

Grooming Matters



Presenting: 10 Healthy Habits of the impeccably groomed woman

While you may not wish to overdo it with skin care, fragrance and makeup, it is still vital to take care of yourself in order to maintain a level of self empowerment and respect.

The trick isn't to spend a fortune on a thousand different products but develop a daily routine that is quick, simple and easy to maintain, so you don't let yourself (or your carefully assembled outfit) down.

1 | **Become a regular at your hair salon**

if you've noticed your hair needs a cut, then other people have too. Be proactive, not reactive – Have a regular place you trust. Book your next appointment while you're there for roughly 6 weeks time, and stick to it. (Unless short hair, then go every 4 weeks)

2 | **Know which hair products work for you**

The right product can make all the difference. Thicker hair and messy styles can handle waxes and pomades, but if your hair's thinner, then lighter products and sprays will give you some staying power.

3 | **Find your signature scent**

Perfume isn't supposed to be loud or obvious but a subtle part of your overall presence. Find one or two classic scents you really like and invest in them.

4 | **Take care of your smile**

One of the first things people notice is your teeth. There is no excuse for ignoring your oral hygiene. Electric toothbrushes are designed to do most the work for you, and are better for your health: rotating brushes reduce 11% more plaque than manual toothbrushes, and can also significantly reduce gum problems. Use a mouthwash after you brush first thing in the morning.

5 | **Sensitive Matters...**

Take care of body hair. While the move toward feminism is upon us, as an image consultant, I urge you to continue to remove leg hair, and, if you feel the need to, arm hair too.

Trimming your nether region is not only perfectly acceptable, it's polite. Just aim for what you'd appreciate in a partner, i.e. keep things neat and tidy.



6 | Skincare

Everything feels better when your skin is glowing. Make sure you know what product are right for you and use them as part of your daily routine. At the very least a good face wash, a scrub and a moisturiser. As you move into your late Thirties it's not a bad idea to get into some serums and masks too.

7 | Manage your facial hair

Facial hair is a bit of a sensitive topic, however, let's face it...some of us do have it and it's nice to take care of it. If you go regularly to a beautician, ask them to advise you. there are many ways to tackle this issue.

8 | Makeup

Learning the basics of makeup is important. Preparing your skin beforehand with your usual skincare routine and follow with a foundation, concealer, blush and mascara. Those are the bare basics and will have you feeling fresh and young(er). If you work in a professional environment or enjoy a little more - great!! Add those pretty eyeshadows, eyeliner and lipstick.

If you aren't confident in applying makeup, speak to a professional and have a little tutorial. It's easier than you think.

9 | Nail your hand-care routine

Your nails should look at the very least clean and tidy.

Treat yourself to a manicure or do them at home on a quiet evening with a glass of wine .

If you have long nails, keep them at a uniform length. If one breaks...the rest have to go my dear.

If you don't like to wear nail polish in daring colours, keep them in a nice neutral shade.

10 | Put your best foot forward

A good foot care routine is still important. After a bath or shower, use a pumice stone on any dead skin, then apply moisturiser. Keep toenails trimmed and clean. A neutral shade of polish or something to suit your style personality!