

Respect your selfie

Tips to make sure you look your best for that all-important snapshot

THE SELFIE TREND has taken over social media, and it somehow propels everyone to look photo-ready all of the time. But latest research shows that 68 per cent of women feel negative about photos of themselves that haven't been enhanced by a photographic filter.

A research conducted by cosmetic giant Olay says that a majority of women confess to feeling exposed, under-confident and unattractive before a filter is applied, reports femalefirst.co.uk.

Women say that the most important change a filter makes to a selfie is to hide flaws and wrinkles or that it helps achieve a better skin tone. So nearly half the female population now use filters on their selfies and this rises sharply among girls aged under 25.

"The no-filter trend perfectly sums up this summer's minimal make-up look. It's about 'come as you are' informality and being the best possible version of yourself but without looking like you've tried," said Florrie White, celebrity make-up artist.

Added White: "That said, it

does take time to achieve the illusion of effortless beauty and have the confidence to go filter free. For me, the all-important starting point is in prepping your skin."

To help ensure you're looking your best for your selfie, professional make-up artist Sarah Jagger, reveals her top tips and make-up essentials so you can capture a flawless look whatever the occasion.

- Avoid heavy textured SPF creams beneath your makeup as they can create a 'flashback', making you look washed out.
- Using a mattifying makeup primer on the T-zone will eliminate sweaty looking shine in photos and keep your makeup on all day and night.
- Black mascara is more eye brightening than brown or coloured because it creates a contrast with the whites of your eyes.
- Keep eyebrows full - thin brows can age your look and appear too harsh in photos. A full brow will actually look a little thinner in your picture.
- Use a liquid illuminator in strategic places, a little on the cheekbones and down the centre of the nose makes skin look younger, cheekbones higher and nose straighter in photos.



- Lashes tend to disappear in photos. Make them look longer with 'tight liner'-liquid liner applied under the upper lashline.
- Make lips look fuller by using

a highlighter on the cupid's bow and lipstick a shade paler than your lips.

- Shimmery bronzers can appear 'sweaty' in photos. Matte bronzers work better. IANS

Hat's good

Hair tips for women who want to sport headgear

EVEN IF YOU'RE wearing the most elaborate and stylish hat for a day out at a race course, it's important to emphasise your hairstyle so as to not kill the look.

Celebrity hairstylist Paul Edmonds, who has over 30 years in the industry, explains the must-haves hair tips that one should try before stepping out with your hats on, reports femalefirst.co.uk.

- Hair normally looks better worn back and away from the face, especially if your hat has a large brim.
- If your hair is long and you

want a simple quick hairdo, try putting your hair in a low ponytail and split the hair behind the band down the middle and pass the tail through itself and pull tight to get a soft, rolled up look.

- Long hair can also be plaited and finished with a binding of ribbon.
- If you have shorter hair, tuck the sides back or leave them out until the hat is on and then fold them back and grip under the hat.
- Always practise wearing a hat before the occasion.
- If all else fails, get a professional blow-dry. IANS

ALIGN YOUR LIFE

The Perfect Nursery

The Chinese science of Feng Shui is versatile and unique. The changes implemented through this science can impact all aspects of life and bring about harmony. You can design a home through Feng Shui while it is under construction or simply implement the changes after you have rented your apartment. It can be used for residential as well as commercial properties. The key to successful implementation of Feng Shui is to find a good practitioner who can guide you on this journey and understand why the changes are suggested.

Feng Shui can also be used effectively in designing a room for a newborn baby. If the correct layout and principles are followed, the baby is likely to be healthy and comfortable in that room. So if you are in the process of designing a nursery, the following tips will help in harmonising the energies in the room.

A newborn is meant to sleep for many hours and it is advised that you create yin or passive energy in the nursery to keep the baby calm. By painting the walls in soothing colours such as peach, pink, blue, lemon yellow - you are creating quiet energy that will help the baby to sleep peacefully.

Avoid placing the cot directly opposite the door of the nursery or a bathroom. By doing so, you are avoiding harsh energy from affecting the cot. It is also recommended that you don't place the cot below a window. The correct place should be against a solid wall for support and a good night's sleep.

Things like television, computers and music system have no place in the nursery. Electronics create harsh energy and might interfere with the baby's sleeping patterns.

Display pleasant objects such as stuffed toys, family pictures or beautiful paintings in the nursery to enhance the feel-good factor. Avoid displaying any sharp or scary objects to disrupt the energy flow. Lighting incense or bukhoo regularly will help in creating a relaxed space for the baby. And lastly, getting the baby to sleep in a good mountain star is a must. You can identify the location of the mountain star with the help of a good Feng Shui consultant. Keeping the nursery simple and calm is the key to keeping your baby healthy and happy.

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