

little risks, *big rewards*

REFRESHING YOUR LOOK CAN BE AS EASY AS
FAKING A BOB (YOU LAUGH NOW...)
OR APPLYING YOUR MAKEUP IN A NEW,
MORE MODERN WAY.

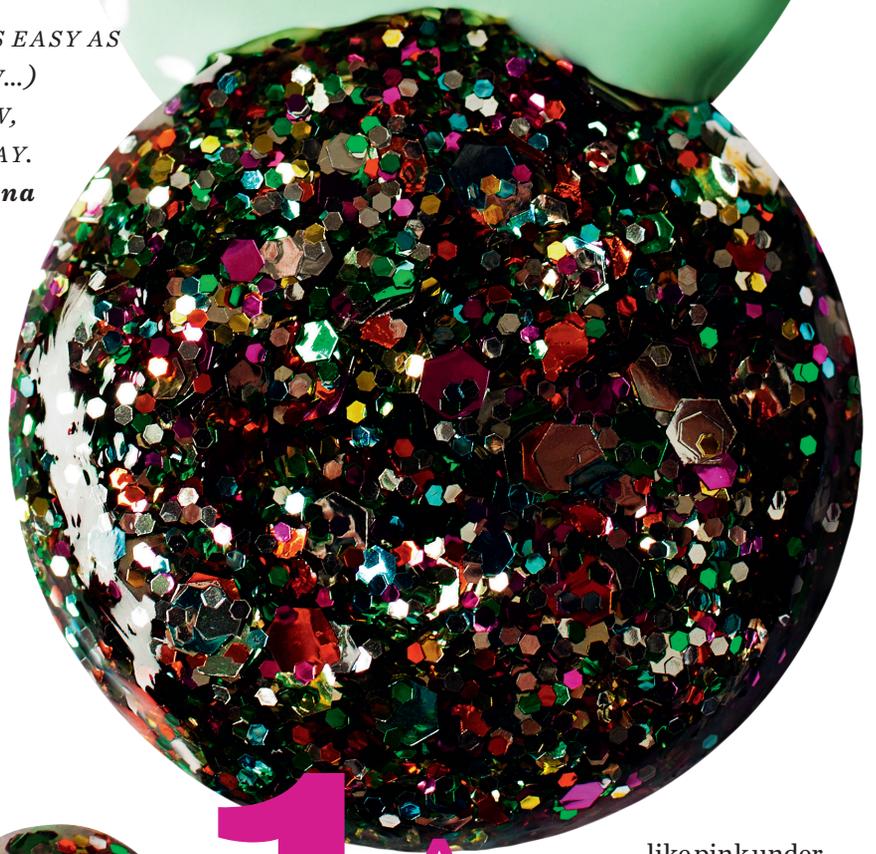
by Liz Krieger and Yi-Hwa Hanna

Change is good. Without it, we'd still be securing our ponytails with scrunchies. But it isn't always easy to break out of your comfort zone. Many women are reluctant to take beauty risks because they are afraid something will go horribly wrong. But the truth is "even the smallest tweak to your appearance can set off a positive domino effect—it can make you feel more attractive and more confident," assures psychologist Gordon Patzer, Ph.D., founder of the Appearance Research Institute in Chicago.

That's right—no Lady Gaga lashes or *Housewives* lips. Just simple, no-strings-attached suggestions that will help you wriggle free of stale beauty habits.



Bourjois So Laque Glossy in
Amande Défilé
Dhs42, at Asos.com
OPI Nail Lacquer in
Rainbow Connection
Dhs55, at salons



1

Customise Your Nail Colour

Layer one coat of glittery polish over a solid colour, suggests celebrity manicurist Deborah Lippmann. Go for a soft shade

like pink under gold or silver glitter, or try an unexpected combo, like a bright coral base beneath violet flecks. Just keep your nails short and rounded (shimmery daggers look tacky).

2

Beef Up Your Brows

Fatten skimpy arches with a cream or gel shadow formula. “Apply the gel or cream to define the shape of the brow first, then apply powder on top of it for more consistency and to perfect your arches,” Bohra Miled, regional training manager for Benefit Cosmetics says. Try a brush-on fibre gel such as Benefit’s Gimme Brow (Dhs106): using micro-fibres that grip to hair, it helps increase volume. Eyebrow tinting can also help make even the smallest hairs look thicker, Bohra advises —and always match the shade to your hair!



3

Bedeck a Basic Braid

Weave a colourful ribbon through it or use a jewelled pin, suggests Alex Rodrigues, Style Director at JetSet Emirates Towers. Alex suggests using mousse to tame the hair and add texture before braiding, and selecting the ribbon based on how much you want it to show. “The thicker the hair or for more volume, the thicker or larger the ribbon I prefer to use. If your braid starts from a ponytail, you can add the ribbon to the elastic that holds the hair together,” he says. Need help? Try JetSet’s Braid Bar menu (from Dhs80).

4

Ombre Your Eyes

Colour gradation has been a popular fashion and hair colour trend, and now you can use it as an eye makeup technique. You’ll need two shadows in the same colour family—one darker, one lighter, says Max Factor’s Regional Makeup Artist, Samira Olfat: “Draw a thin line close to the upper lash line; you want the colour closest to the lash line to be the darkest. From there, apply the darkest colour over the upper lid and blend well. Finally, apply the lightest colour in the space between the upper lid and brow bone.”

5

Pull Your Hair Back with Purpose

Classic half-up looks can seem unintentional. The secret to a polished style lies in prepping hair with mousse, and keeping the accessories minimal, says Chelsea Gowland, Style Director at Toni&Guy Dubai: “Only a few pins are required. If you pile on too much, you may run the risk of looking dated or juvenile.” If you have mid-length layers, try a side parting with strands loosely framing the face. To create height, tease the roots, smooth with your fingers and pin it in place above the nape of the neck, she says.



Colour Block Your Face

Wearing several bold colours is the freshest new take on fashion. Think punchy dresses in pink and orange, or powerful red trousers with a daring purple blouse. Apply the same idea to your makeup by picking two or more vivid hues, says Samira; “More can make your makeup appear clownish. The next step is to decide on the areas of application: in my opinion, [this] should always be the eyes and lips.” Samira suggests applying gloss over the lipstick to make the colour ‘pop’ more as a bold finishing touch.

6



Make Up For Ever Smoky Lash Mascara in Dark Blue, Green, and Plum
Dhs115 each

8 Fake a Bob

Not ready to chop your hair but want to play with lengths? A temporary bob lets you experiment. “As with most updos, the faux bob has more staying power when working with hair that has some grit in it, so save this style for days your hair isn’t freshly shampooed and conditioned,” says Haysam Eid, founder of EIDEAL. Begin with a wavy or curly canvas, using a wide-barreled curling tong such as the EIDEAL LeCURLER. Let hair cool, gather into a loose, low pony and secure. Twist the pony, bend it under at the nape of the neck, then use bobby pins to keep it in place, before setting with spray, Haysam says.

8

9 Glaze Your Hair

Highlights can be a hassle. Instead, ask for a hair glaze—a semi-permanent hair colour that has no ammonia—for a subtle change. “[We use it] to change the tone on blondes, seal hair [colour] and add shine after lightening, and to refresh faded hair,” says Kelly Cyndrowski, owner of Salon Ink. It will add a touch of warmth, is less risky than permanent hair colour, and can enhance your existing ‘do.

9

10 Colour Your Lashes

Swap out basic black mascara for a funkier shade. “Coloured mascara can [enhance your] eye colour,” says Sanad Lathqani, Make Up For Ever’s Regional Educator. “Green, purple and blue work best with brown eyes. For green and blue eyes, we suggest brown and purple mascaras, while hazel eyes go perfectly with brown, purple, green and blue,” Sanad says.

10

Trick Your Pony

“Although the ponytail may be deemed as the quintessential ‘lazy girl’ hairstyle—due to its low-maintenance nature—it can be quite edgy with a few tricks,” Chelsea says. She suggests trying a low pony, straightening hair to emphasise length, or if volume is your thing, working height into it with a volumising mousse and dry powder to create lift at the crown, smoothing it with serum.



11 Swap Gloss for Lipstick

The intensity of a bright lipstick can give your look a total 180—not to mention boost your confidence, says Rimmel Make Up Artist and Coty Middle East Trainer, Zahra Kademi. It can define your lips, make your face look slimmer and make your teeth and eyes look brighter, she says. Plus, if the colour is bold

enough, it can feel like a fashion accessory! “Apply a natural toned powder, like Rimmel’s Stay Matte Pressed Powder in Transparent—this is a safe option as it won’t change the colour. Fill in the lip with your lip liner as a base, and once lipstick is applied, the staying power is lengthened,” Zahra says.

Maybelline ColorSensational Lip Color in Glamorous Red
Dhs45, at Boots

Prestige Cosmetics Classic Lipstick in #13
Dhs52, at Beautybay



Make Over Your Manicure

If your basic baby pink or almost black is getting a little boring, try one of the new neutrals. Grayish purple, navy, and army green are hues that allow you to switch up your look without sacrificing subtlety, and they work for day or evening. “These muted shades go with everything, but they’re more modern and chic than the nudes we’re all used to,” says Jenna Hipp, a celebrity nail stylist.

INGLOT O2M
Breathable Nail
Enamel in #656
Dhs65, INGLOT stores
NStyle International Nail
Polish in Overcast
Dhs50, NStyle Nail Lounge



Jane Iredale Moonglow
Golden Bronzer
Dhs249, available at
Vitalita Salon at Habtoor
Grand Resort & Spa

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Flip Your Part

There’s nothing as simple as a new part to change your look. What’s hot now is a deep side part, starting where your head naturally curves down, about an inch above your temple. And if you’re used to parting on the right, go left (or vice versa). Flipping your part to the other side will impart lots of volume—perfect for someone with fine, limp hair, or wavy or curly texture.

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Boost Your Bronzer

For an instantly slimmer-looking face (or if you want to “pop the cheek” and define your face), Zahra suggests contouring. “Always apply a warm shade as lighter ones won’t create as much depth; the idea is to draw in that particular area. A powder is best if you want something light. For a cream blush, I would apply it before finishing your base with powder, so you create a softer look with high definition,” she says.



Make Waves—with a Flatiron

Instead of creating bouncy, almost pageant-ready spirals with a round-barrel iron, use a flatiron to get relaxed waves that look more natural and touchable. “For fast-track beach waves, I ditch my

curling tong in favour of my DiamonSilk flat iron!” Haysam says. To get the look, first divide your hair into 6-8 equal parts. The larger the section, the looser the waves. Braid each section, set your iron to 230°C, then slowly run it down each braid, holding it in place for 10 seconds, says Haysam. Let hair cool, then separate with your fingers. Add a little salt spray and you’re good to go!

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