



TBF

...The Beauty File

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GROOMING YOUR EYEBROW

Eye brows frame and sometimes define the face. They are different ways to groom your eye brows.

THREADING

Eye brow threading is Chinese technique but it is also quite popular in the Asian regions.

This is how it works, first create a loop with a piece of thread tied at both ends.

Place the loop on the hair along the brow and tighten with both hands pulling out the hair from the roots.

The lower area of the eye brow is threaded first then the centre and upper section of the eye brows are completed.

Apply an astringent like mentholated spirit to dis-infect the area and follow with a cooling gel to reduce redness on the skin.

You can thread your eyes-brow yourself only if you are skilled, but it is adjudged by many as the saying goes no pain, no gain.

To wax you can either use a hot wax and muslin strips or cold wax sheets.

To wax, start with the lower section of the eye-brow then go

to the upper area then the centre of the eye-brow.

Method

Cut your cold wax sheet into suitable width strips.

Dust the clean area with some powder.

You can finish off with tweezers to get a perfect clean shape.

Press the strip gently to the area that needs waxing hold the skin taut and pull off the wax strip clean the eye brow area with cotton board already soaked in baby oil after shaping eye brows to remove wax residue.

TWEEZING:

This is the most precise grooming method available.

You can literally pluck out the hair one after the other.

Tweezing is best done after a warm shower as the pores are open and plucking is virtually pain free.

Tweezing can be done at home and maintained every other day.

Method

Grab the hair as close to the root as possible, in order not to snap it.

While holding the skin taut, pluck out hair from the penciled out area and wipe off with the mentholated spirit.

A Radiant

SKIN

A radiant skin is evenly pigmented, there are a lot of beautiful cosmetic in the market meant to protect the skin. They have ingredients that can exfoliate the skin and stimulate collagen production. Alpha hydroxyl acids (AHA's) are found in every cosmetic from cleaners to night creams, fruits, herbs, sugar cane and milk. There are different types of acids designed to revitalize the skin by using cosmetics products.

GLYCOLIC ACID:

This darling of skin care is derived from the sugar cane plant. It is used primarily in chemical peels and serums because it has the strongest exfoliating properties.

LACTIC ACID:

Derived from sour milk, it has intense hydrating properties and is commonly found in moisturizers.

SALICYLIC ACID:

Derived from willow bark, this is actually not an alpha hydroxyl acid. But is considered a beta hydroxyl acid because it works deeper in the skin to unclog pores. In addition it reduces fine lines. This acid is a great option for oily and acne prone skin

HAND THERAPY

One of the most important parts of your body that tell a lot about you is your hands. How you keep your hands matters greatly. You may care for every other part of your body but when your hands are dry and wrinkled they simply give you away.

Today a lot of women go to great lengths to keep their hands looking neat and sexy. In the past you told a person's occupation simply by looking at the hands, to an extent this still apply. Everywhere you look nail studios are springing up advertising services for the hands.

How often and how well do you take care of your hands?

- 1) *Some ladies carry moisturizers so that when ever the need arises they apply it to their hands, over time if one has dry hands the moisturizers soften them up.*
- 2) *Wearing gloves when carry out domestic chores helps protect the hands from burns, harsh detergents and keeps it soft and tender.*
- 3) *Carrying nail files, buffers and cotton buds helps. They are essential emergencies which can come in handy.*
- 4) *Exfoliate your hands once a week, you can use a facial scrub.*
- 5) *Cleanse and nourish your hands, nails using lemon juice and olive oil. A teaspoon of each mixed together and used for 15 minutes.*

