

anti-aging, beauty, lifestyle...

fresh

VANCOUVER
ageless, beautiful, fresh

**SPECIAL SECTION:
WOMEN IN
BUSINESS**

**FABULOUS
FOR FALL**

PERFECT EYEBROWS,
NUTRITION TIPS
AND POST-SUMMER
SKIN REJUVENATION

**LIVING ON
THE EDGE:
STYLE GUIDE FOR
THE NEW SEASON**

**INTERVIEW WITH
MASHIAH
VAUGHN**

CHANGE OF SEASONS, CHANGE YOUR MAKEUP

By Julie Brown

Is there a 'no white after Labour Day' equivalent where summer makeup is concerned? In other words, do I have to abandon my coral lips and toes come fall? Colours in nature change with the season, so with makeup, there are some general rules for staying chic and seasonally appropriate. Follow these tips to keep your makeup looking fresh and to keep up with the trends of the season.

The Base

Always start with the fundamentals: your moisturizer. In the summer, your skin is more hydrated and you can get away with a light veil of moisturizer under your makeup. It is a good idea to switch to a more hydrating moisturizer as the weather cools. Make sure this is part of your daily regimen before you apply any foundation to the face. My favourite moisturizer is a vitamin E cream combined with argan oil. I recommend Josie Maran 100% Pure Argan Oil, available at Sephora.

As fall arrives, you will be spending less time in the sun, and therefore, your skin will tend to lighten up a little. Check that the foundation you are currently using is the right colour match for your skin tone. Often, I will have one foundation for summer and one for winter, a shade or two apart. Because your summer glow will start to fade, dust a little bronzer on the frame of your face, cheeks, nose and chin.

The Colours

What better way to fight off blustery days than with colour that reflects the warm hues of autumn? These changes don't have to be drastic. Simple adjustments like opting for warmer, tawnier shades can make all the difference. For eye shadows, think plum, rich brown and copper. I also love a bold smoky cat eye with eye shadows in sexy black, charcoal and grey. For blush, go for warmer tones again – less beachy, sparkly and coral. Instead try light plums and warm pinks. A matte blush is also a great way to change it up for the fall and winter months.

Send the winter blahs packing with a striking new lip colour. Switch your sheer summer lip gloss for a creamy lipstick formula. This is the time of year to try a shade that is bolder than you are used to and experiment with different colours. I am a huge fan of the red lip and any makeup line will have one that is suitable for your skin tone. Plus, if you apply it sparingly, it can look very natural. Other fashionable winter colours are deep plum, darker nude shades and deep pink.

Fall tends to include plenty of nude shades, inspired by colours in nature, and colours of the skin. They are universally flattering and totally sexy because they enhance a woman's true beauty. If you're into a more natural, minimalist look with makeup, this should not mean wearing no makeup. It means finding shades that are right for your complexion. They should blend easily and seamlessly with your skin.

These changes in your makeup regimen will make your eyes pop and your skin glow flawlessly. What better way to complement your new fall wardrobe?

Julie Brown is a hair and makeup artist specializing in bridal clients, as well as television and film. She is a graduate and hair and makeup instructor at Blanche Macdonald and also a graduate of the Ash Kumar Beauty Academy, which specializes in South Asian bridal hair and makeup. She was recently honoured with the WeddingWire 2013 Bride's Choice Award and loves to help women bring out their true beauty potential. To contact Julie or sign up for free makeup tips visit letsfaceitbeauty.ca.