. Daily eyewear can cause excess oil to clog the pores around your nose and eye area, making it easier for breakouts to occur.

Very rarely do beauty pageant contestants wear their natural hair in a pageant. From hair extensions to full on lace front wigs, contestants opt for fake hair for more volume, length and oomph when onstage.

Because the sun's rays are strongest between 10am and 4pm, beef up on your sun care if you have to be out and about. Make sure you protect yourself as well as your family with sunscreen and protective clothing.

To properly prepare your face for tweezing, first wash your face with warm water – or tweeze right after you get out of the shower and your skin is still moist and warm.

Follow up a waxing session the same way you would with shaving by using a good quality cream or ointment that will soothe the skin and help prevent breakouts or irritation.

For a thorough body exfoliation, apply body oil to your entire body before getting into the bathtub. Soak in the bath for 10 minutes and then use a washcloth to rub the oil from your skin. This removes dead skin.

It's best to color coordinate your eye shadow with your hair and eye color, not the outfit you're wearing. For a neutral look, match your eye shadow color with your eye color, hair color and your skin tone.



Add lowlights to your hair color for a deeper, more stylish look. Adding pieces of darker color adds dimension and helps to blend existing highlights with your natural color.

For sultry eyes that speak your mind while you keep them guessing just what you're up to, apply a dark gray shadow close to the lash line. This adds dimension and eases dark under eye circles.

When choosing anti-wrinkle creams, you'll have to decide between natural and synthetic. Choose products with vitamin C or E for natural formulas and Alpha/Beta Hydroxyl or Idebenone for synthetic.

To aid in the battle against aging, use a nighttime facial moisturizer that contains anti-aging properties. This will help renew and invigorate your complexion while you sleep so you wake up refreshed.

To make your foundation appear more natural, try adding a bit of toner, water or astringent to your foundation. Doing this will dilute the foundation and create a more sheen appearance.

For women built straight up and down who want to create more curves, be sure to sport jackets and tops that hug your waist firmly, as well as a thick sweater over a skirt or pair of form-fitting pants.

If you want to take care of your brows yourself, use white eye liner to trace the natural shape of your brows. Any hairs that appear outside of the line you've drawn above your eyebrows should be removed.

Water, ice and snow reflect a lot of UV rays, often more than regular sunlight alone. Whether you're swimming or snowboarding, use a sunscreen with a higher SPF if you plan on being around these elements.

Take proper care of your loofahs in order to extend their shelf life. After each use, rinse your loofah and allow to dry. Do not use vinegar or lemon juice. If your loofah turns black or has mold, throw it away.

It's important to give new skincare and anti-aging products enough time to judge if they really work or not. Most anti-aging products take at least 90 days to effectively show results. So don't be in a rush.

To protect your hair from snagging on your pillow and being pulled out, switch from cotton to silk or satin pillowcases. These materials allow your hair to glide smoothly across the surface, keeping your strands on your head and off your pillow.

Target the early signs of aging right away with eye creams and other anti-wrinkle products. The earlier you treat your wrinkles and fine lines, the less you'll have to worry about when you apply your makeup.

When pores begin to clog, wash your face with warm water and use a grainy exfoliant cleanser. Look for products with natural ingredients such as oats, orange peel, ground almonds and rose petals.

It's best to find a dress that uses sheer material around the chest, shoulders, or neckline. Showing a hint of skin in any of these areas can make an outfit stand out in a classy and sexy way, instead of trashy.

The best way to prevent your favorite scent from prematurely expiring is to keep it away from light and heat on a daily basis. That means storing your perfume or cologne bottle in your bathroom cupboard.

Breathable cotton nighttime wear is ideal for getting a good night's rest. When your body is comfortable and your skin can breathe, you'll be able to wake up feeling great from head to toe.

Brides and bridesmaids should consult with a makeup artist to create and achieve their desired look. The goal is to enhance each woman's unique beauty rather than make them look like someone else or the bride.

Before attempting to groom your own brows, get a professional to help you define the shape by waxing, tweezing or threading. Once you have the shape in place, then maintain it on your own.

Take gold eye shadow and apply it to your lids and inner corners. Instead of liner, take a stiff brush and use the gold eye shadow to gently smudge the color along your lower lashes for a highlighted appearance.

Cover injection site bruising by using an opaque concealer the same shade as your skin. Apply luminizing concealer to diffuse the darkness and swipe a shimmering powder to even out the way the light reflects.

Avoid harsh scrubs or exfoliating tools. Aggressive exfoliation coupled with sun exposure can lead to hyperpigmentation. Instead use an AHA or BHA cleanser or moisturizing lotion.

To correct uneven lip color, you can use a lip base or balancer, which puts the lighter tones on the dark areas and the darker tones on the light areas. This keeps the color pure and consistent.

Use sunscreen everywhere, but do not forget the delicate skin around your eyes (look for SPF 50 to be safe). And don't forget to apply it to your eyelids.

The most common problem to nails that won't grow is your laundry and dish detergent. Harsh detergents can weaken and stress nail fibers. Be sure to wear a pair of rubber gloves when doing laundry or dishes.

Invest in a pair of large dark glasses that cover not only your eyes, but the skin around them. This cuts down on sun exposure and keeps you from squinting, which can contribute to crow's feet.

For a more permanent solution to the bikini line problem, you can go for electrolysis or laser treatments. These are generally done in a clinical setting, and often only need to be performed once.

To stay at a healthy weight, use low or no-impact aerobic activities like swimming, cycling or walking. Add strength-training activities such as lifting weights or simple household items twice a week.

Jojoba oil is odorless and mimics the hair's natural oils, making it a perfect choice for a leave-in conditioner. Olive oil, mineral oil, or almond oil can also be used in the hair as a leave in conditioner.

Using a good moisturizer can help keep your skin soft and supple and lessen the appearance of crow's feet. Look for a moisturizer that includes glycolic acid as an ingredient.

To protect your pout from sun damage and other weather issues, apply a good moisturizer or lip balm before applying lip color. Choose a lipstick that also contains moisturizer for even more protection.

Make your body lotion work or moisturizer even better by adding a few drops of essential oil to it. You can buy essential oils like lavender, jasmine and safflower oil online or at specialty stores.

One tip for keeping your liner in place and prevent smudging is to brush a thin layer of translucent powder over your liner with a small makeup brush. The results will be long lasting and less for you to deal with.

When getting dressed for the gym, women should opt for ankle socks that reach no higher than the rim of your sneakers. When your socks show off your ankles, your legs and feet look less clunky.

Because sensitive and dry skin can get irritated by toner, make your own by using rose water diluted with mineral water. Use a cotton ball to apply and avoid the upper cheek and eye area.

Remember, body soap should never be used on your face. To help you break out of this bad habit, look into purchasing a mild facial cleanser in bar soap form.

To lose weight effectively, stick to water. It has no calories and is better for you in the long run, compared to only drinking teas, juice, energy drinks, and flavored or sparkling water.

If you have a cut with straight bangs, a ponytail swept up high at the top of your crown with your bangs down is a classic look. Growing your bangs out? Part them on the side and bobby pin them in the back.

Most medical experts suggest drinking anywhere between 8-12 glasses of water a day for skin that is healthy, glowing, and hydrated. Keep a water bottle near you at all times to avoid drinking soda.

Test foundation on your face instead of on your hand and in natural sunlight. Apply a small amount to your complexion and blend. If the color disappears naturally into your skin, you've found your shade.

Because warm weather causes you to sweat more, you may want to cleanse your face during midday in order to keep the surface debris and oils from sitting on your face until nighttime.

If you have almond-shaped eyes, line the outer-third portion of the upper and lower lids to accentuate your shape. Applying a neutral color over the lid, followed by a medium to dark brown in the crease.

To keep more money in your wallet, don't worry about spending loads on cleanser, which only sits on your complexion for a few minutes. Instead, invest in sunscreens, moisturizers, and overnight treatments.

Chemically straightened hair should be deep conditioned at least once a week. Use thermal hair products to protect your hair from the heat and avoid putting heat on the hair for 1-2 days after straightening.

Plan on being in the sun for a long time? Then wear a hat. Your scalp can get sunburned like the rest of your body so protect your head. The area where you part your hair is a common site for sunburn.

Peach blush is the color to brighten up your skin and give you a boost. No matter your skin tone or age it's universally flattering. Peach is also a perfect complement to a tan.

To create the illusion of smaller eyes, use black eye liner to line the top and bottom of your eyes. Be sure to line the entire bottom lash line and connect the outer corners to create the "closed" look.

Dry skin types should look for words on skincare product labels such as "mild" and "gentle," while oily skin types should purchase skincare products that use words like "potent" and "strong" on the label.

If you're searching for a spa that offers real therapeutic services, you'll want to pass on spas that offer things such as chocolate baths, or facials that sound more like a fancy drink than an actual service.

To avoid making small eyes look smaller, avoid lining your bottom lash line all the way. Only line from the outer corner to halfway (white works well for this trick). This will create a more "open" look.

When using brow powder, choose a color that is one shade darker than your hair color if you have light hair and one shade lighter if you have dark hair.

Most skincare products are known by different names so don't get confused. Cleansing lotion, creams, milks, and gels all basically refer to liquid cleansers. Toners are sometimes called facial lotion.



Prep your nails before getting a manicure. This means that all old polish should be stripped off using a nail polish remover and all residual oil and lotion must be washed off well.

Eat more of the following foods for a flatter stomach: chocolate, olives, oils, nuts and seeds, and avocados. These control your calorie intake, resulting in the loss of inches off of your waistline.

Make a paste out of water and fresh crushed fenugreek leaves. Apply this paste to your face for 10 – 15 minutes and rinse with warm water. Repeat every night before bed for a blackhead free face.

Grated raw potatoes can be used to treat all kinds of skin problems including pimples, wrinkles, whiteheads and blackheads. Pack potatoes directly on problem areas to extract blackheads.

Try a hot cup of chamomile to relax away your stress or a peppermint tea to revive your senses. For a delicious treat, indulge in a cup of Chocolate flavored coffee or dark chocolate flavored cappuccino.

Combining fish oil pills with daily activities such as brisk walking can be enough to help you burn body fat and ultimately shed pounds faster than exercise and diet alone.

Plus sized women should try wearing multiple bracelets of different widths to create balance and draw attention away from a thick wrist. Only wearing one bracelet can make your wrist look even thicker.

Hand creams work best when combined with heat. When applying your hand cream, immediately begin rubbing it together in your hands for 10 seconds before spreading over the rest of your hands and skin.

If you have dry skin, smash an avocado, smooth over face for 10 minutes and then rinse with warm water. If you have sensitive skin, try mixing oatmeal with warm water and apply the mixture to your face.

Avoid excessively pumping your mascara in order to get more on the brush. The more you pump, the more air gets in so this practice quickly dries out your mascara prematurely. Limit 1-2 pumps max.

Older women should stick to minimal eye makeup. When dealing with eyeliner, only use thin lines on the top and bottom. Avoid too many coats of mascara. This enhances the appearance of fine lines and wrinkles.

For healthy hair, mash fresh amla (a type of seed oil) into a paste and massage into your hair and scalp regularly. This paste prevents premature gray hair, keeps it from falling out and has a cooling effect.

Dealing with unsightly cellulite? After taking a warm shower or bath, switch the water to cold and blast the areas of cellulite with it before stepping out. The cold water will help break up the fatty deposits.

To avoid getting eye makeup on your perfectly applied foundation, apply your eye makeup first. This will avoid the pesky speckles of eye shadow that often fall onto your cheeks or under eye area.

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