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# Make 2010 your prettiest year yet: these 36 easy-to-keep beauty resolutions will have a dramatic impact on your face, body, and hair

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[Shape](#), Jan, 2010 by [Ellen Miller](#)

Promises made on January 1 are all too often distant memories by the time Valentine's Day rolls around. But while previous resolutions may have proven too daunting to keep, making permanent changes to your beauty routine is simple. Just try three tips a month and you'll be gorgeous from tress to toe by the time you toast to 2011!

**1 FIND YOUR RED** Every girl needs one! Choose a blue-based hue, like Lorac Leading Lady Breakthrough Lipstick (\$22; [sephora.com](#)), if your skin has pink undertones. Pick an orangey one, like Estee Lauder Signature Lipstick in Spanish Red (\$20; [esteelauder.com](#)), shown on the next page, if they're golden.

**2 GET YOUR GLOW ON** Getting golden--without UV damage--will make you look and feel fit and fab. Simply mix a dab of bronzer--like Illamasqua Liquid Metal in Solstice (\$24; [sephora.com](#))--with a dollop of body lotion.

**3 PUT TOGETHER A NIGHTTIME REGIMEN** Your skin repairs itself while you snooze, "so it's important to cleanse, apply an antioxidant serum, and use a night cream before bed to give your skin the best chance of nixing daily damage from the sun, pollution, and stress," says Doris Day, M.D., a dermatologist in New York City.

**4 SELECT A SEXY SCENT** If you buy one perfume this year, pick up a musk. It amps up your appeal, and you can layer it under any light floral to take it from day to night. "It instantly transforms your perfume from subtle to sultry," says Kate Growney a perfumer in Honolulu. We love Kiehl's Original Musk (\$39; [kiehls.com](#)) with Saffron James Nani (\$110; [saffronjames.com](#)).

**5 TWEAK YOUR TRESSES** Slicing long, side-swept bangs into your cut will update your look and

help hide wrinkles on the forehead and around eyes.

**6 USE PRIMER** "Many women shy away from it," says Jodie Boland, a makeup artist in New York City, "but it's truly the secret to making your makeup stay put till all hours." Smashbox Photo Finish Color Correcting Balance Foundation Primer (\$38; sephora.com) has a purple tint that helps cover up brown spots.

**7 STOP PICKING AT YOUR CUTICLES** Open wounds provide an entry point for germs that can cause infections. When you're tempted, swipe lip balm over them to make picking practically impossible.

**8 PRACTICE SUN SAFETY ALL YEAR** Sunscreen isn't just for summer. In fact, the incidental UV exposure you get outdoors day to day contributes more to the aging process than a sunburn from hours spent on the beach. "Slather on a broad-spectrum blocker that contains at least SPF 30 from head to toe daily," says Anne Chapas, M.D., a cosmetic dermatologist in New York City.

**9 LOOK BRIGHT-EYED EVEN WHEN YOU'RE NOT** We know it's not realistic to get eight hours every night, so fake alertness on off days by dabbing a highlighter into under-eye hollows and on your inner corners with your pinky finger. The light-reflecting particles will brighten dark circles. Try ELF Studio Under Eye Concealer & Highlighter (\$3; eyeslipsface.com).

**10 GO POLISH-LESS** To keep your nails their healthiest, take off your polish for an entire weekend once a month. Whiten the undersides of your tips by swiping each one with a cotton pad soaked in remover, suggests Shari Gottesman, the creator of Perfect Formula nail products.

**11 EDIT YOUR MAKEUP DRAWER** "Old makeup can lead to bacterial infections--plus, purging will give you space for all the products you'll want in 2010," says Edward Bess, the creator of Edward Bess cosmetics. Toss unflattering shades, any liquids that have separated, and crumbling pressed powders.

**12 MASTER CONTOURING** You wear slimming clothes to enhance your figure, so why not use makeup to make your face appear slimmer? Try sweeping a bronzer that's one shade deeper than your skin tone along your temples, cheekbones, and chin.

**13 USE BLUSH BETTER** Since applying it perfectly can produce that elusive, sought-after healthy glow, try this foolproof tip: Dip your brush in a loose powder formula, tap off the excess, then dust it on in a "C" shape from your apples to your temples. We love Sonia Kashuk Shimmering Loose Mineral Blush in Angelica (\$9; target.com), with complexion-brightening flecks of mica.

**14 SHOWER IN WARM (NOT HOT) WATER** Higher temps can zap moisture from your skin. Afterward, apply face and body cream to seal in hydration.

**15 TRY A SULFATE-FREE HAND SOAP** Dryness can age your skin, so lather up with something that "won't strip skin of its natural oils," says hand model Ellen Sirot. Try Ellen Sirot Hand Perfection Cleanser for Hands (\$30; handperfection.com), with moisturizing borage oil, or Burt's Bees Citrus & Ginger Root Hand Soap (\$7; at drugstores), which has skin-softening honey.

**16 BREAK YOUR ADDICTION TO ACRYLICS** They can harm your nails and cause fungus to proliferate if they're not applied properly. Instead, check out the new gel manicures. Head to dashingdiva.com to find a salon in your city that offers the Gelife Natural Manicure, a treatment that provides length and shine--without damage.

17 **ADD A CHLORINE FILTER TO YOUR SHOWERHEAD** You'll protect your hair from dehydration, fading, and brassiness. Interested in an upgrade? Check out the iWater Shower Purification System (\$50; myiwater.com).

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