

Seven tips to reduce eye puffiness

We've all gone through ups and downs with our skin. We sometimes realise that we are exhausted and overworking ourselves by noticing the changes in our skin and overall appearance. That's when you know you are definitely overwhelmed. Having enough sleep and drinking enough water are essential to having good energy levels, and

which can affect your wellbeing in the future.

Ever noticed your eyes being puffy first thing in the morning, or at the end of the day? This is definitely a sign of exhaustion. First thing you can do about this is figure out a way to organise your time and day better. We all need some "me time" every now and then. Pampering yourself is never something you should feel guilty about, if you love yourself you can love others. If you're healthy and well, you can take care of others. Always start with yourself! (Since this is the beginning of a new year, add this to your list of resolutions!)

How to reduce under eye puffiness

The easiest way to get rid of under eye puffiness is water. Drinking more water will not only get rid of the toxins in your body, but it will also reduce the swelling by hydrating your body. 8-10 glasses of water a day is considered a good amount of water to drink daily.

Cold spoons: Grab two spoons and let them chill in the fridge for about 10 minutes, then place them on your eyes for a few minutes till the spoons get warm. This will relieve the puffiness as well as tighten the skin around your eyes for a more fresh and awake look.

Tea Bags: Green or plain black tea bags both do well for puffy eyes. They also relieve the redness and are anti-irritant. You can do this by soaking tea bags in hot water for 10-15 minutes then lay down and place them on your eyes. You can do this a few times a day. (Also works for any eye infections)

Cucumbers: We're used to seeing those at spas, but you should also try these at home. Cut up some chilled cucumbers to help you tighten the skin around your eye and reduce inflammation, place them over your eyes for 10-15 minutes, you can also do this several times a day.

Cold Water: After a sleepless night, splash your face with ice cold water throughout the day. You can also crush up some ice and put it in a plastic bag, wrap it in a washcloth or towel and place it on your eyes to reduce swelling by constricting your blood vessels.

Salt Water: Now, a few of you might feel hesitant trying this, because you can simply burn your eye, but it really isn't that scary! Salt water gets rid of fluid retention (this is when fluid is absorbed in your tissues, causing swelling), which means less puffiness. All you have to do is, mix half a teaspoon of salt in warm water. Soak cotton balls with the salt water and place them on your eyes (closed of course!).

Aloe Vera: Aloe Vera is known its many purposes in the beauty world. I've even used it to reduce any burns from tanning. The Vitamin E and antioxidants also reduces wrinkles and fine lines. Use aloe vera gel under your eyes to make the swelling go away, make sure it doesn't go into your eyes.

Strawberries: Look smoother and younger with strawberries! The acid in the strawberries helps you get healthier skin too! This is also fun to do, because I usually do this and end up eating the strawberries! Put some strawberries in

the fridge for about 30 minutes, then cut them into thick pieces or have them whole and place them on your eyes for as long as you want. They smell and feel good so doing this daily isn't harmful either.

At the end of the day, all of these remedies can improve your appearance for a day or two, however, taking care of yourself and actually listening to your body is what will improve your overall health in the far future. I am probably the worst person to type about this because I too sometimes exhaust myself till I don't even look like the same person! But, no one will take care of you other than yourself, and being healthy is the most important thing in life. We sometimes take advantage of the fact that we are healthy and well, forgetting about those who are less fortunate. So, let's make it a priority this new year to put us first, if not, always make time for ourselves.



Marsala top color of the new year

Let's hear it for Marsala, the wine-influenced, red-kissed color of 2015, as chosen by Pantone. "Hardy, robust, satisfying, fulfilling. At the same time there's a certain glamour that's attached to this color," offered Leatrice Eiseman, executive director of the Pantone Color Institute. Pantone's yearly picks can herald a marked presence of a color in fashion, beauty, housewares, home and industrial design and consumer packaging, though some years the influence is stronger than others.

The 2014 color of the year from the forecasters and industry consultants was Radiant Orchid, a deep tropical purple. The year before that it was Emerald green. Tangerine Tango had legs in 2012. The idea, Eiseman explained in a recent interview, is not to choose a color that will necessarily "overtake the world." In Marsala's case, she said, the shade is complex but grounding - brown-red with blue undertones for a dark bluish effect.

Eiseman and her team travel the world to observe color at play. For Marsala, they see an accent wall in a living room or office, a swipe of eye shadow mixed with bronze for a metallic look, a throw pillow, the exterior of a car or a bit of jewelry evoking the 1950s.

There's a natural earthiness to the shade, announced Thursday, a full-bodiedness like the cooking wine it is named for, without overpowering. "It really does embody a certain amount of confidence and stability," Eiseman said.

The hue isn't a risky one, whether in a nail polish, a frock on a runway or a pattern of stripes in a men's tie or florals for table placemats or bedding. Eiseman noted the versatile shade was among colors Pantone flagged as spring/summer trends for 2015 earlier this year, as evidenced on the runways of Herve Leger by Max Azria, Dennis Basso and Creatures of the Wind, among other designers. As they did with Radiant Orchid, the cosmetics giant Sephora plans a limited-edition collection of beauty products based on Pantone and its latest pick, Eiseman said. Marsala has been widely used in lipstick and hair color for years. One of the color's strengths, she said, is the ease in combining it with gray, black, beige and other neutrals. "It's a color that you can mix with what you already own," Eiseman said. "You can add just a touch of it. That's the intent and purpose. It is not the color that swallows the world." —AP



How to Get Party-Ready Red Lips



Color bleed be damned. There's a red lipstick for everybody nowadays. You know how celebrity beauty guru Ted Gibson found that out? "My mother has just now been wearing red lipstick since I turned her on to it over the last two years. Before, she thought red meant you were kind of easy," he laughed. Red no longer evokes sexpot alone, and it doesn't have to lead to severe chapping. Shades of red can be had in balms, glosses, creamy mattes or a combination of care and color? or CC as they say in the beauty biz.

If you're unsure of shade, swipe a bit on the inside of one arm the next time you're in a store, then step outside into natural light for a better idea of how it will look. And if you're traumatized by lip color seeping into lines and crevasses beyond where it's supposed to be, use a primer underneath or a lip liner as a barrier. Apply concealer around the outside of the mouth for extra protection against bleed.

"What's great right now is that there are some really creamy dense highly pigmented red lipsticks that are fantastic for people who really want to go for that power pout look. There are also sheer reds for those of us who don't feel so comfortable or who may feel like a clown with a big red mouth," said Alexandra Parnass, beauty director at Harper's Bazaar.

And there's no better time than the holidays to get creative with red for the lips, the two agreed, noting how well the color goes with holiday gold and urging a breaking of traditional skin complexion rules. Go for what feels and looks right on you alone. Even better, pick up a tube or two as a gift or stocking stuffer. Some suggestions from Gibson, Parnass and others:

Burt's bees

Parnass raved about the natural Burt's tinted balm in Red Dahlia. "It is absolutely one of my favorite products in the world," she said. "It is just the perfect sheer red. I have given it to hundreds of friends and everybody who tries it loves it." To beef up the color, use a liner underneath. But the best part of wearing it alone: "You don't even need a mirror to put it on. It is the easiest red lip color of all time."

Giorgio Armani rouge ecstasy

There are 36 shades of red here across the spectrum. They, too, tout lip care like a balm and color hold for every day. Parnass likes No. 400. "It is just that perfect classic red. If you asked someone to create a red that suits everybody this would be it," she said. "And it is the farthest thing from drying, yet it's a very pigmented red that just looks beautiful."

Ted Gibson Charice

For a touch of orangey undertone, Gibson picked his own line in a shade he calls Charice. The selling point: it's rich but opaque and will stay put. Reds, he said, are no longer just for "Hitchcock blondes," meaning all the platinum-haired stars in Alfred Hitchcock movies.

"There was a time that darker-skinned women wouldn't necessarily wear red because they were a little afraid of it," he said. Not anymore? Lupita Nyong'o got her red on recently against a white outfit at the Glamour Awards.

Nars lip pencils

Gibson also recommends these for lining and all-over color in matte and gloss. As for the rest of the face when red is under consideration, all bets are off for hair style, Gibson said. No longer does red require a dramatic Hollywood updo. He does urge restraint for the eyes if a bold red is used on the lip.

And there are no age restrictions for who wears red. "What's funny is you're seeing girls in their early 20s who are wearing lipstick. Girls are wearing a little more lip color, a little more of a stain to the lip. You have to have a little bit more confidence to wear that," he said. "The girl who wears red is independent, very self-assertive and certain about who she

is. And she's not afraid to show that."

Scarlett Johansson

The Dolce & Gabbana brand ambassador is a fan of red. Her fave is the company's Devil in the Classic Cream Lipstick line. "This red lipstick is the perfect shade," she said through a spokesman. "Not too orange and not too blue. It's bright and bold without being loud. It feels iconic, like the sleek, gold case it comes in."

Prabal Gurung

The designer is a longtime fan of the red lip. As a boy in Nepal, he told W magazine, he recalls watching his mom apply the shade. Then along came Paloma Picasso in ads with a red kisser beaming from magazines. Now, Gurung has a cosmetics capsule collection for MAC that includes red for the lips in three shades? With glosses.

"The colors we created are great when applied lightly for day or darkened and dramatized with a gloss on top for the evening," he told The Associated Press. "The lipstick in Carmine Rouge is definitely a favorite. I love a red lip? It's such a powerful statement. It exudes confidence and makes for a bold look." —AP