

HOW TO BE

RED CARPET READY

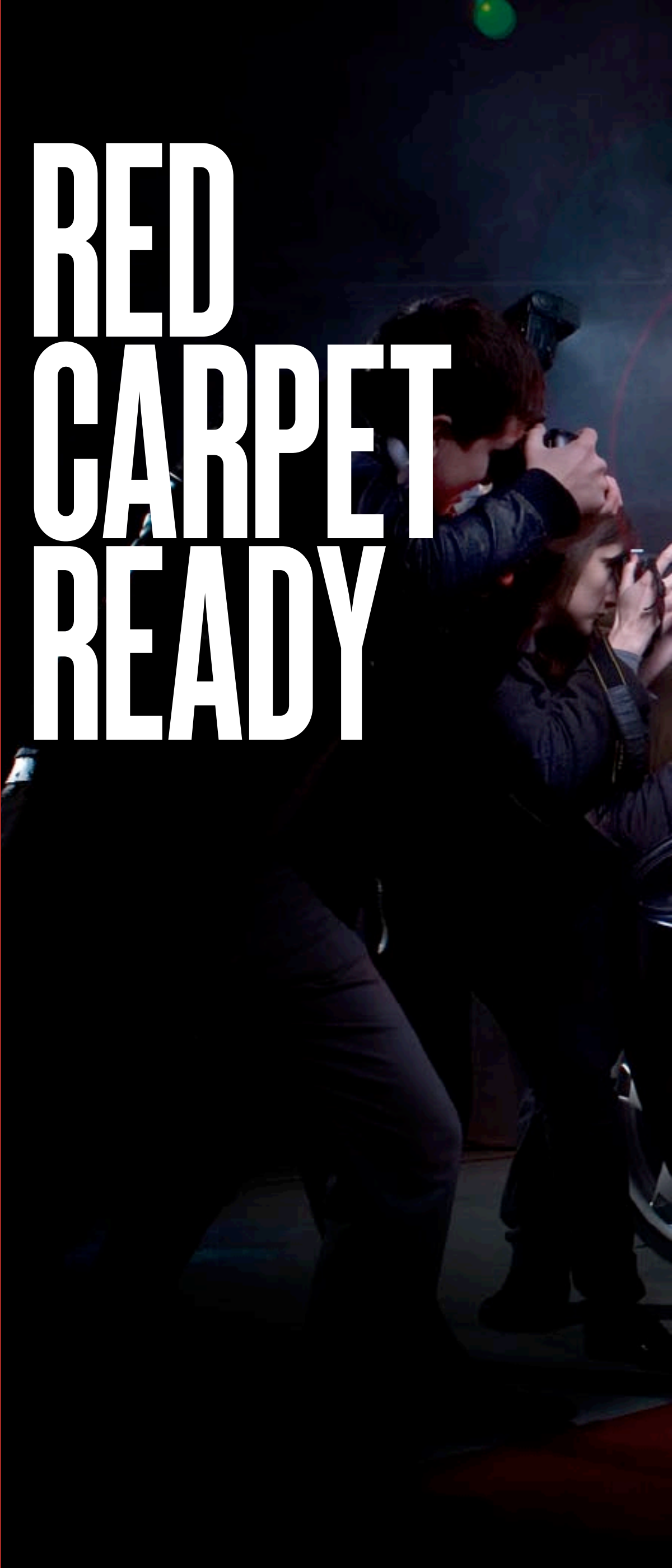
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here are certain essential beauty rituals that we should all do religiously so that we look and feel our best at all times - especially those of us who are fitness competitors/fitness models. And that goes for women as well as men. Whether it's tanning your skin to get that perfect glow, keeping your nails primped, whitening your teeth or making sure your hair's in top condition, there are basic but key principles which must be part of our regular routine.

Why? Well not only do you need to 'walk the talk' and exude health and vitality, but there's always the possibility that a photoshoot may come up at short notice. You can't just say, "Sorry, can you give me a week I need to do some self maintenance"! And like it or not - first impressions count. You are in the game of selling yourself and that makes you, in effect, a walking billboard.

But at the same time, we don't all have the luxury of unlimited time and budget. So if I were to recommend the main areas you need to keep on top of so that you are 80% there, for most of the time, they would be.... ►





SKINCARE

I can't emphasise strongly enough the importance of eating healthily, drinking tons of water, not smoking and avoiding excessive alcohol and the sun.

Cleansing, exfoliating, toning, moisturising (including a built-in skin protection factor/SPF) and occasional facials are also essentials. Skip these at your peril!

Don't use anything too harsh or abrasive, as you don't want to strip the skin of its natural oils. Getting a moisturiser that's perfect for your skin is critical. You are aiming to achieve dewy 'come and touch me' skin NOT the matte, lack-lustre look.

I do facials at home myself two to three times a week, and generally while the bath is running to save time. If you can make your budget stretch, a professional facial every now and then will do wonders.



HAIRCARE

Like your skin, what you eat will reflect in the quality of your hair, so eat plenty of high quality proteins and good fats. Add to this a regular trim, weekly at-home deep conditioning treatment, and choosing a style and colour that suits you and your personality.

NAILCARE

As a minimum make sure your nails are clean, clipped and filed, and the cuticles are attended to (cuticle oil helps). I don't know about you, but my nails get put through a lot of wear and tear during competition season and it does take its toll. So when you can give them a break from all the paint, let them breathe and nourish them with a protein base coat.





SKINCARE

There is an exact science to achieving the perfect golden glow. Get this one right and you will look healthier, slimmer and more toned; your teeth will appear whiter; and you'll feel sexier. Your skin will appear clearer and it will also help to smooth out the appearance of cellulite and stretch marks.

I strongly recommend you achieve the sun kissed look by faking it and NOT baking in the sun due to the risk of skin cancer not to mention accelerated aging!

“When you apply tan to your face mix some moisturizer with the tanning product and blend evenly into your face and neck.”

Before you get started you need to have ready the following:

- Exfoliator or exfoliating gloves
- Shaving kit
- Tanning bed sheets
- Tanning sleepwear

Make sure you're shaven all over, and exfoliated especially around the elbows, knees, ankles, and wrists. Do not moisturise your face and body as this will interfere with the tanning product. To protect your manicure either wear rubber gloves or rub Vaseline on the cuticles/nails.

When you apply tan to your face mix some moisturizer with the tanning product and blend evenly into your face and neck. You only want to be one shade darker than your natural colour. Don't forget your earlobes.

When you apply tan to your body pay particular attention to blending it in well around your ankles, knees, armpits, wrists, fingers and toes.

Once you've finished applying wait ten minutes before dressing. Also, don't do any activity that will make you sweat for a few hours otherwise you may cause streaking.

If all else fails and you can afford it have a professionally applied tan.

TEETH WHITENING

Sparkly white teeth again help you look healthy and feel great. I am going to take as a given brushing, flossing and visits to the hygienist! Outside this, I recommend a good quality whitening toothpaste and whitening strips. If you can afford it go for professional teeth whitening such as Britesmile.

MAKE-UP

If there's one thing I want you to remember, it's 'less is more'. Everyday is NOT Halloween! Your face and especially your eyes are the window to your soul. Choose make up that helps your skin glow, and look dewy and fresh - not caked-on and dull. Use a bronzer that gives you the radiantly sun-kissed look, and a foundation that matches your new tan colour. Keep lips moist and natural with a simple gloss.

I would definitely recommend you achieve a great shape with your eyebrows and avoid over-plucking. Any gaps, fill them in with a brow pencil. If you need to boost growth I recommend Revitalash but you must use it consistently to see results.

As for lashes, you can't beat a good set of natural-looking fake lashes - avoid any that make you look like a drag queen! And again, if you can afford it, the more permanent fake lashes are amazing. They last about three weeks and then you need in-fills.

Also do take advantage of the free make up lessons given in stores.

TAILORING

You want to be able to dress well but effortlessly. There's nothing better than a simple pair of well fitting jeans, a T-shirt and killer heels, or that little black dress. Again simplicity is key. Show your best features and hide your not-so-good ones. There's nothing wrong with wanting to be sexy or seductive but draw a line between that and trashy. Play up one feature but not all of them at the same time. **F&F**

MY TOP TIME SAVING TIPS

- Use a combined body moisturiser with bronzing tint
- Go to bed with your face and hair mask on
- Gel nails – the best invention ever! Last two to three weeks easily with no chips
- Have your manicure and pedicure done at the same time
- Shower gels with body exfoliants in them and/or use exfoliating gloves
- Laser hair removal – pricey but definitely worth it in the long run. Saves time and pain!

MY ULTIMATE BEAUTY PRODUCT LIST

- Palmers Cocoa Butter
- Dove Summer Glow Body Lotion
- SKII Facial Emulsion Moisturiser
- Britesmile Whitening Toothpaste
- MAC Fake Lashes
- Rodial Glamoxo Snake Masque
- Colorsport Eyelash & Brow Dye Kit
- Elizabeth Arden Eight Hour Cream
- Keratase Hair Mask
- Chanel Pro Lumiere Foundation

