



take a new
look at
yourself

What's the best-kept **beauty** secret around?

• **Self-confidence.** Liking yourself on the inside and the outside.

Of course, having a positive attitude about who

you are and the way you look isn't always easy. Here are some

helpful hints to help you show the world

someone who's extra special... **YOU!**



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self-confidence

Feeling good about being you starts on the inside.

How do you get there? One great way is to take an honest self-assessment. (You'll need a pad and a pen for this.) First, make a list of the good qualities you have. Include the obvious traits that you can rattle off the top of your head (like if you're an excellent singer, great at math—whatever) as well as the not-so-obvious ones. Do your friends rely on you to help solve their boyfriend problems? Write it down. Sounds like you're a caring friend and a good listener. Do your parents know they can count on you to watch after your little brother when you come home from school? Add responsibility and trustworthiness to the list, too. When you're finished, read it over and be proud! More importantly, fold this list up and keep it in your wallet. Refer to it whenever you need a little lift!

SOHO BY ST. MICHEL DENIM A-LINE DRESS.

gingering out your inner beauty

self-image

Having a positive self-image is a plus no one should be without.

Like anything else worth having, it takes a little practice. How to keep yours on the upswing? Whenever you hear a negative noise in your mind, tune it out and concentrate on something more constructive. For example, say you just put your foot in your mouth with a guy you really wanted to impress. Instead of

beating yourself up about it, give yourself a break. You're human...you made a mistake, and chances are that he'll forget about it way before you do. So let it go and call a friend who makes you laugh or go see a funny movie. Do something to get your mind off trashing yourself. Another way to build up the

way you see yourself is to focus on others. Stop worrying so much about what others think of you. Instead, spend your energy on just being in the moment, listening to other people's point of view. When you're less self-conscious, you tend to be more relaxed and that makes people more receptive to you.

upbeat body language

Believe it or not, the way you move makes an impression, regardless of what you're wearing or what you're saying.

Your body has a language all its own that people pick up subconsciously. To make sure yours is saying what you want it to, keep these pointers in mind:

STOP Nervous actions

Biting your nails, tapping your fingers and shaking your leg are all tell-tale signs of being nervous. How to appear self-assured? Having good posture, a strong handshake and looking the person you're speaking to directly in the eye are ways to show you're confident.

STOP Slouching in a chair

It may be your way of getting comfortable, but it could be misinterpreted as a lack of interest, energy or care. Don't risk sitting like this when you want to make a good impression on someone.

STOP Crossing your arms

Folding your arms over your chest to warm yourself up sends out a signal that warns others to stay away. Subconsciously it says you're not open to meeting anyone. It's better to just put on a sweater instead.

love your looks!

It's no secret that when you like the way you look, you feel terrific.

In fact, studies show that when depressed people begin to take an interest in their looks, they're on the road to recovery. Caring about the way you look is a healthy way of taking care of your whole being. Good grooming is like a little gift to give yourself every day. And you know what? You deserve it! On the next five pages are a few basics for enhancing your beauty potential.

hair

With a little help, everyone can have clean, shiny, healthy hair.

And you don't need a lot of time or money to have it. All it takes is a few basics. Daily shampooing and conditioning with haircare products designed for your hair type is essential. Another simple step: Don't wait until your hair is out of control until you have it cut. To maintain your hairstyle, have it trimmed every four to six weeks. If hair acts up in between, a deep-conditioning treatment works wonders on the frizzies, split ends or just limp, lifeless hair. (A good one: Bath & Body Works Banana Hair Mask.) And remember: Changing your hair is by far the fastest, easiest and cheapest way to dramatically change your looks. So if you're tired of the same old hairstyle, take a risk and try a new 'do.

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Beauty is an Attitude

nails

Your hands speak volumes about who you are, so make sure they're well groomed.

If you're a nail biter, make time to give yourself a weekly manicure. By caring for your nails, it may help you break this bad habit. Here's how:

1. Soak nails in warm, soapy water.
2. Use a hand lotion to seal in moisture.
3. Use a cuticle stick to push back (never cut) cuticles.
4. Apply a clear base coat.
5. Put on a light-colored polish (a good one: Maybelline's Great Finish Nail Color in Barely Pink—it goes from wet to set in two minutes flat).
6. Finish with a clear top coat, then let nails dry.

NO TIME FOR A MANICURE? Then make sure nails are clean and neat. Skip nail color if you only have time for immediate repairs. Nothing looks worse than nails with chipped, gloppy polish.

Looking Good =

makeup

OK, so you may not like all of your facial features, but there's no use obsessing about what you don't like.

There must be something you like about your face! If you think you have nice eyes then draw even more attention to them by using makeup to enhance their beauty. Or if you've been complimented on your lovely lips, then use an intense lip color to make them the focal point of your face. A rule of thumb: Choose only one feature to enhance with strong makeup. If it's your eyes, then use a neutral color on lips (and vice versa). Playing up every feature looks downright scary, not attractive. As for the rest of your face, strive for a natural-but-polished look by following these tips:

1. AFTER MOISTURIZING, dot concealer on red, blotchy areas and pimples. Hint: Concealer should be one shade lighter than your skin tone.

2. NEXT, use a lightweight foundation that matches your skin tone to give your face a flawless finish.

3. USING A BRUSH, apply powder blush to the apple of your cheeks only.

4. TRANSLUCENT powder is the best-kept secret for giving makeup staying power throughout the day as well as controlling shine. Sweep a powder such as Maybelline Shine-Free Oil Control Translucent Pressed Powder over your entire face with a big brush and you're done. Besides being foolproof, this easy makeup routine can be done in as few as five minutes!

If putting on makeup puts you out, try these tips to simplify your routine:

- Go for long-wearing products. Try Maybelline's Great Line waterproof eyeliner and Great Lip lipstick—it stays put up to eight hours.
- Use a makeup organizer to help you avoid fumbling around for the products you need.
- Skip a step by getting products that do double-duty, like foundation with sunscreen or tinted moisturizer.
- Buy eyeshadow combination kits that put all the colors you need in one set.

Feeling Great

bath

One of the ways to nurture yourself is by taking a long soak.

A few minutes of private time in the tub is an excellent way to relax, reduce stress and feel pampered. To make your soak even more soothing, add foaming bath salts. If you're too rushed to take a bath in the morning before school, why not take one at night before you go to bed? You may find that it helps you sleep more soundly. Another great time for a bath is before a date.

Somehow it makes the "getting ready to go out" routine more special. And isn't that the way you want to feel?

PHOTOGRAPHY/MARC ANTHONY.
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ESPEGAARD FOR CELESTINE, L.A.

fragrance

Wearing perfume or cologne can either attract people to you or turn them off completely.

It all depends on what—and, more importantly—how much you're wearing. Your best bet is to choose a subtle scent like Love's White Vanilla and use it sparingly. How do you know if you've overdone it? If it's detectable more than a foot away, you've put too much on. Apply only to pulse points (behind your ears, at the base of the throat and on your wrists) and you'll be OK.