

# Women's Grooming Essentials



Regardless of income, background or lifestyle, modern women have no excuse for being badly groomed. We can all transform our appearance simply by bothering to attend to details – and a little regular care and attention doesn't take as much time as you might think. Here

are some guidelines.

## Hair:

Clean, conditioned and well-cut. Individual needs obviously vary but, at minimum, have your hair trimmed every 6-8 weeks.

## Skin:

Cleansed, moisturised and protected. Develop a basic skin care regime. There is no need for expensive facial treatments. Once a week expose your face to a bowl of steaming water to open pores and cleanse away built up grime. Add herbs to the steam for an added treat. Try lavender or camomile.

## *Lifestyle Choices:*

### Eyebrows:

Well-shaped and tidy. Pluck regularly as necessary.

### Teeth:

Brushed and flossed at least twice daily. Try to brush after lunch as well to ensure fresh breath. Have your teeth professionally checked and cleaned at least twice yearly.

### Breath:

Bad breath has something to do with how regularly you brush and floss your teeth but more often than not the problem connects with the level of acidity in your system due to eating and drinking patterns, and tooth or gum decay. If

halitosis is a problem, try to cut out coffee and tea (except herbal varieties), alcohol and acidic foods. Each morning, drink a glass of water containing a pinch of bicarbonate of soda, to counteract an acidic system and keep your breath fresh. If you think or know that your gums are the problem, consult your dentist without delay. Modern dentistry is quick, efficient – and painless – so why put up with unnecessary social embarrassment and the risk of losing teeth?

#### Body Care:

Skin care for the body is not an indulgence, it's a necessity to keep you looking toned, fresh and well-groomed. Just as the face needs regular deep cleansing and moisturising, so too does your body. Use a natural bristle brush, loofah, body scrub or body mitt made for rubbing vigorously over the body to remove dead skin. Do this when the skin is dry. Moisturise your body with virgin olive oil weekly, rubbed into your damp skin after a warm shower (use about a dessertspoon of oil on a moistened flannel).

#### Body Odour:

Body odour can be caused by the foods you eat (curry, Mexican food, cheese) or by wearing stale clothes. Aside from the obvious safeguard of bathing regularly (that is, daily), appreciate that odour often comes from new sweat mixing with old sweat on clothes. Be sure that your clothes are dry cleaned or laundered and aired regularly to prevent any unpleasant odour. Also use a deodorant if your system is acidic and emits an unpleasant odour. Most natural sweat, off a fresh clean body, is quite pleasant.

For women who perspire heavily a deodorant won't prevent wet underarms and clothes; an anti-perspirant/deodorant is what's required. However, women who don't have overactive sweat glands should stick to using a simple deodorant as natural sweating helps to flush out toxins from your system.