



# 20 best-ever beauty tips



For glowing skin, healthy hair, striking make-up and neat nails, follow these top tips from beauty editor **Melanie Senior**. To make things even easier, you'll find all of our recommended products at Woolworths.



## skin

Whatever your skin type, try these tricks and easy-to-use products.



**1** **OUT DAMNED SPOT** When applying spot treatments, dab the product directly onto the pimple, not the skin around it. The drying ingredients in most pimple creams cause normal skin to flake and peel. For a fast-acting treatment, try **Clearasil Ultra Rapid Action Pimple Cream 15g, \$13.99.**

## 2

**WASH BASICS** If you have dry skin, only wash your face with a cleanser once a day – before you go to bed at night. Washing your face too often strips your skin of its natural oils. If you need to wash your face in the morning, just use warm water.



## 4

**LABEL WATCH** Don't let labels fool you: "unscented" products may still contain a masking fragrance. If you have sensitive skin, use products marked "fragrance free".

## 6

**HYDRATE** Even oily skin needs hydration, so don't skip moisturising. Use a lightweight, oil-free lotion, and choose a combination cleanser and toner to leave skin soft and even. Try **Dove Cleanser & Toner In One 110g, \$6.99.**



## 3

**BODY BEAUTIFUL** To lock in moisture, apply moisturiser as soon as you get out of the shower while your skin is still damp. If you like sweet-scented lotions, you'll love **Vaseline Cocoa Butter Deep Conditioning Body Lotion 375ml, \$7.29.**



## 5

**SCRUB UP** Exfoliating makes your skin look healthier and increases its receptiveness to the active ingredients in skincare products, such as anti-oxidants and vitamins. Choose one with super-fine beads that won't irritate your skin.



## nails

Follow these quick tips for tidy, showstopping nails every time.



## 7

**SHORTHAND LESSONS** The bolder the colour, the shorter your nails should be – make sure they don't go past the ends of your fingertips. For a fast manicure, use **Kiss Nail Artist Kit, \$18.99.**



## 8

**CHIP TIP** After you've applied two coats of polish, skim the brush in one horizontal stroke across the tip of each nail. This helps stop the polish chipping.



goodlife beauty basics

**hair** Use these foolproof tips and top products to tame all sorts of hair troubles.

**9 FRINGE WORTHY** Keep a clumpy, oily fringe at bay by having a bottle of dry shampoo on hand. Try **Toni & Guy Refreshing Dry Shampoo, \$14.59.**



**11 LIFESAVER** If you need a quick hair fix but don't have any products handy, smooth flyaways with a tiny dab of hand or body moisturiser.

**10 FRIZZ EASE** Volumisers that contain a lot of alcohol can cause your hair to frizz, so choose one that's alcohol free. We love **John Frieda Collection Luxurious Volume Lavish Lift Root Booster 200ml, \$15.69.**



**12 WHAT A TREAT** Replace lost moisture with a weekly hair treatment. Put on a shower cap after applying it to lock in heat. Try **Schwarzkopf Extra Care Q10 Recharge SOS Repair, \$7.99.**



**13 BEAT HEAT** Avoid damage caused by blow-drying, curling and straightening with a heat-protecting product. **Dove Heat Defence Therapy Protect & Shine Mist 150ml, \$7.99,** coats hair with a lightweight silicone. Comb it through your hair before styling.



**make-up** For a flawless face, follow these handy hints and try these star products.

**14 FINGER PAINT** For even coverage, apply foundation with your fingertips. Dot it along your forehead, nose, chin and cheeks, blending as you go. Our favourite foundation is **Covergirl Clean Liquid Makeup 30ml, \$15.50.**



**15 BOTTOMS UP** When putting mascara on your bottom lashes, apply one coat then gently brush your finger across them to remove any clumps. Try **Covergirl Lash Blast Length, \$17.95.**



**16 HIT THE SPOT** To hide pimples, dip a cotton tip in opaque concealer. Dab it onto the pimple only, not the surrounding skin, then cover with pressed powder. Try **Covergirl Clean Pressed Powder 11g, \$14.40.**



**17 OIL BLOCK** To stop your eye shadow from creasing, brush translucent face powder across your lids before applying the colour.

**19 PICK ONE** Never match your lips to your eye shadow – accentuate one or the other. If you're wearing bold eye shadow, go for a subtle lip colour and vice versa. Bright red lips? Go for minimal eye make-up.

**18 EYE IMPACT** Intensify your eye colour with shadows that suit you. **Covergirl Exact Eyelights eye shadows, \$15.95,** have palettes for every eye colour.



**20 BLUSHING BEAUTY** Everyone should own a subtle pink blush – no matter what your complexion. It suits all skin tones and seasons.

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Got a beauty question to ask Melanie? Check out her beauty blog at [www.australiangoodtaste.com.au/beauty](http://www.australiangoodtaste.com.au/beauty)