

FALL INTO BEAUTY

The arrival of autumn is the perfect time to reinvent your beauty routine. So bring in fall with a few of these perfect-for-cooler weather tips and tricks from some of Canada's most prominent beauty experts.



How to Manage Your Mane

Imagine flipping through 2011's photos only to see your locks looking lifeless, limp and dry? You can avoid such hair-raising faux pas! Just moisturize your mane with a deep-conditioning shampoo and conditioner, like **Pantene Pro-V Medium-Thick Hair Solutions Breakage to Strength Shampoo and Conditioner**. You may also want to adopt some of these other mane-managing tips.

TIP #1:

Get rid of split ends - brought on by too much styling - by trimming your hair regularly (aim for a snip once every six to eight weeks).



TIP #2:

You can tell if your hair is dry or damaged by taking the ends of your strands in one hand and squeezing them - if you hear a crunching sound, your hair is in need of some serious revitalization.

TIP #3:

When you shower on the weekend, apply a conditioning treatment like **Pantene Pro-V Medium-Thick Hair Solutions Intensive Restoration Treatment**, leave on for 5 minutes, then rinse. This will pump up your strand's moisture content and help stave off breakage and flyaways.

Keep Your Summertime Glow All Year Round

Dull, dry, irritated, wrinkly: Four words you may associate with your skin as the mercury plummets. Which is why you should start using a face cream - like **Olay Total Effects 7x Visible Anti-Aging Moisturizing Complex**. It moisturizes skin and is packed with vitamins and antioxidants that'll help revive your skin's summertime glow. Here are some other things you can try.

TIP #1:

Clean and exfoliate your skin. Washing your face helps to remove surface dirt, oil, daily grime and pollutants, which makes your

complexion look dull. Exfoliation gets rid of dead skin cells, making your skin smoother and fresher looking. You can exfoliate regularly by using facial scrubs or home microdermabrasion/exfoliation kits.

TIP #2:

Use a cream containing vitamin C. Vitamin C has been shown to have several anti-aging benefits. It reduces the appearance of facial wrinkles and improves skin texture.



Intense Eyes-Without the Fuss of a Brush

You can update your look quickly and easily, just keep your makeup routine simple by focusing on your eyes, says Greg Wencel, a COVERGIRL® Makeup Pro. "Try COVERGIRL® **NEW intense shadowblast™**. It's great because you don't need to fuss with brushes; you can just use the built-in applicator and blend with your finger tips to create a clean crisp smoky eye."



TIP #1:

Use an intense colour or shimmer on your lid. The key is to keep the rest of your makeup look nude or neutral. This will, "Make your eyes stand out with a strong hit of colour," says Wencel.

TIP #2:

Be sure to choose eyeshadow colours based on your skin tone, eye colour and hair colour. When in doubt, neutral shades - like COVERGIRL **NEW intense shadowblast** in Brown Bling - look good on everyone. "If you have blue eyes and want to accentuate them, use a metallic silver colour like Platinum Pop. Green eyes? Use pink to pop those babies out - try Forever Pink! If you have brown eyes, blue is a great colour for you - try Blue bomb COVERGIRL **NEW intense shadowblast**. And for hazels, go vibrant green; try Extreme Green."



COVERGIRL makeup pro, Greg Wencel

Give Your Smile a 3D Shine

One of the easiest ways to look your best is to take care of your smile. But with enamel-staining items seemingly everywhere - coffee, red wine, cranberries, cola - you'll want to put some extra effort into



keeping your pearly whites, well, white. Start with an at-home whitening kit like **Crest 3D White Whitestrips**, says Dr. Janet Tamo, a Crest Oral B Consulting Dentist. You can also:

TIP #1:

"Keep up a good brushing and flossing routine. Brush twice a day for two minutes each time using a good multi-benefit toothpaste like Crest Pro-Health Clinical Protection," says Tamo. "And floss at least once daily. If you don't floss, you're missing one third of the tooth surface you can't clean through brushing alone."

TIP #2:

Adds Tamo: "Limit consumption of sugary drinks like pop and sports drinks. The sugar and acids in these drinks can weaken tooth enamel which contributes to tooth sensitivity and can lead to other more serious oral health concerns."

Sources: http://www.cda-adc.ca/en/oral_health/cfy/dental_care/flossing_brushing.asp
http://www.cda-adc.ca/en/oral_health/cfy/good_for_life/

Home Hair Colour Made Nice 'n Easy

As tans fade in fall it can be hard to figure out how to add a glow back to your skin. Here's a simple solution from Luis Pacheco, a Clairol Consulting Colourist and Co-Owner of Hair on The Avenue in Toronto: Warm up your hair colour with a golden-hued hair dye using **Nice 'n Easy's Colour Blend Foam**. Some other things to consider?

TIP #1:

"Never miss a spot when dyeing your hair!" says Pacheco. "You might not see it, especially at the back of your head, but everyone else will." So take some time to examine your locks in detail before washing any of the hair dye out.

TIP #2:

Why try a foam hair colour? "The foam consistency makes the colour easy to apply and once it comes in contact with hair, it collapses back into liquid form. **Nice 'n Easy** foam provides great absorption and gives you full coverage," says Pacheco.



Clairol Consulting Colourist, Luis Pacheco



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