

****MEDIA RELEASE****

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Top 5 Beauty Rituals for the Festive Season

From school holidays to Christmas and New Year's (and every other celebration in between), the beauty teachers from TAFE Queensland South West have five rituals to keep you looking and feeling your best this festive season...

Ritual One: Eyebrows

By the time Christmas rolls around many of us are struggling to look and feel vibrant after a long year, and of course we want to look our best come the New Year. One of the best ways to brighten tired eyes is to pay more attention to your eyebrows. Define them by getting your eyebrows professionally waxed and shaped, and then use a good eyebrow powder and/or pencil to maintain the shape.

Ritual 2: Primer

To keep your makeup lasting all day this festive season, make sure you introduce a primer into your beauty regime. Not only does a primer ensure your makeup lasts all day, but it also creates a smooth canvas ready for flawless makeup application.

Ritual 3: Skin Care

Remember when cleansing your skin each night that the first cleanse removes your makeup, but the second cleanse really purifies and works on the deeper layers of the skin. Make sure you always do a double cleanse to ensure a thorough removal of skin impurities and keep your skin looking fresh.

Ritual 4: Golden Glow

To give your skin that golden glow if you aren't already using a weekly detoxifying exfoliant and mask, add this into your routine. You will be amazed by the difference this makes!

Ritual 5: Detox

Clean out your bathroom and beauty cabinets and throw away any of your beauty products that have nasties in them (like sodium lauryl sulphate, parabens and alcohols). Don't forget to add some natural alternatives onto your Christmas wish list!

For a limited time only you can study a Certificate III in Beauty Services (SHB30115) for just \$300 at TAFE Queensland South West (terms and conditions apply), for more information please visit www.tafesouthwest.edu.au or call 1300 914 754.

Disclaimer: The comments provided in this article are general in nature only and are not a substitute for professional advice. The author accepts no responsibility for any action taken by a reader in relation to this article.

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