

AGE MATTERS

Do you often feel as though you look older than you are when you dress up? Certain makeup techniques can actually age you. Rhea Dhanbhoora tells you what you need to keep in mind...



>> The shade of your lipstick plays an important part in making you look older. So, make sure that you choose a good in-between colour

Makeup is supposed to enhance your beauty, not age you. We all know that when makeup is overdone, you can end up looking cakey and beyond your years. But, even if you stay away from dark colours and haven't used shimmer since your late twenties, you need to make sure the texture and colour of your makeup suits your age; otherwise it will end up making you look older than you really are. If you're in your 20s, you probably love darker shades of lipstick because they make you look more mature. But, if you're closer to 40, you don't want to look older! We get makeup artist Shamita Gogia to help us figure out how much is too much and give us tips to look beautiful without looking older.

WHEN IT'S TOO MUCH

The older you get, the more garish you'll look if your makeup is cakey. Makeup artist Shamita Gogia says, "No matter how old you are, putting on too much and masking your skin's natural radiance will always age you. Less is always more! Having said that, there's no hard and fast rule that you can go by; it does depend on many other factors such as facial features, skin type and condition. But, it's best to stick to lighter, softer and minimal makeup."

RISKY BUSINESS

So, you're not too sure how your makeup is ageing you? Shamita gives you a few pointers to tell you what sort of makeup can age you and how:

- Deeper colours make you look mature, so avoid

them if you're older.

- Darkening the shadows on your face, such as under your cheekbones or the hollows of your cheeks can make you look older. Even darkening the crease line/ socket line above your eyelids can age you.

- The shade of your lipstick plays an important part in making you look older or younger. A very dark shade can make a younger person look older (but not necessarily make an old person look older, so it's not a hard and fast rule) and a very light shade may not work for an older person. So, pick a good in-between colour.

- Strong, harsh shapes and colours tend to add a few years to your face as opposed to softer ones.

TIPS & TRICKS

We've told you how makeup can age you and exactly what you're doing wrong when you apply it. But, after a certain age you also want to hide fine lines and wrinkles without looking overdone. How do you manage that without looking decked up? Shamita says, "Different skin types age differently. For example, someone with dry skin develops wrinkles and fine lines earlier than someone with oily skin. The drier your skin, the higher the chances of developing fine lines at an early age, especially around your eyes. It is recommended you start using an under eye cream once you cross 25 (the age would vary depending on your skin type) to delay this process."

Shamita gives us a few tricks to help hide your lines and wrinkles without looking old:

- Providing your skin with adequate moisture is the key to preventing your skin from premature ageing.
- As far as makeup is concerned, you can reduce the appearance of fine lines and wrinkles by making sure your skin is well-moisturised before applying foundation and concealer. Otherwise, the product deposits in these cracks, making them look more prominent.

- The more products you apply, the more visible your imperfections will be. Choose liquid/ cream foundations over powder foundations, as powders tend to make your skin look dry and aged.

- If you have fine lines or wrinkles around your eyes, make sure you use waterproof eyeliner/ kohl. Use these sparingly, as they tend to run into these fine lines, darkening the under eye area. If your eyes droop towards the outer corners, make sure the eyeliner on your upper lid does not follow that shape. Lifting the line before your eye ends will give your eyes a lift.

- Avoid using very shimmery/ glittery products on areas with wrinkles, as these tend to reflect a lot of light and thus, accentuate lines.

- If you have pigmentation around your cheek area, make sure not to accentuate it by using blush in shades of brown.

- Lip colours tend to bleed into the fine lines around your mouth. So, use a lip liner before applying your lipstick as it will not only prevent this, but also give your pout more definition.

- Mature skin lacks definition. Techniques such as filling in your eyebrows correctly, using mascara, eyeliner and lip liner are all forms of adding definition to your face.

<< 5 WAYS TO ROCK: PIXIE HAIR CUTS



>> Michelle Williams' pixie haircut with slight side bangs suits hair with a fine texture

1. TEXTURE

Always keep the texture of your hair in mind when cutting your hair short. Pixie cuts work well if you have hair of a medium thickness. According to the thickness, decide with your hairstylist as to which style will suit you.

2. GO BOLD

Pixie cuts can look a little androgynous. So, if you want to add a touch of femininity, wear a bold coloured lipstick. Pick up a colour that really pops, such as bright red or fuchsia pink.

3. CAT EYES

If your pixie cut has side bangs, then cat eye makeup will suit it. Apply thick eyeliner and end it with a little curl or an extended line in the outer corners. Use some gel and try to style your bangs over your eyes.

4. ACCESSORIES

When you have a pixie haircut, you can really play around with hair accessories. Try fun clips, headbands, scarves and even hats to add a fun twist to your look. Also, make sure to keep styling products handy as short hair can act unruly at times.

5. TOUCH-UPS

Regular touch-ups for your pixie haircut are very important. Maintain the style by visiting a hair salon every two to four weeks to retain their shape, so that it doesn't look overgrown and shabby. This will give your style a tight, polished look.

<< CELEB HIT OR MISS: GYNDY ALVES FINDS OUT WHICH STARS SHONE THIS WEEK AND WHICH FAILED TO BRIGHTEN OUR DAY..



<< NAGRIS FAKRI

We love this sky blue dress for its femininity and elegance. The unusual drape also adds a nice touch and Nagris pulls off the look. However, we feel the accessories and shoes are a little too edgy for this delicate dress.



<< PREITY ZINTA

Preity is bang on trend with these leather trousers, even though they may not be practical in a humid city like Mumbai! She's softened her look with a feminine jacket and delicate makeup. We're loving her effortlessly stylish hair too!



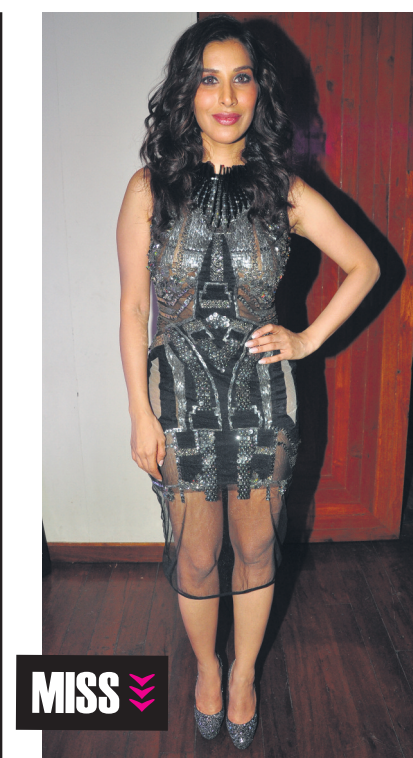
<< SONALI KULKARNI

Sonali makes a less than dazzling appearance at the 14th Mumbai Film Festival. Her outfit is shapeless and makes her look bigger than she is. Hair and makeup is simple and predicatable. Even her blingy shoes are a no-no.



<< ZOYA AKHTAR

Also seen at the Mumbai Film Festival was Zoya, looking effortlessly cool in a pair of linen pants and a fluid top. We love the neutral colours and how she adds a girly touch with a puffed sleeve jacket and large handbag.



<< SOPHIE CHAUDRY

This trend barely looks good on models, so why Sophie decided to go for it is beyond us. Without the sheer panel, it would have been too blingy but a good party look. This is just too much and looks like she's trying way too hard.

<< JUST OUT!

AROMA TREASURES GOLD MASK

The Gold Mask with jasmine, tuberose and gold leaf promises to rejuvenate dead cells and ageing skin, leaving your skin radiant and smooth. I have sensitive skin that's prone to redness after using most masks, so the slight tingling I felt as the mask settled into my skin scared me a little. But, after washing off the mask, my skin was soft, smooth and devoid of any redness or irritation. The soothing scent of jasmine is not overpowering and the mask does help make blemishes appear lighter. It also helped to even out my skin tone and made my face glow. Using it once a week has also made my skin noticeably smoother. It's a bit too creamy on application and you have to smooth it out so it doesn't dry in lumps, but apart from that, it's worth a buy.

PRICE ₹330

WHERE Beauty and wellness stores and spas across the city
STAR RATING ***1/2



<< TOP 5: LILAC BASED BEAUTY PRODUCTS



1. LILAC PASTELLE NAIL POLISH

This smooth nail polish from Revlon is in a soothing lilac colour and has a matte finish. If you are somebody who doesn't like glitter on their nail polish and prefers to tone it down, then this pretty colour might turn out to be one of your favourites.

PRICE: ₹215



2. LILAC BEAUTY LIPSTICK (CODE 644)

This is an ultra moisturising lipstick from Lotus Herbals. It has botanical moisturising and natural extracts that give your lips a soft feel. The colour is long lasting and protects your lips from UV rays, which prevents them from turning dark. The shade of lilac is intense, so apply it lightly.

PRICE: ₹2,000



3. LILAC WATER

This is a three-in-one product from Heritage Products and can be used as a bath fragrance, body splash and even as an aromatherapy mist. The light lilac fragrance keeps you feeling fresh. It is also great to use on linens, hair and skin.

PRICE: ₹1,547 for a pack of six



4. LILAC FACE WASH

The lilac properties of this fragrant face wash from Vaadi soothes your skin as it has anti-microbial properties. The plum extracts balances oil production and is perfect for problematic combination skin.

PRICE: ₹53



5. LILAC LOTION

The moisturising lotion from Nature's Essence contains lilac flower honey, sweet almond oil, vitamin E, silk protein and is perfect for hydrating your skin during winter. The light, but fragrant smell of lilac is very addictive.

PRICE: ₹100 for 125 ml