

SAVE ON NECESSITIES...SPEND MORE ON BEAUTY

# BEAUTYCENTS®

SUMMER 2018

DOLLAR GENERAL

TIPS THAT  
MAKE CENTS  
New Look  
For the New  
Season

KIM  
FIELDS

A BLESSED LIFE

LOOK GREAT IN 5 MINUTES

GET IN SHAPE  
FOR LESS



# Summer Makeover Tips

by Naja Rickette

Yup! Summer is here. We've retired all of our deep burgundy, vamp, wine-colored lipsticks & nail polishes...replaced our sweaters with sundresses...traded our knee-high boots for strappy sandals.

Now, it's time to roll up our sleeves and remake ourselves for the season. It seems many people have no problem, or even a thought, when it comes to updating their daily wardrobe or anything having to do with a color palette—think lips, nails, hair, shoes. For most beauty-conscience connoisseurs, summer is a time to go on autopilot with a stylish look that works all season.

*(Continued on next page)*

For these folks, what is not so easy is to GET RID of expired things. I'm not talking about aesthetically outdated fashion looks so much as actual expiration of certain products in your beauty regime. Yes, beauty lovers, THESE things do have a shelf life, and what better time than now to do a little inventory of what stays and what goes.

## To start:

### DO NOT STORE MAKEUP IN THE BATHROOM

Perhaps rethink where you store your beauty products. Yes, many of us are trained to keep it all in the bathroom. If you do this, it's time to move it out! The humidity caused by your relaxing showers is actually harming your makeup and breeding bacteria.

## Next:

### DO A DEEP TOSsing OF YOUR OUTDATED BEAUTY PRODUCTS

- 2 Years- Nail polish. Lip gloss. Pencil eyeliner. Pressed Powders (think blush, eyeshadows and pressed powders).
- 18 Months- Concealers. Cream compact foundation. Cream eye shadow/blush.
- 1 Year- Lipstick. Lipliners.
- 3 Months- Mascara. Liquid or Gel eyeliner. Toothbrush.

Now that we've cleaned out both our beauty and fashion wardrobes, what about our mental wardrobes? Why not take inventory and do some mental declutter from the inside out?



Some of us have tried a liquid detox with green drinks, fruit juices or salads. This summer, try out a "technology detox." Yes, that's right—unplug from negative news, unfollow the "Debbie Downers" from your social media newsfeed, and limit your amount of information coming in. This is best achieved by setting time parameters. You can scroll social media for 1 hour in the am/pm, or shutdown your phone 2 hours before bedtime. This way, you are fasting from news/info/social media for a large chunk of time each day.

Last thing to get rid of is that pesky, relentless inner critic. You know, the one telling you that you "are not good enough," "not pretty enough," etc. This year, once the Bordeaux polishes are put to rest, I encourage you to create a plan to SILENCE THE INNER CRITIC.



## Take the following steps:

- Notice the Critic. Cultivate awareness.
- Separate the Critic from your True Self. They are not the same.
- Talk Back to the Critic. Yes, that is right. Be assertive and stand up for yourself as you would a person assaulting you. Tell it you will not listen to its lies.
- Replace the Critic. Employ SSK (super self kindness). Come up with 1-2 positive, true statements about yourself to reprogram your mind. Anytime the inner critic speaks up, you verbal kung fu it with your new, loving statement.

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