

BEAUTY

TIPS

(SHORT PREVIEW)

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1) Beauty benefits of used green tea bags:

- We are all well aware of the health benefits of green tea, but before you discard the used green tea bag, think twice.
- Just sipping this tea is not the only benefit you have.
- This packed small tea bag can work wonders for your skin.

Here's how they can do it:

➤ For your eyes only:

- Don't throw away the tea bags and instead, cool them and place them over your eyes for relief.
- Green tea contains tannin, an astringent that miraculously shrinks skin.
- The cool tea bags reduce the swelling around your eyes and tighten the skin, making you look and feel fabulous.

➤ Scrub it on:

- Since it helps tighten the skin, making a green tea facial scrub out of the used tea is very good for the face.
- Mix green tea with granulated sugar and water, and you have an exfoliating scrub.
- It is all natural and thus light on the skin and gives you an incredible glow.
- You can store the scrub in the fridge to keep it fresh longer.

➤ Face Mask:

- Mix equal amounts of baking soda and green tea and a bit of honey to make a facial mask.
- Honey helps in rejuvenating your skin and green tea, as mentioned, tightens the skin.
- Baking soda is a good exfoliator and helps detox the skin.
- In case, you're short on time and cannot apply the face mask, heat water and run the tea bag over it till it starts to steam.
- Squeeze out most of the water and rub the bag over your face for a few minutes for an instant glow.

2) Night time Beauty Mistakes to avoid:

Skin is sensitive. It is advisable not to put your make up on at night. It harms the skin

- Sleeping in your make-up is a big time no-no.

- It leaves you at risk of clogged pores, which can lead to unsightly and uncomfortable acne.
- Wash with facial cleanser and water.
- **Tight hairstyles:**
 - If you prefer to sleep with your hair tied back or love the waves that result after sleeping with a braid, you need to be sure your style is loose.
 - Really tight hair can cause damage to your strands and can even cause trouble with your hairline.
 - Its fine to pull your hair back, but don't pull it as tight as it will go.
 - Instead leave it loose and comfortable and you'll be way better off.
- **Stomach sleeping:**
 - It can cause puffy eyes and wrinkles.
 - It's best to sleep on your back as much as possible to counteract the effects.
- **Using a dirty pillowcase:**
 - You should always wash your bedding at least once a week in hot water.
 - Too long between washes and your pillowcase begins to harbor bacteria and germs from your skin, as well as mites and dust that can cause rashes and itchiness.
 - Wash your sheets and pillowcases on a regular basis and you won't have anything to worry about.
- **Skipping the brush and floss:**
 - The occasional slip up won't cause any harm, but regularly forgetting to brush and floss can lead to cavities and other dental issues that are definitely not pretty.
 - So make it a habit to brush up and floss so you can keep your fabulous, beautiful smile forever.
- **Forgetting moisturizer:**
 - Remember to apply an anti-wrinkle cream on face and hands, and a body lotion everywhere else.
 - That way the skin stays hydrated while you sleep.

- Do the same and you can count on waking up to healthy and radiant skin every morning.

➤ **Talking on the phone:**

- Once you've washed your face, its best to try and refrain from using your cell for conversation.
- That's because the screen of your phone, the part that touches your face, is often covered in germs and your make-up.
- Transfer it to your skin before bed and you run the risk of a breakout.

3) Time Saving Beauty Tips For Busy Women:

Beauty doesn't have to take hours every day or be so difficult that you can't figure out the right technique. So if you want some new beauty tips, read on for some suggestions:

➤ **Curl before mascara:**

- One of the best beauty tips is to curl your eyelashes before you apply mascara.
- Start at the base of your lashes and squeeze them three times, gradually moving toward the tips.
- Then put on two coats of mascara.

➤ **Eye Shadow First:**

- Nothing irks anyone more than eye shadow powder falling on your cheeks while you apply it.
- Since it's inevitable, start putting it on before foundation.
- That way, you can wipe it off without messing up make-up.

➤ **Skip concealer:**

- Before you freak out. Consider this; it's very hard to match concealer to foundation, even if you buy the same brand of both.
- Apply foundation as usual.
- Then put a tiny dab of foundation on your finger and gently tap it onto any blemishes you have.
- It provides cover, but is easy to blend with the make-up on the rest of your face.

➤ **Shadow instead of liner:**

- Getting eyeliner in a straight line is not an easy job.
- So, start using eye shadow instead.
- As, it makes it even more easier to get it even and you can get that really smoky look that's so popular nowadays.