

Instant Makeover

If you want to improve and enhance your appearance but don't want to wait till you lose weight, go through and recover from plastic surgery, or have enough money to buy a complete new wardrobe then try these five simple quick techniques that are used by the top professionals in the beauty and image industries to perform amazing makeovers.

1. Change your hair color - One of the most effective ways to change and improve your personal appearance is to change your hair color. You don't even have to drastically change the color. By just changing the color one or two shade or with strategically placed highlights you can make an incredible difference.
2. Shape and groom your eyebrows - Celebrity makeup artist Kevyn Aucoin used to say "The perfectly groomed brow can change the face" and he was correct properly shaped and groomed eyebrows can visually change your face shape and instantly give you a non surgical eye lift.
3. Only wear clothes that fit properly - When you wear clothes that properly fit your body you will instantly appear pounds thinner. You should avoid clothes that cling, are so tight that they create bulges and bumps or clothes that are so large they hang off your body and balloon out. Select clothes that are slightly tailored and gently skim your body.
4. Wear colors that flatter you - Wearing colors that flatter you especially near your face such as blouses, jackets and accessories will immediately make your complexion appear brighter and healthier, add a sparkle to your eyes and put a smile on your face.
5. Use good posture - Utilizing good posture will instantly make you look thinner, taller, and younger and allows you to project a better physique without having to actually change your body. To see for yourself the power of good posture stand sideways in front of a full length mirror as you usually do, now head up, neck straight, shoulders straight, tummy in, spine straight and WOW what a difference!

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