

## QUESTIONNAIRE

The more honestly and completely you answer this questionnaire, the better you'll understand exactly what you want in a man. Your chances of finding the right match for you will increase and your chances of wasting time on men who don't fulfill your criteria will decrease. If something is unimportant to you here, make a note of it. When you have completed this form, you will have a pretty exacting picture of what you really want in a man!

### YOUR GENERAL PREFERENCES IN A MAN

1. I prefer to date a person whose age is between \_\_\_\_\_ and \_\_\_\_\_.
2. I prefer a man's height to be \_\_\_\_\_.
3. I prefer a man's build to be:
  - Average
  - Doesn't matter
  - Heavy
  - Muscular
  - Slightly overweight
  - Slim
4. I prefer a man's hair color to be:
  - Blond
  - Brown
  - Black
  - Red
  - Doesn't matter
5. I want a man to be very physically fit.
  - Yes
  - No
  - Doesn't matter
6. I like a man who:
  - does not have an interest in sports
  - is active
  - is athletic and loves sports
  - is sedentary
7. My racial/ethnic preferences are:
  - Caucasian
  - Latino
  - African-American
  - Asian—American
  - Other
  - Doesn't matter
8. Education level completed:
  - High school
  - College
  - Graduate School
  - Law School
  - Medical School

9. A man should be:

analytical and good at debating or making a convincing argument

Artistic

Good with numbers

Interested in museums and culture

Mechanically inclined and/or knows how to use power tools

Musical

Scientific-minded

Able to call a repairman

10. Preferred occupations: (if it doesn't matter, make a note of it)

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11. Which, if any, of the following living arrangements would you find objectionable.?

Lives alone

Lives with parent(s)

Lives with roommates

Lives with sibling or other relative

Lives with pets

12. I prefer a man who:

who has never been married

divorced with no children

divorced with children

doesn't matter

13. Minimum income level that would be important to you:

\$30,000-\$50,000

\$50,000-\$100,000

\$100,000-\$200,000

\$200,000-\$300,000

over \$300,000

14. Is there anything else that is important to you?

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## INTERESTS QUIZ

Using the list below, please write down ten interests it would be important for a man to have and the top ten interests you have that would be important for a man to understand or take part in:

### INTERESTS LIST

His interests:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

My interests:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## INTERESTS LIST

Acting	Crafts	Pop/rock dancing
Adventurous or extreme sports	Cruises	Racquetball/squash
Antique cars	Dining out	Rock/contemporary music
Antiques	"Dog person"	Roller-skating/ -blading
Art (painting, etc.)	Entertaining	Sailing
Astrology	Filmmaking	Scuba diving
Ballet/dance performances	Fishing	Shopping
Ballroom dancing	Flea marketing	Sight-seeing
Baseball	Flying	Singing
Bicycling	Folk dancing	Skiing
Bird-watching	Gardening	Soccer
Board games	Going to the beach	Square dancing
Books/literature	Going to the city	Swimming
Boating (speed- boating/yachting)	Going to the country	Talking on the phone
Bowling	Health food	Tennis
Bridge	Hiking	Theater/plays/ musicals
Camping	Horse racing	<i>This Old House</i> pro
Car racing (seeing/doing)	Horseback riding	Traveling abroad
Card games	Hunting	TV
Cars (new/sports)	Ice-skating	Volleyball
Casinos/gambling	Jazz	Walking
"Cat person"	Jogging/running	Water sports
Charity or volunteer work	Languages (speaking)	Wine tasting
Classical music	Latin dancing	Working on cars
Comedy clubs	Lifting weights	Working out
Computers	Motorcycles	Woodworking/ carpentry
Concerts	Movies	Wrestling/boxing (as a spectator)
Cooking	Museums	Wrestling/boxing (as a participant)
Country & Western music	News	Writing
	Opera	Yoga
	Partying	
	Pets/animals	
	Photography	
	Playing instrument	
	Politics	
	Pool	

## QUALITIES QUIZ

Please circle or list from the qualities on the next page your top ten essential qualities in a man (seeing them in black and white may prompt you to realized important qualities that you may not be conscious of!):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Please list the ten qualities that would be nice to have in a man, but are not essential:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Please list the ten qualities that are completely unimportant to you in a man:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## QUALITIES LIST

Absent-minded	Doubting	Lenient	Romantic
Adventurous	Down to earth	Liberal	Sarcastic
Affectionate	Easygoing	Loud	Secretive
Aggressive	Emotional	Loving	Self-conscious
Agreeable	Enthusiastic	Loyal	Self-effacing
Anxious	Ethical	Macho	Selfish
Arrogant	Excitable	Mellow	Self-sacrificing
Attentive	Extravagant	Moderate	Sense of humor
Brave	Flexible	Modest	Sensitive
Calm	Forceful	Monogamous	Sensual
Capable	Forward	Moody	Sentimental
Cautious	Friendly	Naïve	Serious
Charming	Funny	Neat	Sexy
Common- sensual	Fussy	Opinionated	Shy
	Generous	Organized	Snobby
Communicative	Gentle	Outgoing	Sophisticated
Competitive	Good listener	Outspoken	Spoiled
Complimentary	Good personality	Passionate	Stern
Conceited	Happy	Passive	Straightforward
Confident	Honest	Patient	Street-smart
Conservative	Hot-tempered	Perfectionist	Stubborn
Controlling	Idealistic	Pessimistic	Style-conscious
Conventional	Imaginative	Physical	Submissive
Creative	Impatient	Physically fit	Sweet
Critical	Impersonal	Playful	Talkative
Cynical	Impulsive	Positive	Thoughtful
Decisive	Independent	Possessive	Thrifty
Defensive	Inhibited	Prudish	Tough
Demanding	Intellectual	Punctual	Trusting
Dependent	Intelligent	Reserved	Unconventional
Depressed	Inquisitive	Responsible	Uninhibited
Disorganized	Jealous	Restless	Warm
Domestic	Kind	Rigid	Wild
Dominant		Risk-taker	

## "ME" QUIZ

These questions will show you what you like or dislike in life on a personal level.

1. My most avid interests are:

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2. My dream vacation is:

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3. My favorite restaurants are:

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4. My favorite magazine are:

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5. My all-time favorite movies are:

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6. My favorite plays are:

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7. My favorite musical groups/musicians are:

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8. My favorite spectator sports are:

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9. My favorite sports to play are:

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10. My favorite vacations spots are:

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11. My favorite cities in the world are:

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12. Things that make me really happy are:

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13. What gets me completely crazy:

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14. In my free time, I like to:

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15. How I feel about my major/career/profession:

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16. How I feel about my relationship with my family:

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17. My greatest assets are:

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18. My greatest shortcomings are:

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19. A verbal/word photograph of how I see myself (personality, beliefs, values, who I am):

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20. I would describe the person I'd really like to meet as someone who is:

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21. Two or three people I admire most:

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22. If I could have three wishes granted, they would be:

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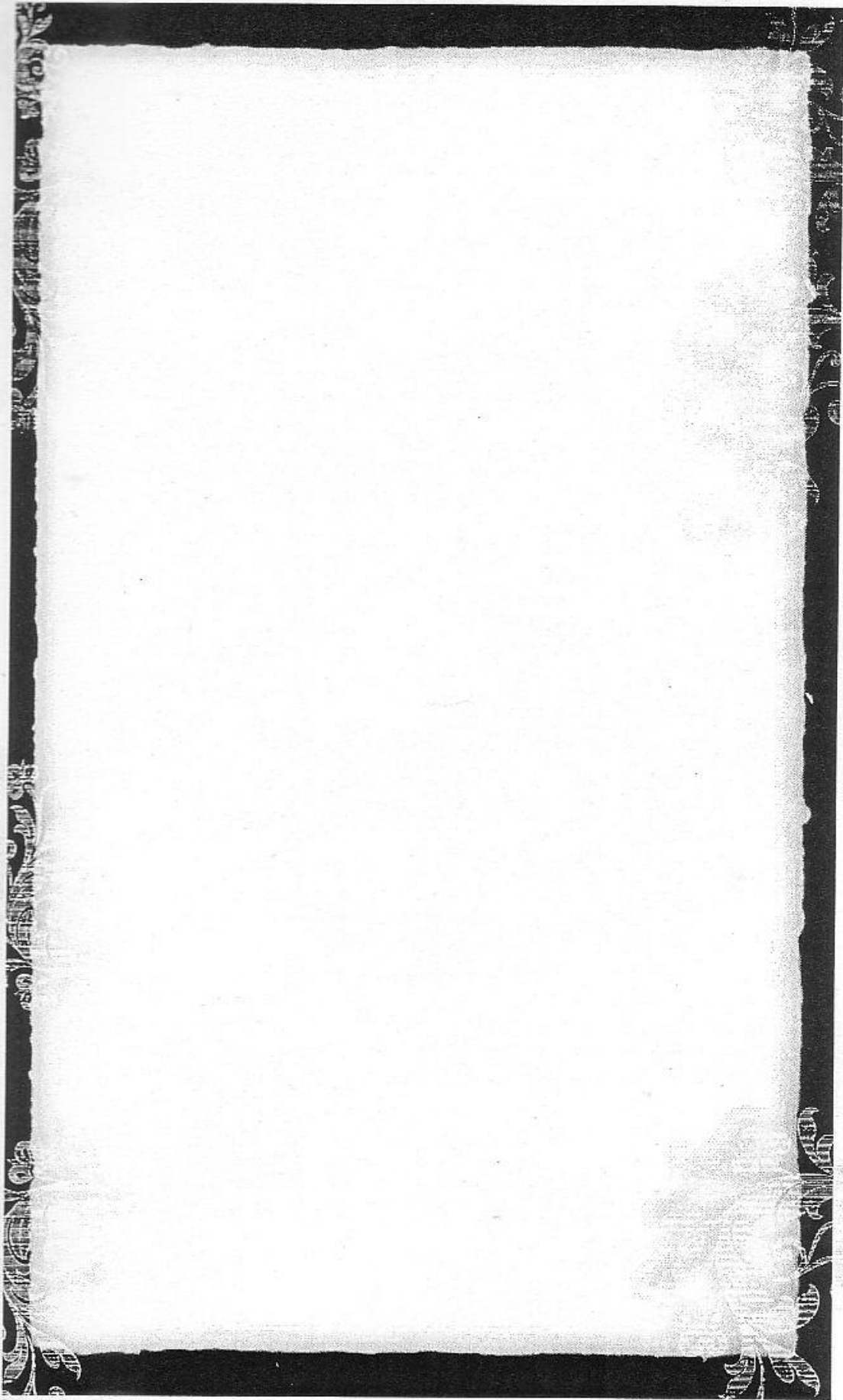




PUT  
TOGETHER

IF YOU LOOKED IN MY BATHROOM DRAWERS...

BY,  
CAS



“...IT IS THE COLD HARD FACT THAT OUR PHYSICAL  
APPEARANCE ATTRACTS THEM, AND OUR  
TESTIMONIES AND PERSONALITIES KEEP THEM.”

# CAROL A. STEWART

██████████@██████████.com

I was born in Arizona. After 8 years, my family moved to California to live near my grandparents. We lived in several homes throughout northern California before moving to Oakley, Utah on my 17th birthday. Although we had moved often throughout my life, the move to Utah was initially the most traumatic. I went from a graduating class of 600+ to 57 kids in my Senior Class at South Summit High. It wasn't very long after moving that I realized Utah was going to be a positive change.

Right after high school graduation, I received a phone call from the telephone company asking me if I would represent them in the local town pageant. I didn't know anything about the pageant business, but I thought it sounded like fun. I won that pageant. Right after I was contacted to enter the Miss Summit County Pageant. I couldn't believe I won that too! I went on to compete in the Miss Utah America pageant. I then was asked to compete in the Miss Utah - World America pageant and I won! I was first runner up in the Miss Utah - USA pageant. Despite the stereotype of pageants, they were a stepping stone for me in understand the importance of having more depth and substance. I was so thankful I had the support of my family (especially my mom) and friends as I gained confidence in who I am and the gifts I have been given.

The next stepping stone for me was my job working for *Lancome* Cosmetics at a few local department stores. I was given a wonderful opportunity to be educated in the cosmetic industry, given management training, and I developed the necessary skills to become successful in this trade. While working for *Lancome*, I began to see I had intellect and abilities I had never considered before.

It was at the cosmetic counter that I realized I was going no where spiritually. I was so focused on the beauty of the world that I was quite sad and lonely. So, I decided to serve a mission. Without hesitation I went and served in the Connecticut Hartford Mission. While serving as a missionary, I gained the testimony and understand of the gospel that has brought me the happiness I had searched for throughout my life.

As I look back on the past 15 years, I can see the Lord's hand in helping me to find my way. He guided, directed and prepared me to be worthy of my husband. He has given me the blessing of a family of my own that has been a wonderful challenge. I am looking forward to the next 15 years to see what the Lord has in store for my husband and I, and our little ones!

I currently help my husband with his businesses and spend most of my time serving in our ward, volunteering at our kids' school and serving in whatever capacity I can within our neighborhood. I have learned to love photography, marketing, graphic design and jewelry design.



Wonderfully we are all very different. We all come in a variety of shapes and sizes. We have individual personalities, interests and experiences. This is such a blessing to the world! Imagine the opportunities we would miss out on if we were all the same.

I remember being in 6<sup>th</sup> grade, convinced I was ugly because I didn't look like another little girl everyone in school thought was cute. From that time, until recently, I sadly believed I was the "ugly duckling."

I spent years trying to figure out how to not be ugly. I bought the right jeans and shopped at the right stores. I read all of the fashion and beauty magazines and applied their tips into my routine. I was overly attentive to my weight. I even started "borrowing" my mother's make-up. The problem was, however, that none of these things did the trick. I was still Carol – and I was still not as cute or as popular as that little 6<sup>th</sup> grade girl.

We all know what the real "problem" was. We hear it all the time. I didn't believe, inside myself, that I was worth anything. I didn't have a testimony that I truly was a daughter of God, with divine purpose. I didn't know that how I felt about myself, illuminated, which made me unpopular; not how I looked.

Nobody likes hanging around with someone who is like "Eyore" from the *Winnie The Pooh* stories. It's no fun to be with someone who is always self-conscious and always depressed and feeling sorry for themselves.

Today, I still don't think that I am a "beauty," although I have figured out, that how I feel about myself, helps me portray, and carry myself in a positive light. How I speak and act, and how I am able to function in society is also influenced by how I perceive myself. And, I have also noticed that as I have learned to put myself together physically, I feel better on a day-to-day basis. My appearance isn't the most important thing to me, but it definitely helps me to feel like I am trying to put my best foot forward.

It is an interesting fact that people don't usually see who you are on the inside at first glance. What do you notice first? I notice people's teeth... Are they straight? Have they been brushed? Are they real? Do they have a proper bite? I think everyone does it, although not everyone may be aware of what they notice first about a new person. Usually it is the thing you are most likely to have put together yourself. What is most important to you?

I love getting to know people, because it makes them so much more beautiful! Have you ever met someone that was seemingly average, only to find out over the next few minutes they are actually extraordinary? Not by the things they have accomplished, but because of who they are inside. They became more and more beautiful to you as you get to know them. Isn't that fantastic?

But let's face it – life in the single's world is its own ball game, especially if you are attending a singles ward. What happens in a singles ward? The pattern is predictable. Regardless of the fact that we are at church to partake of the sacrament and to build upon our testimonies, we are always looking around. We are supposed to be looking! Singles wards were partly created so we would have a place in our busy lives to have associations with others of the same age and spiritual goals. The thoughts of "could my eternal companion be in this very room" are present. Have you ever paid attention to the sounds in the room when a new ward member walks through the door? Or, have you watched as friends try to get their friends to notice that someone worth checking out walked into the room? Yes, we all are trying to get to the celestial kingdom, but as human beings, we are hopeful we can get there with someone by our side. Most of us think that marriage sounds like a pretty good idea, heck we are told to marry constantly.



Drink And Never Thirst  
Liz Lemon Swindle

I'm not knocking the single's scene. In fact, I met my husband in our singles ward in Park City, Utah. However, I didn't find him, until I had done some time figuring out who I am, what I like and what really makes me happy. Our meeting was on the Lord's time table - not mine.

For some reason, as a society we feel that if you are beautiful, thin, rich or famous, (and preferably all four), you are worth something. And if we are able to achieve any of these attributes, life should be pretty easy. Unfortunately or fortunately (depending on how you look at it) it simply isn't true.

If we could all just have this negativity removed from our thought patterns, we would all get along much easier. However, we have to live in the world. We have to realize that because we are all different – we will all have different preferences. What is important to me is not necessarily important to you. And that is o-kay!

What really matters in this life is not of this world. It is a spirituality that we can only gain through genuine study, prayer, faith and service. If we could all be in the mission field everyday – we would have the opportunity to get there faster. But, here we are in the “real” world trying to make a living, get an education, love and care for others, and get along with our families while still trying to achieve the goal of returning to our Father In Heaven.

So because the spiritual side of life is the most important, does that mean that we should just throw aside the importance of being well groomed? Absolutely not! The Lord blessed us with these bodies, which He calls “a temple,” and we need to treat them as the gift they are. Finding the balance between having a “sweet spirit” and being “physically attractive” is a challenge in this life. We want to feel good about ourselves and look attractive, but we have to remain humble, and not put too much importance on the physical look. Wow can this be done?



September 2007

The first time I met my husband, I had recently returned home from serving in the Connecticut Hartford Mission. His darling sister, Deanne and his cousin, Christy took me along with them to the singles ward. They introduced me to Aaron, but it wasn't love at first sight. He will tell you that the first time he met me I was way too thin for his taste. He says he didn't want to be married to "a girl with the physique of a 12-year-old boy". At the time, I never had thought being too thin was even a possibility!

I had just assumed that every other person I had dated previously, wanted to date a thin-as-possible girl. Therefore, I couldn't be skinny or pretty enough, and I was going to die trying, but to my surprise/horror it didn't look good. So there is such a thing as being unhealthy in trying to look good, and we need to make sure our perspective is an accurate one. At that time in my life, my perception was unhealthy and wrong. Looking back at this time, takes me to a very dark, very sad place in my life. It is too bad I didn't see more clearly, I didn't feel better about myself. It was a time where I struggled daily to face the world because I didn't think I was worth anything. I wasn't pretty enough, so how could I possibly be interesting to anyone?

The second instance where my husband and I had interaction was when I was giving a talk with our high council speaker in the singles ward. Aaron sat off to the side of the stage, because he was the ward executive secretary and listened to my talk. Yes, he heard that I worked very hard. Yes, he knew I had a testimony of my Heavenly Father, of Jesus Christ and His atonement for my sins. Yes, I believed in Joseph Smith and the Book of Mormon. But, I didn't believe in my own way that I was already a beautiful daughter of God... that it didn't matter what I weighed or how I looked. Still, there was no love at first sight.



Danny & Denise Ashworth

(In Hawaii with us 2007)



Hawaii 2007  
(married 9 years)





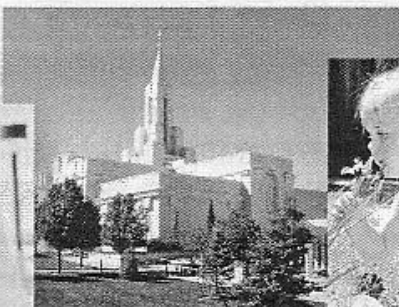
Later, after I had some time to adjust back to life, and after I had put on about 30 pounds, we had some more interaction. From the time of our first date until now, we have never wanted to be apart. I am not a scientist nor am I an expert on the dating scene, but I do know that men generally like women who have a nice appearance. For Aaron, as well as most men, it is the cold hard fact that our physical appearance attracts them, and our testimonies and personalities keep them. Men want both elements, so, we need to work on both elements.

As I said before, not all of us are born "beautiful." Not all of us have porcelain skin and perfectly proportioned hourglass figures. In fact, I would argue that the numbers of those who are "beautiful" by secular definition are far less than those of us who are more normal. We don't have to be born beautiful to "be" beautiful...it is a balance to be achieved by working on the inside and the outside of ourselves.

So what do we do? How can we make ourselves the complete package, even when we aren't a natural beauty? I have a few suggestions - Take care of your body, feed your mind and spirit, and learn to laugh!



Aaron and I were married in the Bountiful, Utah temple on June 20, 1998



Bountiful, Utah Temple



Tacie



Kedrick and Canyon

## **Taking Care of Your Body**

Does it make sense to you that you are in control of your appearance? Do you believe you can be beautiful regardless of your physical imperfections? I believe we all have the ability to put ourselves together well. We all can be a "10" with a little effort.

First things first - moderation in all things. We can start slow and add other steps over time. My personal routine has been evolving for decades and changes as technology improves and as I get older. As a general rule, we should never spend so much time on making ourselves over that we become obsessed or take from the time we need to devote to our jobs, our families, or our spiritual needs. Take things slowly and continue to pace yourself.

My husband is a marathon runner. His mental attitude is one that has grown on me. He doesn't run marathons to win. He certainly doesn't do them to have an enjoyable time. He does them because he says it helps him "learn to make his mind control his body". His spirit has the ability to take control and push him to the end of the 26<sup>th</sup> mile, even as his body screams to stop. Aaron's strategy is to start off at a slow pace. He continues at this determined pace throughout the course. Eventually, he will pass many other runners along the way, who had left him in the dust at the start of the race; they gave it their all at first, and then had nothing more to give half way through. Aaron is headstrong when he needs to be, and that is the characteristic of anyone who successfully reaches challenging goals and accomplishes significant achievements in life.

Remember that this earth-life is our own personal marathon. We cannot exhaust ourselves so that we have nothing to give half way through. Each day is a new day, and a new time to accomplish the most important tasks at hand. It is a time to find balance. Is it important to you to look your best? Or, maybe just clean and well-kept? Then you can take some of the suggestions I have here, and perhaps apply them in your life.

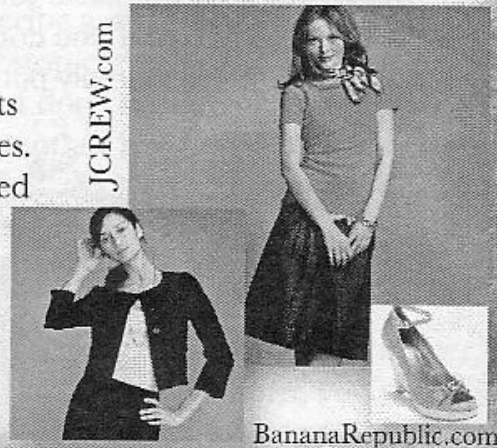
Let's start with our weight and overall physicality.

Do we follow the Word of Wisdom by living in moderation when it comes to diet and exercise? Are we taking care of the temple the Lord gave us? Or, do we let it go by justifying and putting off our plans to improve how we look for another day?

Let me give you an example of how important this is to our Heavenly Father. Think of your favorite temple. How do you feel when you look at it? What are some of the things you notice about it? Is it clean? Is it well groomed? Are the flowers carefully placed and taken care of, or are they out of control with weeds? Is there an excess of "stuff" in the temple or, is it organized and are the things inside carefully placed? What about other church buildings or church grounds?

Think of Temple Square. Why do we see so many visitors at Temple Square each season? It is because it is beautiful. In the spring and summer there are manicured flower beds. In the fall the leaves are constantly removed from the ground and the preparation for winter begins. At Christmas time there are beautiful lights among winter foliage covering the grounds. Is it important to our Heavenly Father to have a clean appearance? Do you think that we would have as many visitors if the grounds were sloppy and unkept? Obviously not. Now think of the expense of keeping the grounds so well maintained. The funds gathered by the church are sacred, and funds are used only for the most important of activities or programs. So it must be pretty important to the Lord that his grounds are kept immaculate.

It is the same for the temple we possess. Heavenly Father expects that we will take care of ourselves. He wants us to be neatly groomed and take time for ourselves. He knows that is one aspect of life that must remain in order to present ourselves as individuals and as church members.



Think about your own appearance. Think of one thing that you could begin working on today. Now get started.

I really believe we need to think of a few things that we know we can improve right now, and then start working on them. We should be grateful for what we have and start loving ourselves. It is the first step to becoming a real "10".

### **Diet**

Diets don't work. It is true. Just forget about dieting because diets have the exact opposite effect on your mind and body than the result you are looking for.

Are you overweight? Out of shape? Or even feeling a bit "frumpy"? If you are feeling any of those things then there needs to be a change in lifestyle. An alcoholic shouldn't continue going to bars and buying beer to kick the habit. Eating and exercising is a habit – one that can be changed and will have a positive outcome if we change it in the right way.

Calories are what matter most. It is important to eat from all the food groups and maintain balance among them. However, if you are eating more calories than you are burning then you are still not going to be at your healthy best.

There is a simple scientific formula to figuring out the amount of calories you need each day. This number will vary with how much you exercise, whether you are maintaining your weight or if you want to lose and what guidance your health care provider gives you. Just remember that if you don't burn the calories you eat, they will stay with you. Simply put, that is how we gain weight.



After I had each of my 3 babies, I didn't like the body I saw in the mirror. I knew that I didn't look the way I knew I wanted to. But, I also knew that I could get back to my normal size and be able to put on my jeans again, with a little work. Did I resolve to a detrimental starvation and exercise plan? No. All I did was make sure that I was eating what I was hungry for, when I was hungry, and I really tried to not eat more than the appropriate number of calories each day. And, I would put the kid(s) into the stroller and go and walk the mall for a while.

I love chocolate way too much to give it up completely. When I was a missionary, some of my companions would occasionally find it necessary to give up sugar or treats or sacrifice something that they enjoyed. That was fine for them but it was not for me. I do best, when I am following the Word of Wisdom: Moderation in ALL things.

Figure out what you like and what you love. Decide and plan throughout your day so that you can eat those things without eating too many calories.

I think of it in my mind like a budget. I have \$1800 in my account. I know that I need to eat some protein, some carbs., and some fruits and vegetables. However, I also know that I am going to have my favorite dessert at dinner. I plan my calorie budget accordingly.

One thing that is important to note is that when we are served portions at a restaurant, on average we are given 2 - 3 times the amount an "average" person should eat in a serving. Remember, I am not a doctor, I cannot prescribe a diet plan for you, but as for myself, I listen to my body. I stop eating before I am too full and I always remind myself that I don't need to clean my plate to feel satisfied. My husband on the other hand, says he can never get "full" so he tries to leave half of the meal on his plate knowing he will be happier later.

There is a lot of information on the internet with scientific studies that have conclusively proven the premise, that no matter what you eat, if you eat more calories than you burn, you will gain weight!

Here are a few other things you can implement into your life:

- “Eat to live, don’t live to eat.”
- Don’t eat standing up, out of the cupboard or pantry, or directly from the pan. It is hard to remember how much you have eaten without serving an actual portion onto your plate.
- Figure out what your weaknesses are and don’t buy them from the store in bulk. If you are trying to lose weight, then buy single serving pieces and remember to not eat beyond your calorie budget.
- At a party, don’t feel like you have to eat everything just to be a good “guest.” Enjoy the things that are most appealing to you, and remember that they also count in your budget.
- Drinks (other than “diet” drinks) have a lot of calories. Don’t drink your calories away.

What is one thing you enjoy eating each day?  
\_\_\_\_\_

What is one thing you could eat or drink less each day to cut back some extra calories? \_\_\_\_\_

What is one thing you think you could start eating or doing that would help you to follow the Word of Wisdom more closely?  
\_\_\_\_\_

Are you willing to do these things to feel better physically and emotionally? \_\_\_\_\_



## Exercise

How important is exercise? It's a proven fact - exercise is good for your body *and* your mind. Exercise has so many benefits that it would be a shame to say it was torture. Well, I'm here to tell you that at first, it is torture.

Remember my husband and his marathon mind? Did he just wake up one day and decide to go and run the St. George Marathon? No. It took preparation. It took one step at a time. One mile at a time. One goal at a time. One obstacle at a time.

Exercise has been a hard thing for me to incorporate into my life. I told myself for years and years that I wasn't athletic or that I couldn't do any form of exercise because I didn't have the ability. I wasted so much time telling myself such negative thoughts. I now know that I could run a marathon if I wanted to. However, I don't want to. I just want to be healthy. And that is o-kay.

What do you want to do? What types of goals can you see yourself achieving?

How important is it to our Heavenly Father that we take good care of our bodies, our temples? Remember we are in control of our bodies. We have the ability to make changes. Whatever we think can be improved, should be considered. When we exercise our bodies (and minds) we show our gratitude and appreciation for the great gift our bodies are.



## Clothing

Following the same theme that our bodies are temples, I think that clothing adds to our general appearance. How do you want others to perceive who you are on the inside? Your clothing will either add or detract from your inner self.



Spring 2008  
Nordstrom.com



Trends will come and go. I like some trendy styles and I really dislike others. I choose to wear things that are complimentary to my shape, look like "me", while also having some style. If there is a trend on the horizon that doesn't look flattering on my body or doesn't make me feel good, then I simply don't wear it. I don't care whether or not it is in style!

For example, those of you, who know me, know that I love to shop. I don't have to be buying anything, but I love to look and watch others shop. (I really love it when I can find something that someone else has been looking for - just for the fun of it.)

The other day my husband and I were up at the Gateway Mall in Salt Lake City. We like to go up there and walk around after we have eaten at one of our favorite restaurants. As we were walking towards the elevator a group of kids were loudly teasing each other with very foul language. As we got a little closer to the group, I could feel a negative vibe that was almost overwhelming. Not only was their "freedom of speech" unacceptable, but their fashion choices were very questionable. I'm sure you have all seen one of the more recent trends for young men to wear really tight - and I mean really tight - denim. Well, the style has progressed from really tight, pegged denim, to girl's denim and now finally it is "in style" to wear really tight, pegged girls denim that is made for their little sister, worn just below the rear-end with a huge belt to hold them in place.

I don't know who thought of this "fashion trend" - but it's not cute. It looks very uncomfortable and is extremely unflattering. The worst part is that the pants are so low that their underwear is totally exposed and they have to waddle like penguins in order to walk without their pants hitting the ground! It is really ridiculous.



JCREW.com

This is a trend that deserves to be on the top of the fashion “don’t” list! The point of this story is that we don’t need to follow what society is telling us is “stunning” or the best new spring or fall fashion. We really need to focus on what best suits our spiritual selves and our individual body shape.

If you have a tendency to wear clothing that is “comfortable” then great. But, you also need to evaluate if the comfort level is making you look frumpy. Remember that we should all have balance. It is possible to look too fancy, too made-up, too trendy.

When I first started dating my husband, I really loved my pajamas. Because I had worn a dress every day for 18 months, I really enjoyed living in comfortable clothes – it was during a time when overalls were very common and “in style.” One day we had dinner with my mom (which is actually a very funny story when Aaron tells it), and then we had to go out and get dinner to actually eat something. Well, I was wearing pajama bottoms and slippers. I didn’t change. That was a big red flag for Aaron. Luckily, he made mention of it – in a very nice way. I have thought a lot about what he said and it really makes me want to share it with other women: Guys think that when women wear sweats in public we have “given up” on how we look physically. And what guy would want to marry someone who has already given up?

Aaron has asked me very nicely to not wear sweats, at least not in public, and not everyday. That seems reasonable to me. What have I asked him to do? I will just say this: the list is much longer than “Please don’t wear sweats”.

**“Let’s face it, when you walk into a room the first thing everyone notices is your appearance; an impression is formed within the first few seconds. Now ask yourself if your image... is the message you want to communicate?”**

**Alicia Richmond, Founder of *Chic on a Shoestring***

**[www.chiconashoestring.com](http://www.chiconashoestring.com)**

I think it is fine to wear pajamas, track suits and comfortable clothes while you are cleaning, exercising, organizing, or doing something that you wouldn't want to be wearing your "Sunday Best." However, when you have the opportunity to attend a single's activity or when your boyfriend comes over, or when your husband gets home from work, please try to make an effort to get yourself cleaned up for him. Even if you don't think you need to, do something with your appearance. He will really appreciate the effort.

This doesn't have to be everyday. You don't have to look like you are entering a pageant each time you see your significant other or prospective guy. Please try more often than not to get yourself ready. It tells him that you care, that you haven't "given up," and that you respect yourself and him and are interested in making him happy. Even without the guy, we can make ourselves happier with purposeful grooming, it has a lot to do with personal dignity.

If you are single and you are heading out to church, just remember that this might just be an opportunity to meet someone. You will make an impression while you are there, planned or not. What kind of impression will you make? How does the temple look from the outside? Is it just thrown together? No, there is careful planning and preparation. Do the Christmas lights easily get tossed onto each tree? No. The workers take months to plan and place each strand throughout the temple grounds.

We can follow this example. Get ready for church. Don't just roll out of bed, jump in the shower, put your mascara on in the car and show up to sacrament meeting with wet hair. Please, take the time necessary to look your best on Sunday. Come with yourself put together. Make a good impression.



Here is an interesting side note to getting ready...

As a missionary, I was on a busy schedule. When I was single and attending a single's ward, I also felt busy. I worked or went to school, I had hobbies, and I had friends and boyfriends and other responsibilities. In my mind, I was busy. Then I got married. Wow, now I was even busier. When I had my first baby, busier. As we have added to the number of little people in our home (all requiring individual needs to be met), owned our own businesses, held multiple callings, volunteered at the school, etc., I am even busier now. As I look back on those times in my life when I thought I was busy, I really had no idea how busy life would become. But, unfortunately, life never gets easier or less busy. It only gets busier!

Even though you think you are busy now, with whatever point you are at in your life, know that you are only going to get busier and you will have less and less time for yourself. Regardless of how busy you are; it is important to take time out for yourself and your appearance.

Now for the real part of what I have been asked to share my two cents about: Make-up.

I realize applying and wearing make-up can seem too time consuming and inconvenient, but a little make-up looks great on everyone and a little make-up only takes a little time! Well-chosen and correctly applied make-up enhances your appearance and gives you a healthier glow. It only takes a little practice (and interest) to learn how to put make-up on quickly and easily! Make-up can also conceal those minor imperfections we all have.



Simple make-up vs. "Fancy" make-up

Let me remind you that I am not an expert on the runway, and I don't have formal training in esthetics. However, I share with you the knowledge and experience I have from life, from reading, and also from the training I received as a cosmetic representative in a department store.

The information regarding skin care and make-up in this particular routine is primarily intended for most typical situations. If you want to learn more about wedding, pageant, modeling or other high fashion make-up, then we can talk later.

Make-up only works if you start with skin care. No matter what you put on your face to conceal, brighten or enhance, it won't look great unless you are taking care of your skin. I follow a pretty regular routine and I think that is one of the first tips I can give you.

Your age and personal maintenance level can determine how much time and effort you could spend on yourself. If you are interested in doing the "bare minimum" then I would follow this advice:

1. Wash your face morning and night
2. Use a moisturizer (or a tinted moisturizer if you need some help evening out your skin.
3. Use a lipgloss or something for a little color or shine on your lips.



I love *Curel* lotion. It really moisturizes my extremely dry hands and body. I am always impressed with the fact that it really does last all day long!

Wash your face morning and night!

If you feel like you are ready for a little more than what I would consider the minimum, then you should follow these steps:

1. Wash your face morning and night.
2. Use an exfoliant weekly to remove dead skin cells.
3. Help return your skin to its natural PH Balance with a toner after washing
4. Use a moisturizer appropriate for your skin type.
5. Try using an eye cream
6. Apply your make-up. (Remember to blend... It's the most important step in making make-up look natural)
  - a. Foundation, concealer
  - b. Powder (optional)
  - c. Blush
  - d. Lip gloss or lipstick and lip liner
  - e. Eye shadow, eye liner and mascara

If you feel you are ready for something a little more advanced, or if you consider yourself to be a "high-maintenance" girl, then you may want to review my routine and apply the things that make sense to you.

As you establish your routine you will be able to start and finish the process quickly. It may feel like I am giving you a lot of options, however they actually are simple and can be very fast once you know what you are doing and what you like.



Here is what I do in the morning:

1. Cleanse and Rinse

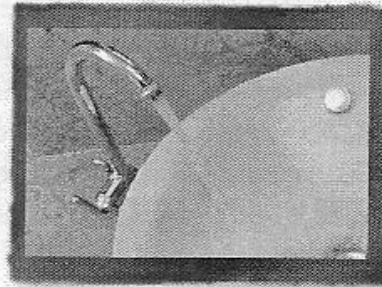
When I get into the shower each day I wash my face with a cleanser from Lancôme. I think that if you use a cleanser that works for you, then stick to it. I like Lancôme's cleanser because it works for my skin. I also use a cleanser made by Neutrogena. Neutrogena has some great products.

I have one other step I do in the morning: exfoliate my skin. Not everyday. (You can be the judge of how much your skin needs.) But, I feel that my make-up goes on much more smoothly and my skin has a fresher look overall when I have used an exfoliator. I use *Lancome's* "Exfoliant Clarte," however, most cosmetic lines have one to choose from. If you want to make your beauty product purchases while making your trip to the grocery store, then consider these cleansers: *Johnson's* baby bath or *Cetaphil*; even better *Wal-Mart's* version, *Equate's* Skin Cleanser, Gentle Formula.

Rinsing is so important. A lot of times we will have breakout because of the excess soap left behind on our skin. Rinse! Rinse! Rinse!

## 2. Serum

If you have any skin "issues" you should probably use a serum to help correct it. A serum is a lighter weight product that has the ability to soak into your skin differently than a moisturizer. I apply a serum in the morning for skin rejuvenation. I don't want to age and I also have issues with discoloration in my face. So, I apply a serum made by IS Clinical. Typically, a serum will be a little more expensive because it is a higher quality and concentration of product.



One thing you should keep in mind is that you need to wait a couple of minutes in between layers. If you use a serum then wait before putting on your moisturizer. If you only wear a moisturizer, wait a few minutes before putting on your make-up (or mix the moisturizer with your base make-up, the make-up will be more sheer...and do let in all soak in before setting with powder). This helps your skin to absorb and adjust.

### 3. Moisturizer

No matter what your age or skin type you really need to moisturize your face and eyes. Moisturizer is like a barrier that also provides nourishment for your skin. Pick your moisturizer by answering a few questions:

- Is your skin dry, oily or a combination?
- Do you have sensitivities to any particular products?
- Do you have a tendency to breakout?
- Do you need to start being proactive and prevent against aging? (Please start to protect...there is NO genuine "prevention" as yet!)
- What type of texture do you prefer? A cream, or a fluid?

When I was in my early twenties, I was very concerned with the fact that I had pimples and a shiny face, so I chose a lighter moisturizer, a fluid, that was meant to control acne-prone skin. Once I started having children and especially since I passed the 30-year-old mark, I have found that I need more moisture. I want to have a product that has a more scientific, natural and vitamin enriched approach. I like knowing that I am feeding my skin moisture along with other ingredients that are protecting my face against free radicals and whatever else could be in the air causing pre-mature signs of aging.

As you moisturize your face try to move in an upward and outward motion – I was taught that this supposedly helps with the gravity issue. Remember your neck too!





I have tried several products and spent a lot of money trying to figure out which ingredients worked best for me. The bottom line was that I have found that if the product is for my skin type, it has scientific research that makes sense to me, and if it comes in a bottle with a pump dispenser (or a tube) I am happy. I love the dispenser idea because I really hate opening and touching a product. Yes, I am a bit of a germ freak – but the dispenser just makes sense to me. Not only is the product protected from the outside world, but it is also giving me a regulated amount each time I use it. Never too much and never too little.

Don't forget an eye cream! Your eyes are the first place to show signs of aging and lack of moisture.

Eye creams are made especially for the delicate eye area, which has a unique type of skin. The skin around the eye is much thinner and more sensitive. If you are trying to cut costs, then at least try to get some of your moisturizer around (and not in) your eyes.

It doesn't hurt to have a consultation to determine what type of skin you have. Most dermatologists will tell you to use either Cetaphil or Neutrogena. Either one works just fine. If you want more technology and smarter ingredients in your products, you will probably need to consult with someone that specializes in skin care products and needs.

I know that many people assume wearing make-up requires a great deal of "touch-up" time throughout the day. However, simply running a brush through your hair, reapplying a little lip gloss, and, if needed, using facial blotting paper to absorb excess oil, is all that is needed to keep your appearance morning-fresh.



JCREW.com

#### 4. Sunscreen

Sunscreen is also very, very important. The sun has so many negative effects on your skin. Nothing ages skin more than sunshine. I never wore a sunscreen when I was younger. Now, I am faced with both hyper- and hypo- pigmentation. This means that my face has sun damage. It has a lot of discoloration because I allowed my face too much sun exposure. Now I have to spend extra time, money and effort fixing the problem I created!

I am "allergic" to a lot of sunscreen products. Make sure you buy one that is made especially for your face! I like one made by Skinceuticals. Neutrogena Healthy Defense Daily Moisturizer SPF 45 is also a good one. Tinted moisturizers most often also have an SPF. They are great for when you are in a huge hurry or just off to run a quick, casual errand.

#### 5. Primer

Most people don't use a primer before putting on foundation. I have found one made by DHC Skin care that is called "Velvet Skin Coat". I like using a primer because it evens out the texture of my skin. If you want your make-up to last longer throughout the day, use a primer. Remember to wait a few minutes between your skin care steps.

Here are a few other thoughts on skin care and make-up preparation:

When I was in high school I was constantly frustrated with how I would leave for school in the morning feeling like I looked put together. By lunchtime I would look in the mirror and my face would be shiny and I could see every imperfection on my face that I had spent time covering up. Since that time, my goal and my efforts have been placed in finding products that last as long as possible. I don't want to have to fuss with how I look throughout the course of the day.

## Make-up

### 1. **Foundation** – Create a clean canvas for your color

There are a lot of foundations on the market. I am pretty sure I have tried them all. I like a foundation that provides coverage without looking heavy. I also like to have a matte finish. When I worked for Lancôme, we were taught to help our customers find the perfect foundation by understanding how much coverage they wanted (light to full coverage), what type of finish they liked (matte or dewy), and what texture they preferred (fluid, cream, or mousse). For me, I liked a full coverage, matte finish, light-weight fluid foundation.

Since the time I worked at the counter, I have investigated several other brands, styles and formulations of foundation. I like *Bobbi Brown's* liquid foundation, *Becca's* stick foundation, and *Sila's* foundation (especially because it didn't have a sunscreen in it, which sometimes can cause problems).

However, a new type of foundation has made its mark: mineral powder foundation. Wow. I love this make-up because I can control how much coverage I want, I know that it isn't clogging my pores, and I don't feel like I am wearing a mask. It has a very natural finish. The only problem with the mineral powder foundations is that they require a "setting" or "finishing" spray to help the powder to set on your skin. So, it is a two-step process. Since I switched to the mineral make-up I have had so many compliments on my skin! Me? Nice skin? What? It's true – it has made a huge difference for the quality and appearance of my skin.

The brand I use is called *TRUE* and it can be purchased at the Gateway Mall in a store called *Anne-Michelle Apothica*. In fact, I buy a lot of my products from their store. It is a fun place with a very educated staff! You can also get a really good mineral make-up at *Nordstrom*. The brand is *Bare Escentuals*.

When looking for a foundation, try to pick the color that is the closest to your neck and yet still works with your face. Also, you will need to consider the fact that our skin has undertones.

Do you have a yellow or pink undertone?

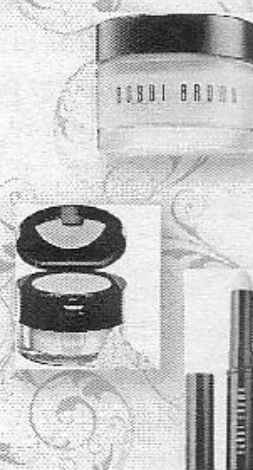
I have a tendency to have a pink undertone in my skin, so I choose a warmer, or more of a yellow-toned base to even out my skin tone. If I put a pink undertone make-up on my face, I would look really pink! Remember the goal is to look naturally put together.

#### Foundation Application:

If you use a fluid, a stick or any formulation you really should use a brush or applicator of some kind. The brush you choose will help to blend the foundation on your skin. Blending is the key to foundation. It is the only way it will look natural and correct. If you don't have time to blend your make-up than you should just skip it all together! When I put on my foundation, I try to go at a downward angle. I believe this helps to lay down that baby fine hair on our face! Remember to go around the curve of your jaw to blend that line! It is the worst when you can see a visible difference between your make-up and your neck.

#### 2. Concealer.

I love concealer because it has the ability to brighten my eyes. I put it right over the darkest spot under my eyes next to my nose. I simply dab and press the concealer into place. Wiping and rubbing forcefully doesn't work. Again, using a brush is so helpful when applying your concealer. A sponge also works. I am currently using Becca's concealer however, I love Bobbi Brown's concealer too. The texture and coverage is great.



By the way, nobody likes old mascara goop in our inner eye area! Take a second to use a Q-Tip to get those eyes clean! It's like having broccoli in your teeth!

### 3. Eye Shadow Base

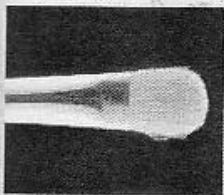
Everyone should wear an eye shadow base. Why? Because your eye shadow will stay on so much longer!

For a long time I used Lancome's eye shadow base, but then I discovered MAC make-up. The eye shadow base I am using came out about November 2007. It is a newer version of their "Paint" and it comes in a pot. I like it because it has the same longevity with a little better texture, and for this particular product I like the way the newer version's lid is much easier to take off and put back on. It comes in a few colors to choose from because ultimately you could wear it alone without any other eye makeup. I chose the most neutral and lightest color so it would be a base and not an eye shadow alone.

I use one of MAC's brushes and simply sweep a small amount over my entire lid. You will be so surprised at how well your eye make-up will last!

• Blend! Blend! Blend! •

Once your foundation, concealer and eye base are on, let them set for a few minutes. It just needs to take some quick time to dry and set. Before I start adding color, I go back over my face with a sponge to blend and remove any make-up that looks "cakey" or blotchy. It also helps to make sure that you don't have any face make-up in your eyebrows. Your face is now a blank canvas, ready for color.



MAC Paint will  
keep your eye  
shadow on all day!



The final step of preparation for color is finishing your eyebrows. Your eyebrows are actually really influential in how your eyes appear. If they are clean, and shaped correctly you will really add to your eyes. On the contrary, they can really detract from your eyes. Find the balance. I have found that I really like the Anastasia Counter at Nordstrom for my eyebrows. Kelly has been trained specifically for eyebrow shaping and grooming. The technique that she uses has been very impressive, consistent and virtually pain-free. Every other place that has done my eyebrows has either shaped them completely wrong, missed spots, or caused pain and damage to my skin. The tools at the Anastasia counter are unmatched and worth the investment.

## Adding Some Color

### 2. Blush

There are a few different kinds of blush formulations, I use an oil-free powder blush because I think it is the simplest to apply and blend. I have also picked a very neutral color so that it is as natural looking as possible.

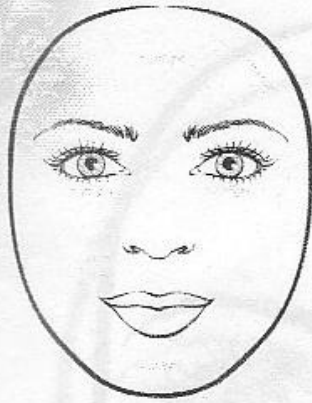
When applying blush I have always tried to “hug” my cheekbone with my blush brush. You can do different, more technical forms of application with contour and highlight – but we are not on the runway. So, simply enhance your cheekbone by following either right on it or right below it. I use very little color and then I blend it in starting from the apple of my cheekbone up to my hairline. If I feel like I still need a touch more, then I add it. But, I don't ever completely saturate my brush with color. You shouldn't see a definitive line on your cheeks, it should be subtle and blended to add to your face. If you were going out at night, it is fine to add a little more color than you would normally wear in the day. Never skip blush... It really adds to your face!

Nude Blush: Spring 2008  
Discover the fresh-faced look of spring.



Clinique.com

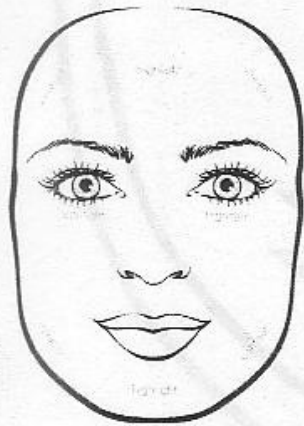
Round Face



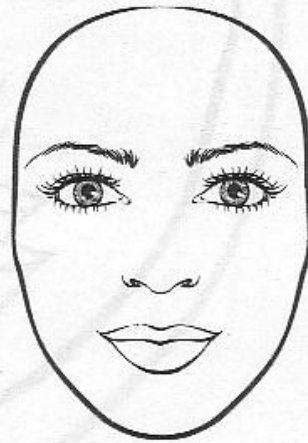
Heart Face



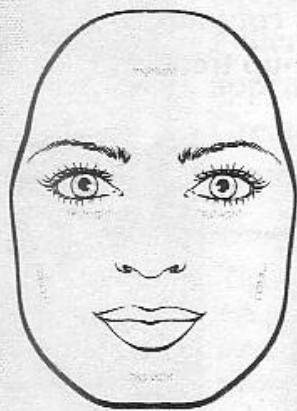
Square Face



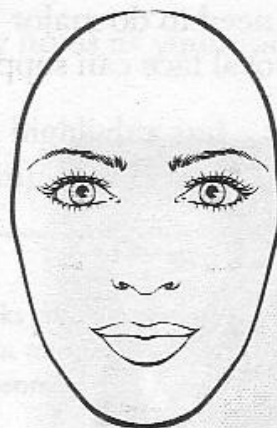
Oval Face



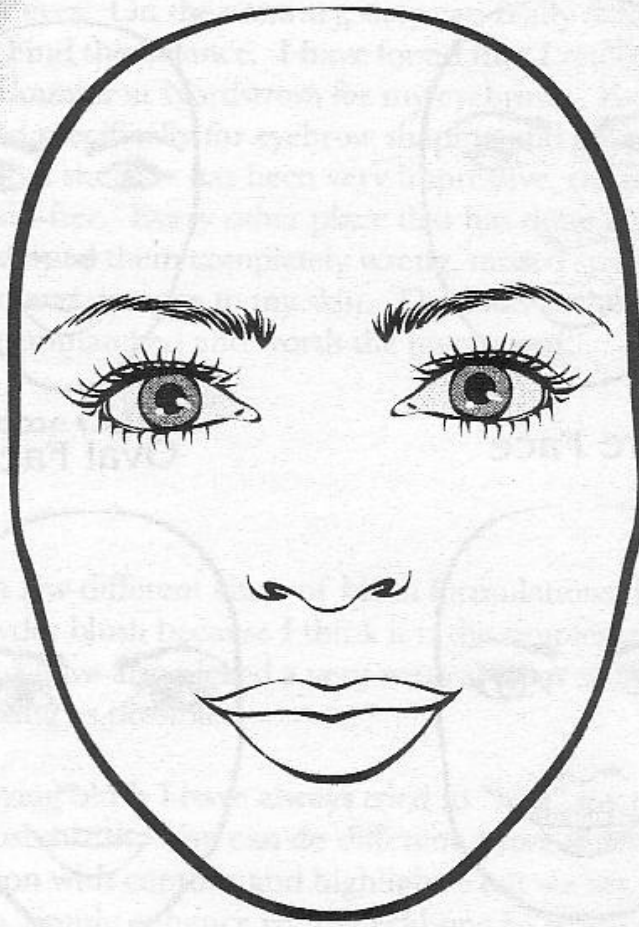
Pear Face



Long Face



## Oval Face



- Considered to be the most “perfect” facial shape because of its symmetry.
- No need to do major highlighting or contouring.
- An oval face can support most make-up trends.



• Courtney Cox-Arquette



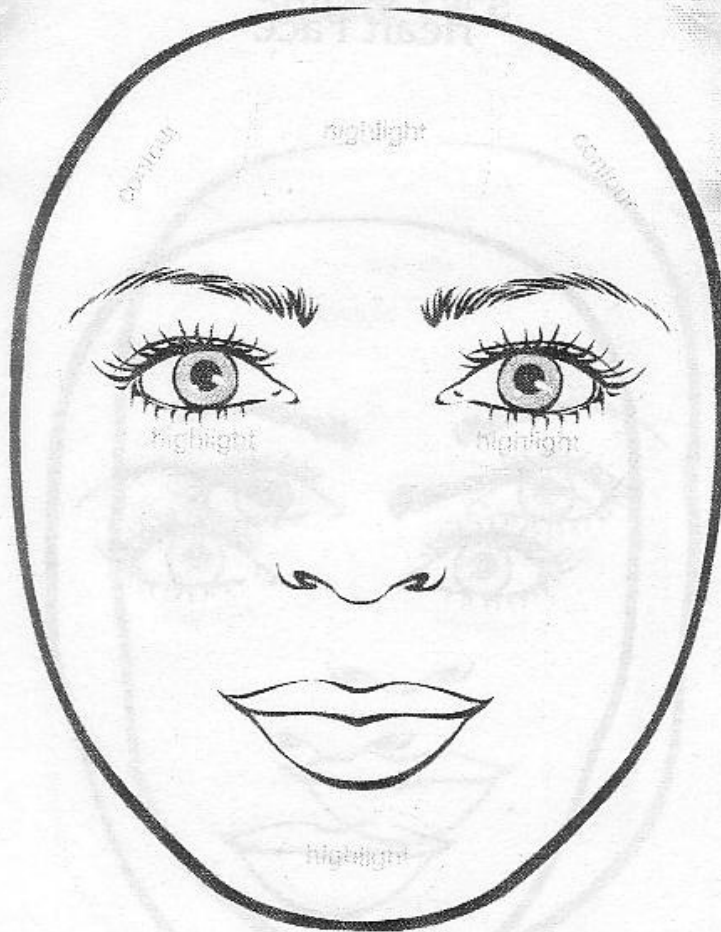
• Beyonce Knowles



• Eva Longoria Parker



## Round Face



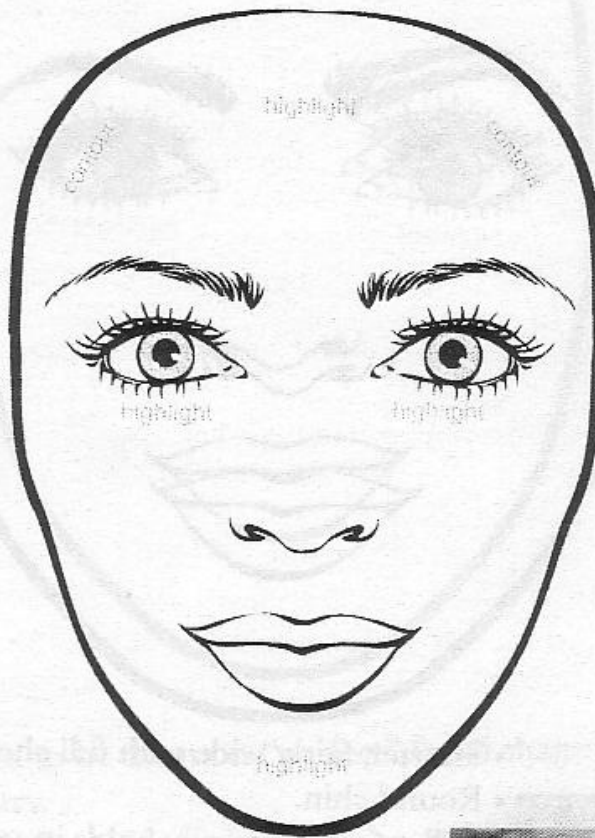
• Drew Barrymore

- Shorter, fairly wide with full cheeks.
- Round chin.
- Fuller face, generally holds its youthful appearance.
- Create illusions with highlights and contours (see diagram).

### Tip:

- A pressed powder works well for sculpting the face. It is low in pigment and it blends easily.
- For contouring use a bronzer or a natural colored blush.

## Heart Face

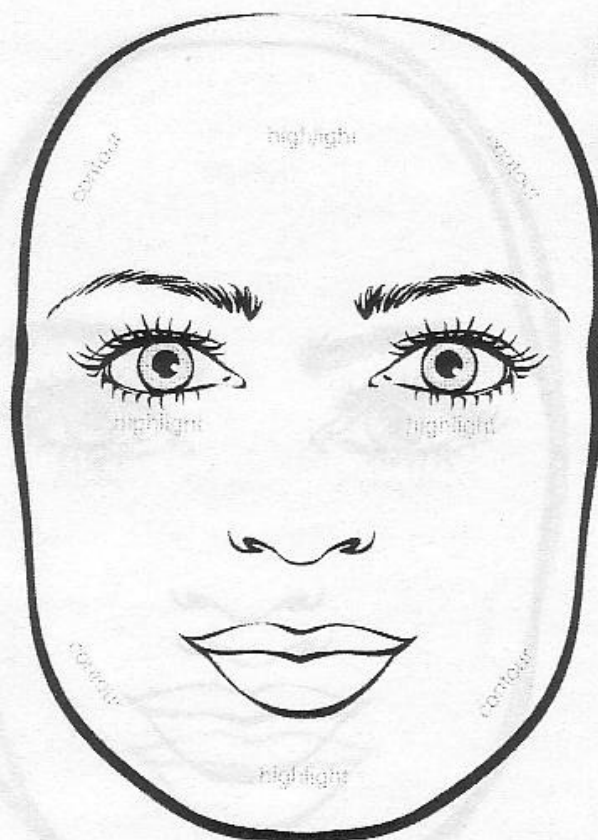


- Wider at forehead and then curves down to a pointed or narrow chin (inverted triangle).



• Reese Witherspoon

## Square Face

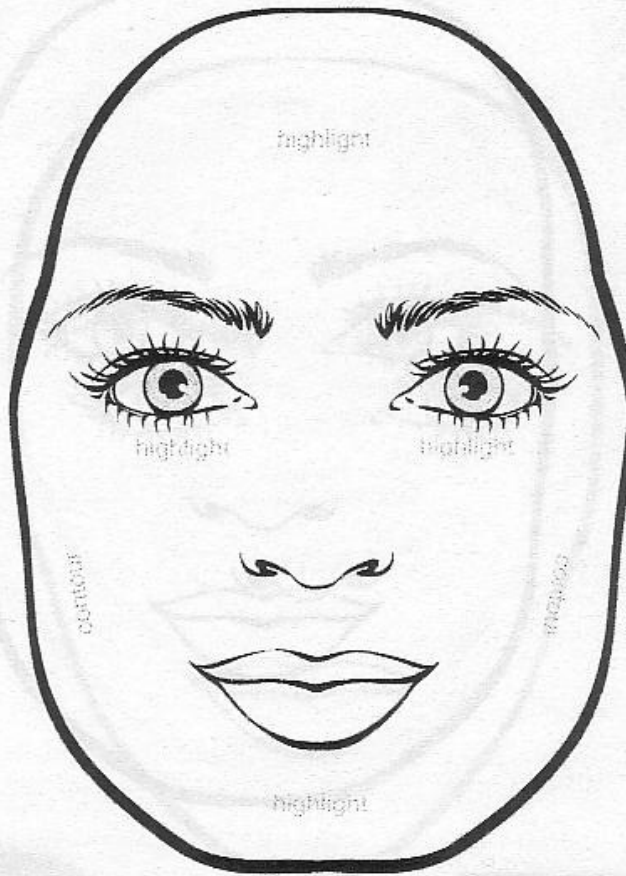


- This face has the same width at the forehead, cheeks and jaw.
- One of the best things you can do for your face is apply blush directly on the apple's of the cheeks.



• Jennifer Garner

## Pear Face

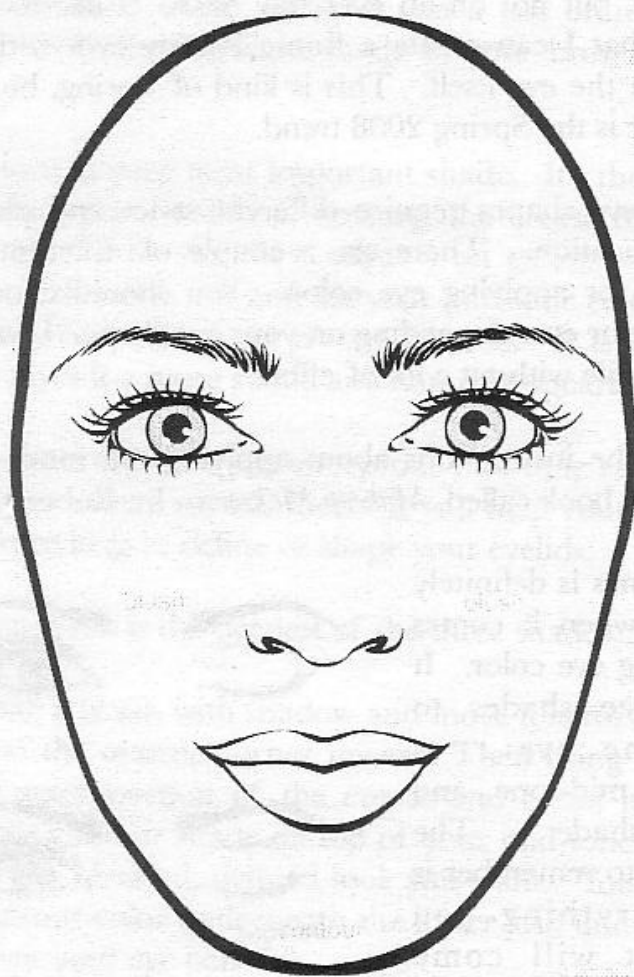


- Narrow at temples and forehead, wider at the cheeks and jawline.
- Hairstyle can go a long way in balancing any face shape. For this shaped face, bangs and fullness to the upper half of the face are a great addition!



• Cameron Diaz

## Long Face



- High cheek bones, a high, deep forehead and a strong sharp chiseled jawline.
- Never highlight or contour. Use a bit of bronzer on your chin, and apply blush directly to the apple's of your cheeks.
- Bangs can help to shorten your face.



• Niki Taylor

### 3. Eye shadow

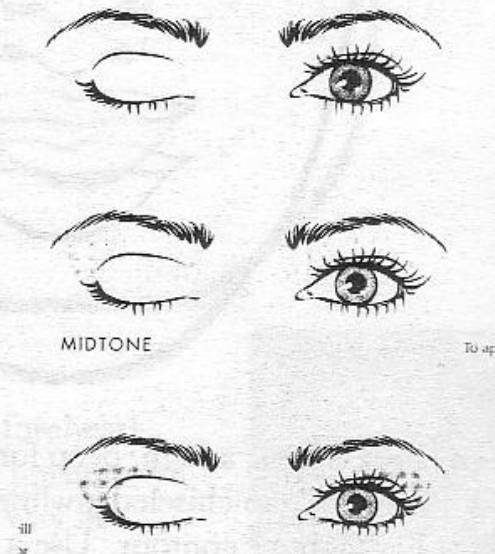
Eye shadow can be very fun. It can dramatically change, enhance or destroy how you look. It also can be intimidating when you aren't sure how a color will actually look on your eyes.

I have tried wearing colored eye shadows and I like to wear them sometimes, but not on an everyday basis. I like to wear earth tones so that I can create a frame for my eyes without taking away from the eye itself. This is kind of boring, but F.Y.I., the neutral eye is the Spring 2008 trend.

Different eye shapes require different styles and placement of color application. There are a couple of different schools of technique for applying eye color. You should choose how to enhance your eyes depending on your eye shape. I want to bring my eyes to life without a lot of effort.

Here are the instructions about applying eye make-up from a really great book called, *Makeup Makeovers*, by, Robert Jones.

"Three times is definitely a charm when it comes to applying eye color. It takes three shades to shape the eye: a highlight, mid-tone, and contour shade. The basic rule to remember is that everything you highlight will come toward you or become more prominent, and everything you contour or darken will recede or move away from you. Using three shades creates a subtle visual trick to help bring out one of your most beautiful features and helps draw attention to your eyes rather than your eyelids...



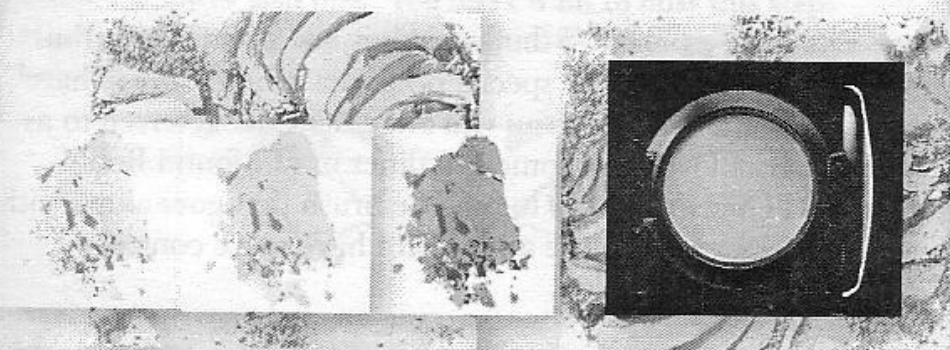
"Your highlight shade is the lightest of the three eye shadows. It can be more or less dramatic, depending on the shade and finish you select. A matte finish will give you a subtler look than a shimmer finish. The shimmer will be more dramatic. For example, I usually use a shimmer highlight on deep-set eyes because it opens up the eye more than a matte shade. Also, the lighter the highlight shade, the more dramatic your look. A softer or flesh-toned shade will give you a less dramatic look. You should apply the highlight shade to your brow bone and eyelid.

"Your mid-tone is your most important shade. It's the first step in the blending process and in creating the crease of the eye. This shade should be the most subtle - an extension of your skin... Most of the time it is best for your mid-tone color to have a matte finish, but it does not always have to. It is just that a matte finish gives it a more subtle and natural appearance...

"If you are short on time, just sweep our mid-tone color across your eyelids for a very natural look. It will help your eye color "pop," but won't help to define or shape your eyelids.

"The contour shade is the deepest of the three shades...

"To apply, take a brush with shadow and move it across your top lash line from the outside corner inward. Then bring the color up into the outer portion of the crease and blend it inward. This layers the contour shade on top of your mid-tone shade to help you get the blended, defined look you want. You can also apply the contour color underneath the lower lash line to define or blend it over your eye pencil."



Here is what I do for my eyes:

**Step 1:** I use a vanilla/cream or a light to mid-toned colored shadow on my entire lid. With the eye shadow base, you really don't have to do this, but I do it anyway. (I sometimes feel like the base is just a touch too dark for my overall eye.)

**Step 2:** I take a soft brown or taupe color and place it in the crease, on the outer corner of my eye and blend it in towards the center and inner part of my eye. This should be blended and it shouldn't look harsh. This darker color shouldn't be the first thing we see on your face. It is an important part of defining your eye shape – but it needs to be blended. The first spot you place your brush is where the color will be most intense.

**Step 3:** If I am feeling like I need something extra, I will layer a third color with the darker color. I don't do this everyday, but there are days when I like to add a little pink or a soft aubergine. If I want to highlight my eyebrow bone, I will take a really light cream or white color and blend it onto my eye right below my eyebrow. This gives a more defined or finished look to the eyebrow.

#### 4. Eyeliner

When I was in high school it was quite popular to line just the lower lid. For my mom, it was popular to line the upper lid with a white liner. Today, we are encouraged to do both the lower and the upper – or nothing. It doesn't have to be dramatic but a simple line along your upper and lower lashes makes your eyes pop! I personally think that your eyes have a more finished look when you are wearing eyeliner.

Most days I use a pencil. I think that it is simple and fast. But there are some evenings or special occasions when I like to have a more dramatic eye line. You will often hear this referred to as a liquid liner. I loved Lancome's Artliner until I found Bobbi Brown's gel liner. You have to buy the brush that goes along with it, but it is a lot easier to use and I feel I have more control throughout the application.



## Hooded Eyes

Hooded Eyes are sometimes called "Bedroom Eyes"

- Never use a dark eyeshadow over the entire lid, because it makes it appear heavier and will close in your eyes.
- Don't be tempted to highlight the brow bone too much, because doing so much can accentuate the hooded appearance of the eyelid.

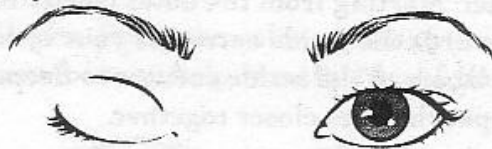
**Tip:** The eyebrow shape is very important here, because attention can be diverted from the hooded eyelid with a beautifully shaped eyebrow.

**Application:**

1. **Highlight Shade:** Apply to brow bone and along the upper lash line.



2. **Mid-tone Shade:** Start at the base of your upper lash line and bring the color up and over the entire hooded area. This helps the lid recede. Make sure to blend the areas where the mid-tone color meets the highlight color.



**Contour Shade:** Start at the base of the lash line and bring the color up and over the hooded area. For this eye shape, you need to bring your contour color in a little farther and up a little higher than on other eye shapes. This will help the hooded area recede. Next, sweep the contour color underneath the lower lashes to define the lower lash line. You don't want to miss this step! Hooded eyes really benefit from a well-defined upper and lower lash line.



## Wide-Set Eyes

If the spacing between your eyes is wider than the width of one eye, your eyes are considered wide-set.

- In this case, you need to darken the inside hollows of your eye next to the bridge of your nose more than for any other eye shape. Deepening the color helps this area appear to recede and makes your eyes look closer together.
- Begin all dark-color application slightly in from the outer corners and blend your shadow in and up instead of outward, because all outward blending will "pull" the eyes wider apart, and your goal is to "pull" them closer together.

### Application:

1. **Highlight Shade:** Apply to brow bone and lid.



2. **Mid-tone Shade:** Starting from the outer corner of the crease, bring the color towards the inside corner of your eye. Be sure to apply a few more layers to the inside corners to deepen the color and help visually put the eyes closer together.



3. **Contour Shade:** Starting slightly in from the outer corner, brush it across the upper lash line and p into the crease of your eye. Also sweep it underneath the lower lash line, being careful not to extend the color beyond the outer edge of the eye.



## Prominent Eyes

If your eyelids and eyes are very full and tend to extend from the face, you have prominent eyes.

- Never highlight the eyelid, or you will make the eye appear even more prominent.
- A deeper or contour shade across the lid helps to minimize it and makes it appear to recede.

### Application:

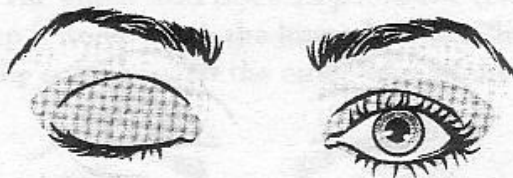
1. Highlight Shade: Apply to brow bone only.



2. Mid-tone Shade: Start at the base of your upper lash line and bring the color up and over your entire lid, all the way up to your brow bone.



3. Contour Shade: Again, start at the base of your lash line, and bring the color all the way across the lid and up into the crease. Then sweep the contour color underneath the lower lash line as well.



## Close-Set Eyes

The area between your eyes is approximately the width of one eye. If your eyes are spaced any closer, you have close-set eyes.

- Keep the inside corners and areas closest to the nose as light as possible to help visually “push” the eyes apart.
- Make sure to concentrate the darker shades on the outer corners of this eye shape.

**Tip:** To open up your eyes and create the illusion of larger eyes, you can apply white or beige eyeliner around the inside “wet tissue” of the eyes (the inside rim).

### Application:

1. **Highlight Shade:** Apply to lid and brow bone. Also apply to the inside corner at the bottom lash line.



2. **Mid-tone Shade:** Starting at the outer corner of the crease, bring the color in toward the inside corner to the brow but not all the way over to your nose.



3. **Contour Shade:** Sweep it across the base of the upper lash line and up into the outer area of the crease. Sweep it underneath the lower lash line for definition, except for the inside corners. Apply your highlight shade to the inside corners of the eye to help your eyes appear farther apart.



## Droopy Eyes

Droopy Eyes are sometimes called "Puppy-Dog Eyes." They slope downward at the outer corners.

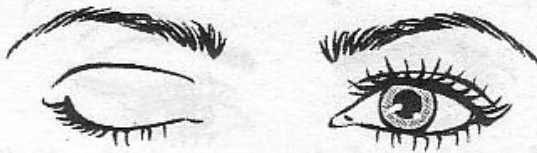
- Create an "open-ended" eye, which means you do not extend your colors to the outer corner of the eye where it begins to turn down. By leaving it natural, you actually create a visual "lift" to the eye.
- When applying mascara, be sure to concentrate on the middle to inside lashes.
- Make sure your eyebrows curve gently outward – never in an exaggerated downward arch.

### Application:

1. Highlight Shade: Apply to brow bone and lid



2. Mid-tone Shade: Starting slightly in from the outside corner, bring the color across the crease into the inside corner of the crease.



3. Contour Shade: Starting just slightly in from the outside corner, bring your color up and into the crease. Next, sweep contour color along the lower lash line, making sure once again to start slightly in from the outer corner.



## 5. Mascara

If I could only choose to have a few things to use (like if I were on a deserted island), I would have to have mascara. I am blonde and I have very fair (invisible) eyelashes. I feel like my eyes disappear when I don't have mascara. I have tried a lot of mascaras and I have never liked any of them better than I like *Lancome's Definicils* mascara. (They also have an eyelash primer I really like, that adds volume.) One added feature for *Definicils* mascara is that it is water-resistant. It doesn't run all over your face when your eyes water, but it isn't difficult to remove at the end of the day either. It is just an all-around good basic mascara, and worth the investment. I have talked to a lot of people that like to buy their mascara at the grocery store. I think the one I have heard mentioned most often, is made by *Revlon*.

Replace your mascara often. I usually replace mine every 3 or 4 months. Another big Spring 2008 trend is mascara – big mascara. I don't love clumpy mascara. Whenever I am talking to someone with too much mascara I can't look at anything else and the whole time I want to brush their eyelashes for them! So, even though mascara is a must-have – remember less is more!

## 6. Lips

Eyes and lips are a focal point for me. I love the tools we have to make our lips finished.



Just like finding the right foundation for a customer, I had to ask specific questions when helping someone to pick out a lipstick that would work for them. How much coverage do you want? Do you want a matte or glossy finish? Are you interested in having a long-lasting lipstick? Do you like it to have some frost in the color? These are all very important questions to ask yourself. It will help the person at the counter eliminate and narrow down the choices to show you. Once you know what formulation you like, then you can pick the color you want.

My ultimate goal when picking a lip color is the promise of it lasting as long as possible. This doesn't matter to everyone – but like with every other aspect of make-up for me – I don't want to have to worry about it throughout the day. So, I have found that *MAC* and *Chanel* both have great long-lasting lip color. My favorite color and formulation was discontinued last year by *Lancôme*, and I have struggled to find its match ever since.

The long-lasting lipsticks are usually a two-step process. You apply the color and let it dry and then you add the accompanying gloss on top of the color. This works for me.

Maybe you only want a gloss. That is just fine. I love lip-gloss too! Go to the *MAC* counter and look at all of your choices. They have a lot to choose from and they are all really good. An added bonus for *MAC* is the fact that they don't spend a lot of money in their packaging to make it really fancy so their prices are much more reasonable than some of the other brands in the department stores.

*Bobbi Brown*, *Lancôme*, *Clinique* and several other companies have some great lip products. It might be worth your time to go and look at your options.

You might find that you like grocery store brand products for some of your routine. That is great. Most of the brands you can buy at the grocery store are owned by larger department store brands. For example, *L'Oreal's* parent company is the same as *Lancôme Cosmetics*, *Cosmair*. You can buy very similar products between each line. The price difference is defined by the quality of the ingredients, the packaging, and the target market.

Step 1: Line your lips (if you like a really defined lip, or if you are needing to enhance or change the shape of your lip).

Step 2: Apply your lipstick and/or gloss.



## 7. Bronzer

Another really neat product is a bronzer. It is a powder that has some color in it to help your face to look more tan. I think I look healthier with a bronzer. As a side note, another Spring Trend is a sun-kissed face.

When I am done with my face I will gently brush on a little bronzer on my face beginning with my nose. I don't use a lot – and it is very important that it is well blended!

Try not to touch your face! The less you touch your face the better. Your hands touch so many things and we don't always have the opportunity to wash our hands as often as we would like. Germs can cause so many problems – and you can see their effects right on our skin.

Drink Lots of water. Your skin needs water!

### **Evening Protocol**

I think most experts would advise you to wash your face as soon as you can at the end of the day. I personally don't like to take my "face" off any sooner than necessary even though my husband will tell me I look great either with or without make-up. When it is time to wash my face at night, I have a regime that I will not sacrifice. Everyone should wash his or her face before going to bed at night. Remember the germs? We need to get them off and we also can put on different moisturizers and nourishment that can be very beneficial for our skin as we sleep.

Before I start washing with a cleanser, I use an eye make-up remover. The skin around your eye area is very delicate and eye make-up removers are specially formulated to deal with the stuff we put on our eyes, without being too abrasive. I use Lancome's Effacil remover. It is very gentle and not made to remove waterproof make-up. Lancôme has another formulation for that. Use a Q-Tip and gently remove the make-up on and around your eyes.



The next step to my nightly routine is washing my face with a good cleanser - not soap, but a cleanser. I wash my face twice. I wash once to get the make-up off and another time to cleanse my skin. I really focus on rinsing the soap off my face. A lot of times we wash our faces but we have problem-causing soapy residue left behind. Rinse your face one more time than you think you need to just to make sure you have gotten the soap off.

The next step is very important to me because I have acne-prone skin. Once my skin is clean I use a paper towel to dry my face. I know this really sounds crazy. Believe me, I wish there was another way. This started for me in college when I had roommates that couldn't resist drying their hands on the towel I used for my face.

I wouldn't say that I am a germ freak but I get results from using a paper towel that I can't get by using a regular towel. Paper towels are clean, sanitary, untouched, and have no residual soap or germs like a towel can have. Paper towels are the one thing I can say have really helped to keep my skin clearer. (Another thing that is essential is to change your bedding often— especially your pillowcase.) When using paper towels, don't rub your face because they can be quite harsh, simply pat your face dry.

After my face is cleansed and dried I will apply the serum, moisturizer or product I feel like my skin needs most that day. Because our hormones, stress and so many other factors influence the appearance of the skin on our face, I have a couple of products I choose from at night. You can simplify your cupboard if you want. If you find a moisturizer that works for your skin – then stick with it.

Remember, you can go down to any of the cosmetic counters and the advisor can help you choose the best products for your face depending on your skin type.



## A.M.

- Wash with a cleanser (not a soap)
- Exfoliate (if Necessary)
- Pat your face dry
- Tone with a cotton round – Toner helps to get any hidden residue off your face, and will also help return your face to a natural Ph. balance.
- Serum
- Moisturizer
- Eye Moisture
- Primer
- Foundation, Concealer, Powder, Blush, Eyes and Lips

## Skin Tips:

- If your face gets shiny from oil, or if your foundation make-up needs to be refreshed, my first choice is to use blotting papers (I use *MAC* cosmetics because they are best at removing oil, without removing your make-up). Try not to add too much powder or extra face make-up throughout the day. If the blotting powder doesn't do the trick (Like if I am feeling like I need a little more color), then I will add a tiny bit of bronzing powder.
- Next to the blotting papers, another really great invention is the water you can spray on your face. They are a light mist and give your face a nice glow!

## P.M.

- Eye Make-up Remover (with Q-Tips)
- Wash your face twice and rinse, rinse, rinse!
- Pat your face dry (I use a paper towel because I think it is more sterile and I know that nobody has touched it throughout the day).
- Moisturize or use a treatment that your skin needs.

## Getting Prepared.

# SUN-LESS TAN

1. Rub the scrub all over (don't forget your elbows, ankles, and knees because they are a little drier and have a tendency to grab onto the color more - which you don't want)



2. Shower and get the scrub off - shave if you need to

\*Sometimes I just get in the shower and do the scrub in the shower... but the directions say to scrub before you get your skin wet

3. Dry off

### Apply the Spray:

1. Put on gloves

2. Stand in the bath or shower so the spray doesn't get all over.

3. Be prepared for a cold spray... Start spraying as evenly and as consistently as you can. (Don't be scared at the color. I like this one because there is no orange/yellow in it. It is a reddish purple color - and it looks awful at first sight!)

- I start with my legs - try not to spray directly on your knees or ankles.
- I usually do one leg (or area) at a time.
- Keep moving so that you don't spray big amounts in concentrated areas.

4. Lightly rub the color into your skin so that it is even more smooth. I don't think that the bottle advises this, but I have found that I have to rub a little bit so that I don't have streaks. You just have to be a little careful because you don't want to wipe the color off. Some of it will come off, and that is fine, just try to keep as much on your body as you can...

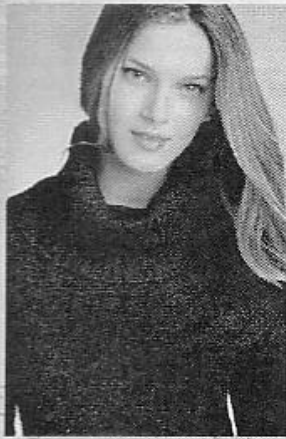
\*Make sure you get all around your legs - I have sometimes forgotten a spot and it really doesn't look cute. (I helped my sister with this process when we were on a trip in San Diego last summer and we forgot to rub in the backs of her arms and she wasn't thrilled with the line!)

5. Repeat until you have covered all the areas you want...

6. Hang out - Don't put clothes on for about 30 minutes and then put on darker clothes just to be safe. It washes out of whites, but it just looks scary.

\*You might want to rinse in the morning - I can't stand wearing the smell all day, so I usually do. Also, you can add another layer on in the morning if you feel like it isn't dark enough.

Spring 2008  
Nordstrom.com



There are a lot of really fun things to do with hair, no matter what the length. It is always nice to have a change too! If you have a tendency to wear your hair tied up most of the time, try to wear it down. Hair is beautiful and is one of the things people notice first!



As you have looked through this booklet, you may be feeling like this is way too much information. Especially if you are just starting to look into wearing and learning about make-up application and skin care. Please remember to just start with one thing. One thing that will help you to feel like you have taken some time for yourself. Start with one product or one technique and then add upon it as you gain confidence in your skills.

Keep in mind is that every company continues to make improvements and finds new technological discoveries in the cosmetic industry. Be open to trying new products, as they are available. I like a lot of products, but I also find new things all the time that are really great.

We live during a time when we have technology and the ability to have top-notch skin care. This is truly a blessing for all of us. By doing a little research and investing a little of ourselves we can enhance our beauty and present ourselves just like the temple we are.

Moderation in all things. That is a motto you can recite to yourself over and over again. It is nice to check yourself every once in a while, just to make sure you are a well-rounded and balanced individual. This is such an attractive quality in women!

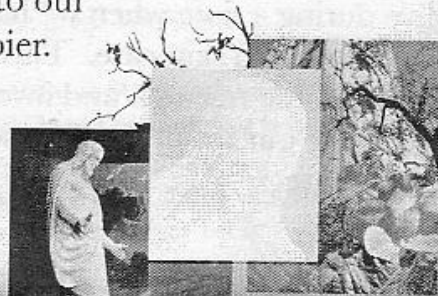
I wish I had more time and paper to continue giving my views and opinions about life. I think life is so exciting and has so much to offer each of us. But, I want to take the time to just offer one more personal story.

When I was newly married, I was quite focused on the negative experiences in my life that seemed "unfair." One day, as my cute husband had become quickly impatient with the conversation, he simply said, "Get over it." This may sound harsh. But, for those of you who know Aaron, can see him saying that with his humorous personality. At first, I thought he was very rude, and I couldn't believe my ears. However, as time has passed, I have realized that was the best piece of advice anyone has ever given me.

Life is simply not "fair". The experiences we either face as challenges or enjoy as blessings come to us as building blocks. Feeling sorry for myself was a very unattractive quality. Negativity is one of Satan's greatest tools to keep us from finding success. Please remember that you are all special and have great potential to grow and find eternal peace as you travel the path of life.

President Hinckley said, "Try a little harder to be a little better." He is so wise! If we could just apply this one way of thinking into our lives, we would feel so much happier. We are not perfect and we wake up each day, we have time to try to grow to be more Christ-like.

It isn't the secular accomplishments



Most importantly it isn't the secular things you accomplish in this life that matter, or make you interesting or important. What makes you special is your "divine nature". It is what you have accomplished spiritually, how you deal with stumbling blocks, your character and regard for those around you. That is the true measuring stick of this life. When I have the opportunity to kneel before the judgement bar, I truly hope that my faith, obedience, gratitude and the righteous choices I made as a wife and mother are what will be most prevalent in the discussion. I don't think anything else matters at that point.

.....

As I have said repeatedly, what matters most is of a spiritual nature. However, it is here on earth that we are looking to find a spouse, and we need to function within our society. Dating and existing within a singles ward is a part of life.

I had the opportunity of meeting a woman when I was fourteen years old at a Stake Youth Conference in Northern California. Barbara Barrington Jones is a very successful, beautiful, classy and "successful" lady. She has trained several pageant winners, including Sharlene Hawks Wells, who was Miss Utah and went on to win Miss America.

Some of the things during that weekend can be very helpful.

I have enclosed a couple of things that she referred to this past year at Education Week at BYU. I have found that her opinions and suggestions are very appropriate.

A Girl Worth Knowing:  
Guide to Mature  
Femininity

1. She acts like a lady at all times.
2. She has good moral values.
3. She sticks up for herself and her standards and beliefs.
4. She always wears a smile.
5. She is fun to be around.
6. She treats her family with respect.
7. She may be the best girl around, but she doesn't think so.
8. She compliments others sincerely on their appearance, manners, and achievements.
9. She enjoys many friends and good friendships.
10. She doesn't gossip.
11. She keeps confidences.
12. She is a hard worker — not lazy.
13. She has high standards.
14. She commands respect from others because of what she is. (She doesn't let others put her down or degrade her.)
15. She has a happy disposition.
16. She enjoys the beautiful things in life.
17. She is kind to all others.
18. She is open, friendly, and not afraid to introduce herself to others.
19. She is non-judgmental.
20. She is independent and outgoing.
21. She is adventurous and not afraid to try new, fun things.
22. She takes care of her appearance.
23. She is modest and respects herself.
24. She is herself, while making others feel good about themselves.
25. She is a good listener.
26. She has goals.
27. She accepts people.
28. She is honest.

A Guy Worth Knowing: Guide to  
Mature Masculinity:

1. He has a testimony of the gospel and is missionary-minded.
2. He has a desire to take you to the temple.
3. He is kind, sweet, patient, treats you nicely, romantic (flowers, poetry, letters).
4. He takes responsibility for himself.
5. He shows concern for others in the way he acts.
6. He respects authority – at home, church, school, community.
7. He feels responsible for the effective operation of church, school, and community programs.
8. He accepts the laws and lives by them.
9. He is strong enough to live his convictions.
10. He has strong convictions about the gospel. Dedicated to his beliefs and standards.
11. He thinks of you first and himself second.
12. He treats children with kindness.
13. He feels love and respect for his parents.
14. He exercises self-control when he is angry.
15. He knows how to handle failure: he tries harder instead of feeling sorry for himself.
16. He has a sense of humor. He can laugh at himself.
17. He is forgiving of himself, as well as others.
18. The people you most respect, respect him.
19. You can respect his friends and his family.
20. Ask yourself, "What is most important to him?" Do you agree?
21. He shares the same interests, reactions, feelings and expressions as you.
22. He shares good times.
23. He is friendly and gives moral support.
24. He is himself totally and not trying to impress anyone.
25. He shows respect for women and is kind to his mother.
26. He is not judgmental.
27. Intelligent.
28. He is a hard worker, energetic.
29. He concerns himself with hygiene, is clean, smells good, takes care of his teeth.
30. He is a goal-setter.
31. He is spontaneous.
32. He is polite and courteous.
33. He gives hugs.
34. He takes care of his body.



Things That Girls Do On Dates That  
Bother Boys

1. Doesn't carry on a conversation, too quiet or too talkative. (Guys don't like talking to walls or having their ears talked off with girl talk.)
2. Won't help make decisions on what to do. Says, "I don't know."
3. Is a poor hugger.
4. Doesn't order dinner - is hungry, but says no to eating.
5. Talks about other boys.
6. Not ready for the date when you pick her up.
7. Acts like she is doing you a favor by going out with you.
8. Gossips about you or others.
9. Expects you to be with her all the time.
10. On double dates, the girls talk to girls and boys to boys.
11. Gets uptight over little things.
12. Is forward to too aggressive.
13. Flirts with other guys on a date or when you are around.
14. Says how fat or ugly she is.
15. Acts dumb or bored.
16. Wears too much makeup.
17. Likes you for your money or your car.
18. Always asks what time it is.
19. Leads you on.
20. Fixes her hair in the car.
21. Runs to the door after a date.
22. Refuses to talk about herself.
23. Asks if you are mad at her.
24. Always goes to the restroom.
25. Wears too much perfume.
26. Complains about everything.
27. Giggles or squeals all the time.
28. Worries about how her clothes look.
29. Puts on an act.
30. 'Thinks she is a mover....
31. Smokes, drinks or swears.
32. Wears the wrong clothes for the date.
33. Goofs off in the restaurant.
34. Won't help you with your coat.
35. Never wears dresses - only pants, pants pants.
36. Won't tell you if she doesn't like you
37. Has her friends ask you if you like her.
38. Expects fancy dates.
39. Goes on a date not expecting to have fun.
40. Acts too good for everyone - being a snob, conceited, fake, show-off.
41. "Unnatural" hairstyles.
42. Puts others down.
43. No values.
44. Negative attitude.
45. Lazy, cheats, smacks gum
46. Self-critical. (If a boy says a girl looks good, he means it.)
47. Nagging, sarcastic, lying, smart aleck.
48. Sleazy clothes and actions.

## BARBARA BARRINGTON JONES

### Things That Boys Do On Dates That Bother Girls

1. Doesn't talk or carry on conversations, doesn't open up.
2. Impolite, bad manners or lack of manners, i.e. chewing with mouth open, etc.
3. Date isn't planned, he doesn't make decisions, asks you what to do.
4. Aggressive, possessive, touchy, loud, obnoxious.
5. Talks about other girls, girlfriends, or dates with other girls.
6. Insists on kissing.
7. Showoff, sarcastic, big joker, trying to impress, smart mouth.
8. Swears.
9. Feels that he has to spend money or eat.
10. Puts on an act.
11. Thinks he is better than you, acts superior, egotistical.
12. Cuts himself down.
13. Stands too long on the porch after date, won't leave.
14. Drives too fast.
15. Flirts with other girls, gives them the eye while with you.
16. Crude, burps, belches, spits, passes gas in public.
17. Whispers to friends about you in your presence.
18. Too shy, won't even touch you or take your hand.
19. Tries to impress you with his car.
20. Complains about how expensive the date is.
21. Stays out too late, especially when he knows you have a curfew.
22. Calls your friend to ask if you like him.
23. Can't stand silence.
24. Always takes you to the same place or activity.
25. Dates your best friend right after you stop dating him.
26. Insists you sit next to him.
27. Kisses you on the first date.
28. Rude to you during the whole date if you make one mistake.
29. Doesn't take you out after you have taken him out.
30. At a restaurant, he orders first.
31. Comes over to watch TV, but won't take you out.
32. Insecure, wishy-washy
33. Talks tough, especially about drinking or smoking.
34. Leaves you alone and talks to his friends.
35. Too much aftershave.
36. Doubles with people you don't know.
37. Wears clothes that are out of style or that don't go together.
38. Expects a performance from you in return for taking you out.
39. Dirty fingernails.
40. Doesn't shave.
41. Too serious.
42. Too much P.D.A.\*
43. Thinks you have a crush on him if you just say, "Hi" or talk to him.
44. Doesn't care about appearance, unclean, unkempt, bad hygiene, is majorly overweight, has bad breath.
45. Says, "I'll call you," and doesn't call.

\*See Page 58 for more info...

BEST BEAUTY  
Find Your Best Cut



\*More on P.D.A.

"Any public display of affection anywhere at any time is grossly unrefined. Love is sacred, and it should not be thrown open to the rude comments of strangers." *Book of Etiquette*, Lillian Eichler, 1922

Based on the date of this quote, this may seem like an old-fashioned rule. However, it is still an acceptable and preferred manner of etiquette. Whether you are at a restaurant, in a movie theater or hanging out in the park, it is never appropriate to make other's feel uncomfortable. In a singles ward there are other things to think about when flirting and trying to meet other people.

- If you are hanging on a guy, even if you are just friends - other guys will think you are taken.
- Kissing and obvious P.D.A. is unacceptable - especially at ward or stake activities.
- If you want to bring your boyfriend to an activity - just realize that means that you are "off the market" to prospective guys in the ward or stake.
- Never wear a ring on your wedding ring finger - that is a guy repellant.
- Group activities and dating are a lot of fun. However, they aren't fun if you are monopolizing the spotlight. Let the other's in the group have an opportunity to shine!
- Smiling, looking happy and being friendly is very attractive. Don't make other's have to try too hard to be your friend!
- Be willing to do activities you wouldn't normally do. If you are invited to go boating and you haven't been before, just go and give it a try. Don't complain if you hate it, just simply say "thank you" at the end.
- Look your best; dress appropriately for the activity.

#### **Cell Phone Etiquette:**

1. Never take a personal call or text during a date, interview or meeting. (Keep your attention toward your date or the person you are with.)
2. Maintain at least a 10-foot zone from anyone while talking.
3. Never talk in elevators, libraries, museums, restaurants, cemeteries, theaters, dentist or doctor waiting rooms, places of worship, auditoriums or other enclosed public spaces, such as hospital emergency rooms or buses. And don't have any emotional conversations in public - ever.
4. Don't use loud ring tones that destroy concentration and eardrums.
5. Never "multi-task" by making calls while shopping, banking, waiting in line or conducting other personal business.

The Girl in the Glass

When you get what you want in your struggle  
for gain,  
And the world makes you Queen for a Day,  
Just go to the mirror and look at yourself  
And see what that girl has to say.

It isn't your father or mother or friend  
Whose judgement upon you must pass.  
The one whose verdict counts most in your life  
Is the one staring back in the glass.

She's the one you must satisfy beyond all the  
rest  
For she's with you right up to the end,  
And you've passed your most difficult test  
When the one staring back is your friend.

You may be the one who got a good break,  
Then say I'm a wonderful gal,  
But the one in the glass says you're only a fake  
If you can't call that person your pal.

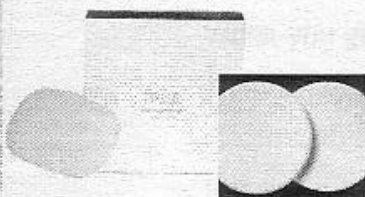
You may fool the world down your pathway of  
years  
And get pats on the back as you pass,  
But your final reward will be heartache and tears,  
If you've cheated the girl in the glass.

-Anonymous

MY FAVORITE PRODUCTS



## FACE & SKIN ACCESSORIES



### BLENDING SPONGES

THE MOST IMPORTANT THING TO REMEMBER WHEN APPLYING AND WEARING MAKE-UP IS THAT YOU MUST BLEND, BLEND, BLEND!

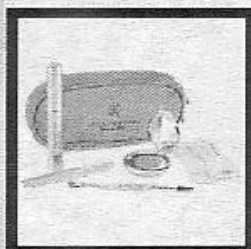


### MAC BLOTTING SHEETS (\$12.50)

Blemish  
Extracting  
Tools  
Tweezerman  
or Sephora



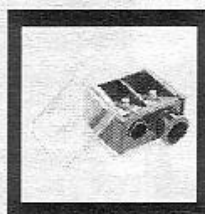
## EYEBROW TOOLS



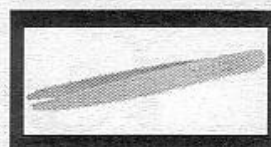
Providing you with just the basics, the Five Item Brow Kit provides you with these indispensable brow-shaping tools: Tweezers, Brow Powder, four Brow Stencils, one Duo Brush (Angled Cut / Spooly), and Brow Gel.

### 5-PIECE GROOMER KIT (\$65.00)

- Using short strokes and a light touch, fill in the brow and extend where needed.
- Always sharpen before use.
- Available in different shades.



SHARPENER (\$6.00)



TWEEZER (\$28.00)



BROW PENCIL  
(\$22.00)



DHCSKINCARE.COM

DHC



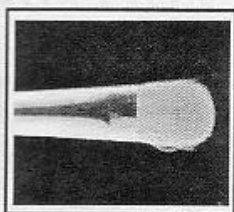
### VELVET SKIN COAT

### FACE PRIMER:

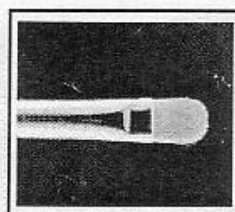
HELPS PREPARE YOUR SKIN FOR FOUNDATION. YOUR FOUNDATION WILL APPLY MORE SMOOTHLY AND LAST MUCH LONGER ON YOUR FACE.

# BRUSHES

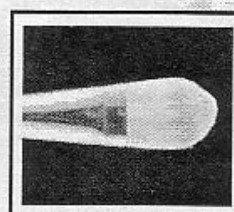
## PRIMER



#252 - LG. SHADER  
BRUSH

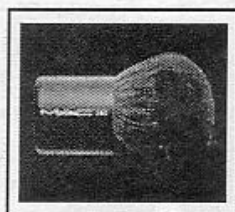


#231 - SM. SHADER  
BRUSH

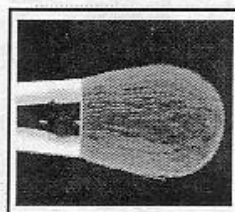


#190 - FOUNDATION

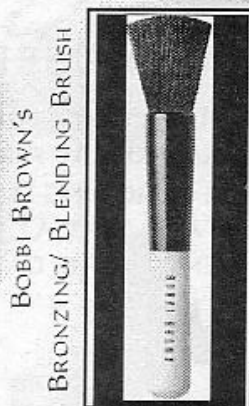
## FACE



#182 - BUFFER BRUSH

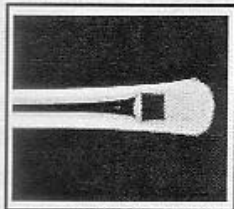


#116 - BLUSH  
BRUSH

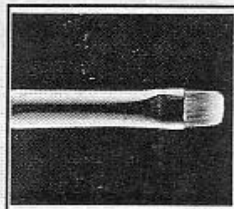


BOBBI BROWN'S  
BRONZING/ BLENDING BRUSH

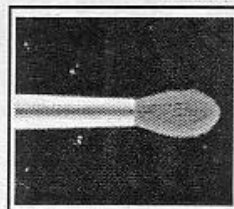
## EYES



#239 - SHADING  
BRUSH

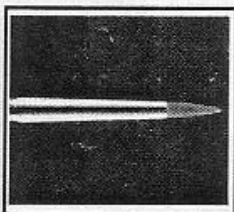
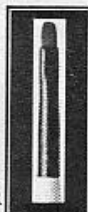


#231 - SHADING  
BRUSH

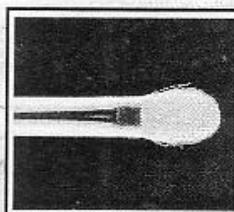


#224 - TAPERED  
BLENDING BRUSH

BOBBI BROWN'S  
ULTRA FINE LINER



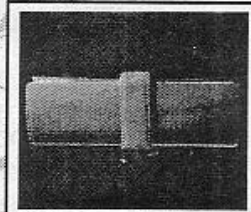
#209 - EYE LINER  
BRUSH



#217 - BLENDING  
BRUSH



BRUSH CLEANER

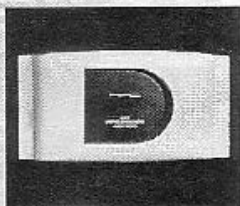


BRUSH CASE



# SKIN CARE

LANCÔME  
EXFOLIANCE



MAC WIPES  
GREAT FOR  
REMOVING MAKE-UP  
MISTAKES!



LANCÔME'S EYE MAKE-UP  
REMOVER IS GREAT  
ESPECIALLY IF YOU HAVE  
SENSITIVE EYES.



## CLEANSERS

LANCÔME'S GEL  
CLEANSERS ARE PERFECT  
FOR REMOVING MAKE-  
UP AND DIRT AT THE  
END OF THE DAY.



TONER



KIEHL'S  
CALENDULA TONER:

- ALCOHOL-FREE
- DESIGNED TO SOOTHE  
PROBLEM SKIN
- MAINTAINS NATURAL  
BALANCE AND  
INTEGRITY OF SKIN.



CLINIQUE



KIEHL'S



## EYES

DON'T FORGET  
EYE CREAM.  
EYES ARE ONE OF  
THE FIRST PLACES  
TO SHOW SIGNS  
OF AGING!

CLINIQUE'S  
3-STEP  
SYSTEM



SIRCUIT SKIN

DR. PATRICIA WEXLER M.D.,  
DE-PUFFING EYE GEL



## MOISTURIZERS

IMMUDERM  
IS A RICH MOISTURIZER  
WITH MULTIPLE BENEFITS  
FOR DRY OR AGING SKIN

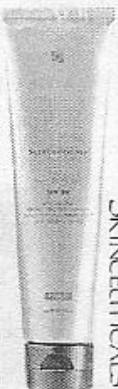


NEUTROGENA



BATH AND BODY WORKS

SUNSCREEN

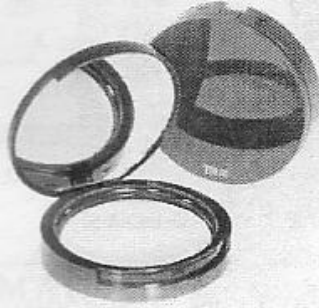


SKINCETICALS

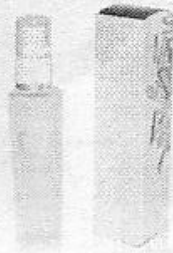
CETAPHIL IS A GOOD  
BASIC MOISTURIZER  
FOR ALL SKIN TYPES

# MAKE-UP

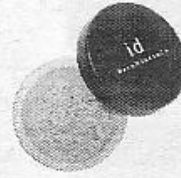
## FOUNDATION



TRUE  
MINERAL POWDER  
FOUNDATION



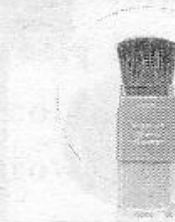
TRUE  
TRANSFORMING  
MIST



BARE ESSENTIALS  
SAN FRANCISCO



BOBBI BROWN  
LIQUID  
FOUNDATION



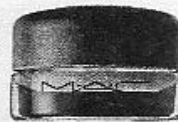
BOBBI BROWN



BOBBI BROWN  
CONCEALER AND  
BLEMISH STICK



BECCA



MAC PAINT  
COLOR: BARE  
CANVAS



# EYES

## EYE SHADOW

I LOVE LANCOME AND MAC FOR EYESHADOW. THEY HAVE A VARIETY OF COLORS WITH PIGMENT THAT LASTS ALL DAY!



LANCOME'S EYE SHADOW IS GREAT! I LIKE "WAIF" FOR A GOOD BASE COLOR

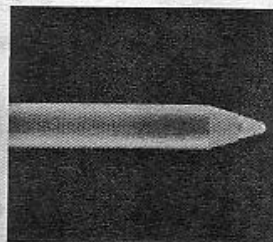


BOBBI BROWN HAS SOME VERY PRETTY EYE SHADOW COLORS. I LIKE THE COLOR "BONE" FOR A HIGHLIGHT.

## A FEW OF MY FAVORITE NEUTRAL MAC EYE SHADOWS:

SATIN TAUPE	SHROOM
LLAMA	TRAX
COPPER PLATE	PATINA
BRUIN	VANILLA

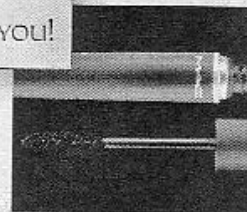
MAC HAS A WIDE VARIETY OF PENCIL EYELINERS.



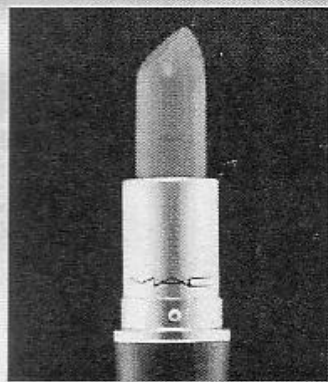
IF YOU LIKE A LIQUID LINER, BOBBI BROWN'S GEL EYELINER IS THE BEST!



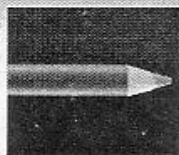
LANCOME'S MASCARA IS ALSO THE BEST! WHATEVER CONCERN YOU HAVE ABOUT YOUR EYELASHES - THEY HAVE AN OPTION FOR YOU!



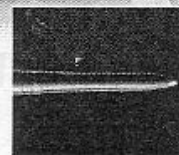
## LIPS



MAC Lip Colors:



LIP-LINER



LONG-LAST  
COLOR



LIPGLOSS

- Lip Liners: Whirl, Stripped down, or Spice.
- Plush Glass: Pretty Plush (Gloss with Plump)
- Lip Sticks: N5, Myth (light), Polightly Pink, Blankety (These are all neutral lip colors)
- Long Lasting: Jazz-Y-Razz, Boss Brown (Lancome and Bobbi Brown also have great lip color choices.)

## BATH AND BODY WORKS



C.O. Bigelow™  
Mentha Lip Tint  
Bare Mint

MINT-INFUSED LIP BALM  
GIVES YOU MINTY FRESH  
BREATH WITH A HINT OF  
COLOR!

BOBBI  
BROWN  
BLUSH IN  
"BLUSH"



BOBBI BROWN

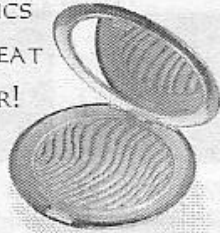
TRY BOBBI BROWN'S LIP GLOSS  
I LIKE "SAND SUGAR AS A TOP  
COAT OVER ANY LIPSTICK!"

## CHEEKS

I REALLY LIKE CLINIQUE'S  
BLUSH. I HAVE REALLY  
SENSITIVE (ACNE-PRONE)  
SKIN. CLINIQUE'S BLUSH  
HAS NEVER MADE ME  
BREAK OUT!

# SUN-LESS TAN

LANCÔME  
COSMETICS  
HAS A GREAT  
BRONZER!



LANCÔME  
PARIS

THE KEY TO MAKING YOUR  
SELF-TAN LOOKING GREAT IS  
BY STARTING WITH AN  
EXFOLIANT FOR YOUR BODY.



LANCÔME  
SELF TAN  
MOUSSE



bliss®

BLISSWORLD.COM  
OR NORDSTROM

KEEPING YOUR HANDS AND FEET SMOOTH!



BLISSWORLD.COM



BATH AND BODY WORKS  
HEEL OF APPROVAL

IF I PUT CREAM ON MY FEET WITH WHITE COTTON SOCKS AT NIGHT, MY FEET ARE MUCH SMOOTHER. TRY THIS 3 TIMES A WEEK! MY FAVORITE CREAM IS "HEEL OF APPROVAL," HOWEVER YOU CAN TRY ANYTHING YOU HAVE IN YOUR CLIPBOARDS. ANYTHING IS BETTER THAN NOTHING AT ALL!

# HAIR PRODUCTS

## DEANGLERS:

THESE PRODUCTS ARE REALLY GOOD FOR MAKING YOUR HAIR MUCH EASIER TO COMB THROUGH AFTER THE SHOWER!

kms



KMS MOISTREPAIR REVIVAL CREAM

BIOSILK SILK THERAPY



IT'S A 10 LEAVE-IN SPRAY



CHI OR PAUL MITCHELL HAIR STRAIGHTENER



WHEN BUYING A HAIR DRYER PICK ONE THAT SAYS "ION." YOUR HAIR WILL DRY FASTER!



SCHWARZKOPF DE-FRIZZ GLOSS

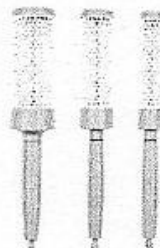
THIS IS MY FINAL STYLING STEP. IT SMOOTHS YOUR HAIR AND GIVES IT SHINE!



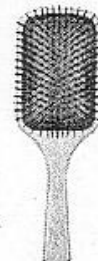
SCHWARZKOPF SEALED ENDS GREAT PROTECTION FOR YOUR ENDS!

## BRUSHES:

ROUND BRUSHES CREATE VOLUME



PADDLE BRUSH IS A VERY VERSATILE BRUSH!



RUSK BLO FOAM OR AVEDA PURE ABUNDANCE HAIR POTION

