

BIG CHANGES START WITH LITTLE STEPS

MaryThé

New Year's resolutions (Gregorian or Chinese) simply vanish into thin air in no time. It is important to make realistic goals and treat them seriously. Here are a few simple tips that can make a big difference.

Diet. Let's start with the most common resolution of all: losing an extra pound or two. The idea of dieting is enough to make anyone feel deprived or depressed. But don't change your eating habits drastically. In fact, don't give up anything. Instead, try and consume half the amount of your normal diet.

Physical flexibility. Most of us develop feelings of guilt if we fail to exercise enough. But just because you're not in a gym or health club doesn't mean you can't exercise. The rule is: use it or lose it! Move as much as you can, with actions you're already used to and can do easily. If you haven't exercised for some time, start slowly. Walking is one of the best exercises for the body and heart. Start with a mile and increase the distance over time. At least 3 times a week is ideal. Later, add strengthening and flexibility exercises. You may want to consult a private trainer or exercise DVD for this. If you have some physical issues, consult a professional. You know your body best, so listen to it.



Appearance. We live in a very judgmental world. A

person's face is the first calling card presented to the world. As such, it deserves care. Consider your body and skin first, before deciding on any drastic treatments that require some downtime. Understand fully how the procedure is going to affect your body and skin in the days or weeks after. Ensure that the timing is right.

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Here are a few simple tips:

- For men, the term "metrosexual" has become more and more popular today. It describes a straight, sensitive, well-educated, urban dweller in touch with his feminine side - a groomed man comfortable with his own identity.
- Have you checked the hair along your ears lately? Shaving or waxing hairs around the ears is simple and gives a clean look.
- How about eyebrows? Trim any unruly long hairs and, if the eyebrows grow too close to your eyes, the hairs from underneath. This will raise the eyebrows higher. The eyes will appear more open and less tired. Anyone considering an eyelid lift should try this simple step first.
- For the women, excess facial hair can be unflattering. Waxing or threading are the most common methods to remove hair temporarily. Before investing in long-term treatments such

as electrolysis, consider these temporary steps. Excessive hair can become an unwanted shadow, while the fine hair that grows during menopause can act as a curtain, hiding the vitality of the face. Removing these fine facial hairs will bring the face forward.

- A narrow forehead can also be widened by increasing the hairline. This will help to give the face a better balance.
- Are your lashes growing straight down? Why not try an eyelash perm? If done properly, you will love looking at your own eyes.
- Eyebrows can be compared to the frame of a picture - and a frame can make or ruin a picture. With maturity, it is more essential for us to pay attention to the shape of our eyebrows, since it does contribute to the whole picture of our face.

Please feel free to write to me with suggestions for any other health and beauty issues.