A Top To Toe Beauty Resource Guide

( and for any of us who want to look good without the effort )

Today, most of us modern women want it all and believe it or not, with a little bit of effort, it's all there for the taking.

However, fitting in a full time job, bringing up the kids and trying to keep some sort of semblance of order in the house, can take its toll on quality time (which is becoming more and more precious)

On top of this, we women today are hounded by never ending pictures of some of the most beautiful women in the world ie CELEBRITIES.

On the most part, they appear to be effortlessly perfect with their immaculate hair, perfect skin and always dressed to kill. Not forgetting their incredibly handsome escort / partner / husband.

Believe you me, these people do not live in the normal real world. Please DO NOT ENVY THEM. Just pack in as much as you can into your own life as possible. Remember, you only have one life.

Model Girl Beauty Tips and Tricks for Beautiful Eyes
The aim of this guide is to take off some of the pressures of being superwoman.

YOU CAN HAVE IT IF YOU REALLY WANT IT

OK, a spot of retail therapy works wonders on jaded spirits. We all need it if we are to keep our sanity, but we don't always have the time or energy to traipse through the shopping malls looking for the latest trends.

That is what we are here for - this guide is going to take you into

the amazing world of

Online Retail Therapy

The advantages

- You can shop from the comfort of your own home (whenever you have a free moment or two to yourself)
- It's often much cheaper – there are always offers and promotions available
- Nowadays very secure - Millions of online shoppers everyday
- A greater choice than you could find in any mall anywhere in the world all at your fingertips
- You can also return the majority of goods if they are not suitable
- It will cheer you up

So, where do we start?

Model Girl Beauty Tips and Tricks for Beautiful Eyes
From Top to Toe of course

What's Hot Today?

Your Face – Wrinkles, Sun Damage, Dryness, Open Pores, Greasiness, Acne, Facial Hair,

No. 1 Wrinkles

We all develop wrinkles over the years, either from natural aging or sun abuse. Don't live with it, do something about it. There are so many anti-wrinkle treatments on the market. Just find one which suits your skin.

No. 2 Sun Damage

Who's not guilty of soaking up those glorious rays and oops, Oh Dear – suddenly your beautiful complexion has 'caught the sun'. Well all is not lost. You should naturally always wear your sun block but nowadays there are specialized creams formulated to take the sting out of any burning.

No. 3 Dryness

From the moment we take our first steps into the atmosphere many of us will start the long slow process of drying out our skin. It is essential to keep it moisturized to keep that youthful bloom on your face.

No. 4 Open Pores

A major problem area for many women. Normally found on people with greasy skin, open pores can be accentuated by over zealous facial steaming and horrors even squeezing those ugly blackheads. There are now special pore minimizing creams and little pore removal strips, which are excellent.

No. 5 Greasiness

You are either born with it or not. With this type of skin the wrinkles will stay away for a little longer, but to avoid an over shiny look you should apply a mild toner (alcohol free). Still use a gentle, non-greasy moisturizer and cut down on fried foods if possible.

Model Girl Beauty Tips and Tricks for Beautiful Eyes
No. 6 Acne

The scourge of many a teenagers life, this condition is often hereditary but science has made huge advances in treating this condition. Total cleanliness is the priority as any germs will further infect any open pustules which can sometimes develop.

No. 7 Facial Hair

I don't care what anyone says most and I mean most women suffer from this in one way or another, especially as they become 'women of a certain age'. However, help is at hand. Unless you have a serious problem in which case you should consider Laser treatment, there are hair removal creams designed for the delicate skin of the face. For tweezing those brows into shape there is absolutely none better than Tweezerman.

No. 8 Luscious Plump Lips

Does anybody here remember Brigitte Bardot? All time great movie star and tireless animal rights campaigner in her native country France. She had the best pair of smackers in the business. Its no wonder we all want our lips to have the 'Bee Stung Look' or 'Bardot Pout'. Have you ever wondered whether you should plump up your lips with collagen injections? Well, why not try the amazing new products that claim to give you plump lips without the agro.

How about a 3D Lip Plumper?

Don't forget moist lips are kissable lips

Whats Hot Now?

Your Body – Skin, Feet, Hands, Nails, Hair

No. 1 Body Skin

Body skin should be smooth and unmarked. However, who has skin like that? Most of us have little scars that we have collected over the years from when we were children falling over and although most scars fade they do begin to form a pattern on your skin. The dreaded cellulite. Little red veins can develop on the thighs, stretch marks after pregnancy, need I go on.

Treatments are available for most of these. Some of the claims are over exaggerated but many will
leave the skin looking better. If you need to go one step further the answer is cosmetic surgery. Today there is no stigma in going under the knife. Just take care to go to the right surgeon.

No. 2 Pretty Feet

Ugly feet do not suit open toed summer sandals. How can you be seen in fashionable wedges with horrible rough skin on your heels or worse, corns on your toes? Get those nails trimmed and cover them with a pale or natural varnish.

No. 3 Beautiful Hands

They say that the neck and the hands show the first signs of aging. One answer to keep time at bay is to protect your hands with sun cream and wear rubber gloves when doing the housework. Neglect this area of your body at your peril. Even cosmetic surgery for hands is now possible but surely that's going slightly OTT.

No. 4 Shining Hair

A woman's crowning glory or is it? If you are using some of the harsh products on the market your hair, which was once silky soft with a shiny gloss, will soon begin to look like a kitchen scourer. Be gentle on your hair by using products suited to your type of hair. There are even dryers, curling tongs and straighteners which can actually help the condition of your hair. The manufacturers now use tourmaline crystals and claim that hair dries faster, adds shine and gives far more professional results.

Lets Go Shopping To Some Of Our Favorite Places

- Lets visit a Cosmetic Superstore.

Top brands of fabulous makeup and specialist products for Ethnic Skin

Here you can even have an alert system to keep you informed of all offers and promotions.

- Now for another great site for skin -- The Skin Store

More than 200 brands from around the world—from natural products to those developed by leading

Model Girl Beauty Tips and Tricks for Beautiful Eyes
dermatologists—brands typically found only in luxury spas, fine stores and doctors' offices.

- Visit Your Exclusive Source for the World’s Only Patented Smear-Proof Cosmetics at Lipink International. Download their famous color chart here

- Click here to start shopping Swansonvitamins.com

Swanson Health Products has been a trusted leader in the vitamin and supplement industry since 1969. All products are backed by a 100% Satisfaction, Money-Back Guarantee and Double the Difference Lowest Price Guarantee.

- Another super site Botanic Choice for vitamins says

  Never worry about your precious EYESIGHT again --Guaranteed! Discover this advanced, breakthrough formula!

In fact, there is very little excuse for us to at least try and make the best of ourselves, lookwise.

Do it from home.

This guide has simply shown you the way to get yourself some

**ONLINE RETAIL THERAPY**

Please feel free to pass this beauty resource guide to your friends with

Model Girl Beauty Tips and Tricks for Beautiful Eyes
my complements