

# Celebrity Beauty Secrets

## **So you want to look like a star?**

Who doesn't? It would be really nice to wake up and have someone else worry about your hair and makeup. Celebrities have "people" whose very jobs are to help famous faces look their best. Award-winning actresses, runway models, even pop stars all depend on their looks.

Do advertisers want to feature close-ups of crow's feet?

Who wants to see cellulite on the big screen?

Teen idols should look young and fresh so their audience will want to be like them. It's their job to look great. Without a beautifully packaged look, they're out of work. So work they do. They work at their beauty. And so can you.

But, you don't have beauty professionals at your beck and call...

Oh, but you do. Just not the same ones the celebrities do. You're worthy of a cast of beauty professionals, too. You deserve it and it's not a luxury impossible to afford. Consider your beauty "people" and, if you choose carefully, you will have professionals looking out for you, keeping you up to date on the best products, colors and techniques available for you.

How do you choose the right people?

## **Use only professionals whose overall look is something you like.**

If you're seeking a natural look, look for make-up and hair stylists who successfully achieve that look. If they can do it for themselves, they can teach you the same techniques they're using. If you want to appear polished and sophisticated, use a stylist whose own personal style impresses you.

## **Department store makeup counter salespeople**

Use them. You don't need to buy any of their products, unless you want to. But what they can teach you at no cost is something you should really take advantage of. They're trained in proper technique and are up on the latest trends.

## **Independent beauty consultants**

That neighbor leaving catalogs in your mailbox is a good source of ideas. Invite her over and let her give you a makeover. Again, you're not obligated to purchase anything unless you really want it.

## **Hairdressers**

Hairstyles change with the times, so should your stylist. If she's not attending stylists' conventions or changing her own hairstyle, she's not as professional as you deserve.

So, now you have your people. What do stars do when they're at home being people, not stars?

## *Beauty Sleep*

It's not a myth. Get yours.

*No caffeine...*

...or limited caffeine if you must. It causes premature aging, and who needs that?

*Shimmer creams and bronzers...*

...help stars shine.

*Eat Fish...*

...like sardines and salmon. They're full of essential oils that actually nourish your skin.

*No smoking*

Not only is it bad for your health, it causes lines and dullness in your skin.

*Your skin care regime*

It doesn't have to be expensive. Your products can come from the local drug store. Everyone benefits from a cleanser, a toner, and a moisturizer. Always, always, always remove makeup at the end of the day. Two more minutes of sleep is not worth a blemished face in the morning.

### **Quick fixes from famous faces.**

Coffee grounds can be recycled and used as a Castor oil, used by a certain British raven-haired actress/spokesperson/ beauty, creates star quality shine for hair. Cinnamon oil (check your health food or vitamin store) rubbed on the lips creates pouty, kissable lips. Soak your nails in olive oil, as does a Hollywood Pretty Woman. A combination of milk and water mixed in equal parts, spritzed on the face throughout the day is all the rage with many silver screen beauties. Legally Blonde hair is baby soft and shiny thanks to baby shampoo.

Glow like a star. You deserve to look your best. Treat yourself to a day of beauty - at home or at the salon. Live the life of a star, without being chased by paparazzi.

## **About the Author**

Allison Saunders, a professional make-up artist, is the creator and author of Hollywood Makeup Secrets, a site dedicated to teaching women, practical and useful tips and techniques in the art of makeup.

You can learn more about Allison, and the resources she has available by visiting: [Hollywood Makeup Secrets](#)

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