

Stay Fresh Throughout Your Day

When walking into a meeting, after lunch, before a presentation, or making a new acquaintance, the last thing you want to worry about is not looking your best. In a society based on a go-go-go lifestyle, quick mirror checks can give you that extra boost of confidence before important moments in life. Here are some tips to help you look your best throughout the day.

Mid-day Mirror Check

For many people, breaking for lunch often means running to a nearby restaurant for a quick bite before returning to the office. Take a moment to freshen-up prior to heading back to work, because you never know when you'll need to be at your very best.

-Touch-up that makeup. Often in the course of the morning, makeup can rub off or smear. Do a check in the mirror to re-apply concealer or mascara. Using a pre- and post-makeup primer will also help keep your makeup from smearing.

-Post-lunch check. Before you re-apply any lip product, freshen up your mouth. On-the-go products such as the Colgate®

Wisp® mini-brushes are perfect for a quick brushing that will keep your mouth clean and fresh, with no rinsing required. Plus they are small enough to pack in a purse or keep in your desk drawer. Check out the full line at www.ColgateWisp.com.

-Apply fragrance. Perfume, cologne and body spray will often fade over the course of the morning. Take an opportunity to re-apply in the afternoon. Opt for light scents and don't over-apply.

-Style your 'do.' Combing or brushing your locks can help re-set your hairstyle. Products such as hairspray and dry shampoo can give your style additional body and boost.

-Drink your H2O. The benefits of drinking water show in your mood and in your skin. Staying hydrated will help prevent you from running low on energy and will keep your skin looking fresh. Have a water bottle at your desk and drink up!

Before the Big Pitch

When preparing for an important meeting, use mirror time to run through your

talking points while prepping your look.

-Check your attire. It doesn't hurt to have a backup suit or outfit in the event of a coffee collision. Having another option will keep you stress-free in those moments following a spill.

-Stash those products. Keep a supply of travel-sized personal care products in a drawer at the office. Store a comb, deodorant with antiperspirant, cologne, contact lens solution or eye drops, a lint roller and pocket mirror.

-Keep those pearly whites fresh. A clean mouth is important for making a good impression. Post-coffee or following lunch, consider using a Colgate® Wisp® for a convenient brush to refresh your mouth.

These tips will help you feel confident and focus on what's important, whether you're presenting during a meeting or heading to a date straight from the office. For more information on the Colgate® Wisp®, visit www.ColgateWisp.com.

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Beauty Regimens That Won't Break the Bank

When it comes to looking your best, it's easy to spend a fortune. With manicures, pedicures, hair stylist appointments and facials, you can quickly run through your budget. Here are a few tricks to save money while looking great:

Skip the manicurist. Regular manicures and pedicures can be expensive, but if you're willing to purchase the tools up front, you can save a great deal over time. To get started, follow these step-by-step instructions:

Beginning with clean nails, file or cut the nail into shape. Next, soak your nails in a bowl of warm water for about 3 minutes; for pedicures, soak feet a bit longer. Follow the soaking with a moisturizing lotion or cream. To get rid of dry skin on your feet, use a scrub or foot file. Then, using a cuticle remover, push the cuticle away from the nail gently; carefully trim any excess. Follow this process by adding polish to your nails, but before you do so, remove any oil with nail polish remover using a cotton swab, so as to protect the cuticle area. Apply a base coat, two coats of color and finish with a top coat.

Get healthy hair at home. Every woman wants beautiful, touchable hair, but for many, other hair concerns crop up as well, such as dandruff. A recent survey conducted by www.AskMen.com, found that one in three men admits to being put off by their wife or girlfriend's dandruff issues. In addition, 95 percent would like their mate's help when choosing a product that will rid them of their own dandruff issues.

To get rid of dandruff, look to an affordable multi-tasking product, such as the new line of shampoos and conditioners from Suave Scalp Solutions. This line fights flakes while also providing the benefits of a professional product by giving your hair the care it needs, leaving it soft, shiny and beautiful for no more than \$4.00. The line of shampoo and conditioners are available in three scents: Nourishing Coconut and Shea Butter, Invigorating Mint and Eucalyptus and Invigorating Ocean Minerals and Aloe Vera 2-in-1.

Give yourself a facial. Opting for home facials can also help ease the burden of a beauty budget as well. Even the most

basic of routines can really make a difference. Start by cleansing the skin and removing any makeup. Fill a pan with water and bring to a boil. Use a bath towel and drape it over the back of your head, then slowly and carefully lower your face over the steaming pot for several minutes.

Next you can use a gentle facial scrub, or you can make your own using 1 tablespoon of ground steel-cut oatmeal, 1 teaspoon of lemon juice and 2 teaspoons of yogurt. If you're looking to create a facial and body scrub, try mixing 1 teaspoon of honey with 1/2 teaspoon of sugar and apply before stepping into the shower.

Remember that the key to great skin is moisture, so be sure to apply body lotion and facial moisturizer just after you towel dry skin.

For more information on the Suave Scalp Solutions shampoos and conditioners, visit: www.suave.com/scalpsolutions or www.Facebook.com/SuaveBeauty.

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