



Quick and Easy Beauty Tips for Mom

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A few months ago, I could have cared less about my appearance. I didn't think twice about going to the grocery store without putting on makeup. I didn't care that I was wearing the ugliest shoes on the planet.

Since then something changed. I started paying attention to how I looked. I started wearing makeup again. I put thought into the clothes I wore. I even bought myself a pair of killer leather boots! My self esteem has been boosted and I feel great about myself again.

I have a few beauty tips here for you, so you can start turning heads at the grocery store too!



Workout

Fitting in at least 20 minute of exercise a day will help get the blood and oxygen flowing throughout your body, leaving you with a healthy looking glow.

Chop it off

It's amazing how much a haircut can lift your spirits. If you don't normally indulge in anything, the least you can do for yourself is allow a new haircut every 6 weeks.



Turn it on

If you've been stuck listening to Baby Einstein since you can last remember, it's time to turn on some tunes for Mama! Put the radio on or crank up some old favorites in the house or the car. Anything that makes you want to dance is perfect. This will relieve tension and put a smile back on your face.

Put on your face

Even if you're not planning on going out of the house today, putting on a little makeup can help boost spirits. All it takes is a little lash curling and mascara.



Lather it up

If you're not using conditioner, now is the time to start. Give yourself the extra few minutes you deserve and let it soak in to leave your hair shiny and soft.

Cucumber works

Did you ever wonder why movies and commercials are always showing women with cucumbers over their eyes? It's because it really works! If you have tired eyes that need a lift, slap on a few cold cucumber slices. If you don't have any cucumbers, you can also use a cold damp washcloth for a few minutes.

Spruce up the nails

Don't have time for manicures at the local spa? Brush on some nail polish at home and apply a clear topcoat once you're done to make it last longer. It will work wonders.



Get the model look

Keep your makeup looking fresh all day by using a cotton swab or makeup brush dipped in loose powder to brush along your T-zone, then adding a cream blush for sheer looking cheeks.

Kissable lips

To keep long lasting color on your lips, when applying foundation on your face, apply it on your lips as well. Next, line the edges of your lips with a natural liner, then blend it with a Q-tip. Now you can apply lipstick or gloss. Finish off by patting your lips with a kleenex.



Secret eye trick

Brighten up your eyes by adding some shimmery white powder to the inner corners. This is a secret lots of makeup artists use.



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