

THE BUSY WOMANS MAKE-UP

A PRESENTATION BY JULIE HYNE AT THE GOODLIFE LUNCH IN PORTSEA

in Minutes!



I don't think many women would argue that life just seems to get more and more frantic with each passing day. I know mine is. The constant juggle of home and work leaves little time for ourselves and those seemingly indulgent female pastimes.

Like taking a bath, cleansing our face before bed, or having time to apply our makeup in the morning without being hurried out the door so as not to be late for school, work, or pilates!

Most women accept that skincare is essential to ward off the signs of aging, and that makeup does actually help you look and feel better about yourself. But how to manage all of that in a short space of time is the battle zone for many women.

HELP IS AVAILABLE...

Seek a Skincare Prescription: If you haven't seen a qualified therapist lately to correctly assess your skin, then you are doing yourself a disservice. Who do you see when you are sick? The Doctor. A prescription is given and you would dutifully take this and have it filled so you can get better. Your skin deserves the same attention and care, after all, it is the largest living organ of the body and serves many functions. A qualified therapist will determine from performing a thorough skin analysis, what condition your skin is in, what treatments are needed to have it look and perform at its best, and what home care is needed to maintain or treat any prevailing skin issues that are causing you concern.

Too often women 'prescribe' their own skin regime, from information gathered from magazines and expensive advertising by cosmetic companies, however, this can often result in a rather damaging 'cocktail' of product being applied to the skin, causing more problems, or simply not solving any.

The right skincare regime should not take longer than 2 minutes night and morning if you know what you are doing.

Declutter your bathroom drawers: No sense can be made of any womens bathroom cupboard or drawers if everything is thrown in together. Try having small containers for lipsticks-stand them up so you can read the label on the bottom. This enables quick selection when you are in a hurry. In another container, house your concealer, foundation, blush. Then have a container for eyecolour, eyeliner and mascara. Easy.

Also, take the time to throw out anything you have had sitting there for longer than 12 months. Chances are you won't wear it again, and it was probably bought for the wrong reasons, it was on sale, or it was to go with a special outfit.

Invest in quality applicators: good quality brushes and sponges can make a huge difference in how easily makeup is applied. Have them sitting in a container on your bathroom shelf for easy reach.

Have a personalised makeup consultation: Wearing makeup the same way you have for the last 20 years can leave you feeling quite bored with the whole process. Not only that, you could be

looking quite overdone, or dated with your makeup and not even be aware. A personalised makeup consultation can help determine the correct colours for

you with respect to foundation, eyes, and lips and teach you how to apply it to achieve the look you desire.

If you are unsure about whether your makeup is right, here are a few pointers ...

If you're wearing too little,

- Your makeup will have disappeared by lunchtime and others might suggest that you look unwell. Perhaps you can't seem to get rid of those dark circles (which could be a skincare issue that needs addressing)

If you're wearing too much makeup..

- Your neck is often a different colour to your face. I am amazed at how many women have worn the same colour foundation for years, whatever the season. Often it is many shades darker than what their skin tone is and leaves a horrible line around the jaw or if blended, leaves tell tale stains around shirt collars. Changes in season, sun exposure, and climate mean you may need to adjust the colour & type of foundation you wear.
- Your eye lashes are stuck together and won't bend
- You have to reapply powder often
- Your skin is caked and pores are not visible

Perfect makeup should allow for foundation to match your skin tone and be evenly applied. Eyes should be subtly contoured and highlighted, and can be defined with liner and mascara. Blush should delicately add colour to your cheeks, and lips outlined with appropriate colour lip pencil and lipstick that suits your personal colourings.

-Julie Hyne, AllYou

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Know what colours you should be wearing this Spring

Colour my World...
A personalised colour analysis and ultimate makeup session will have others commenting on how fabulous you look. Normally valued at \$280 NOW \$200 UNTIL 31ST OCT.

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Allyou facial clinic and appearance consultants offers personalised makeup sessions for only \$80. During this session a personalised palette of makeup colours that suit you will be selected and applied. Foundation can also be custom blended.

Applying your individual colours is taught, and makeup collections can be ordered and purchased at the salon. It is worth mentioning that our makeup range 'Adonia' is a pure mineral makeup range.

The salon also performs complete and thorough skin analysis' using a skin illuminating light machine, and can prescribe appropriate treatments and home care for all skin types and conditions.

For appointments phone 5975 5877. 2/17 Main Street, Morningson.

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