

How To Save \$100+ This Month

MARCH 2010

# Parents

LIFE SKILLS  
TO TEACH  
TODAY ▶

## Raise A Self-Reliant Child

The Sneaky  
Cause Of  
Earaches,  
Snoring,  
And More

**10** Cheap!  
Fun!  
Best Beach  
Trips For Families

**PUPPY  
LOVE**  
Is Your Child  
Begging  
For A Dog?  
See P. 128

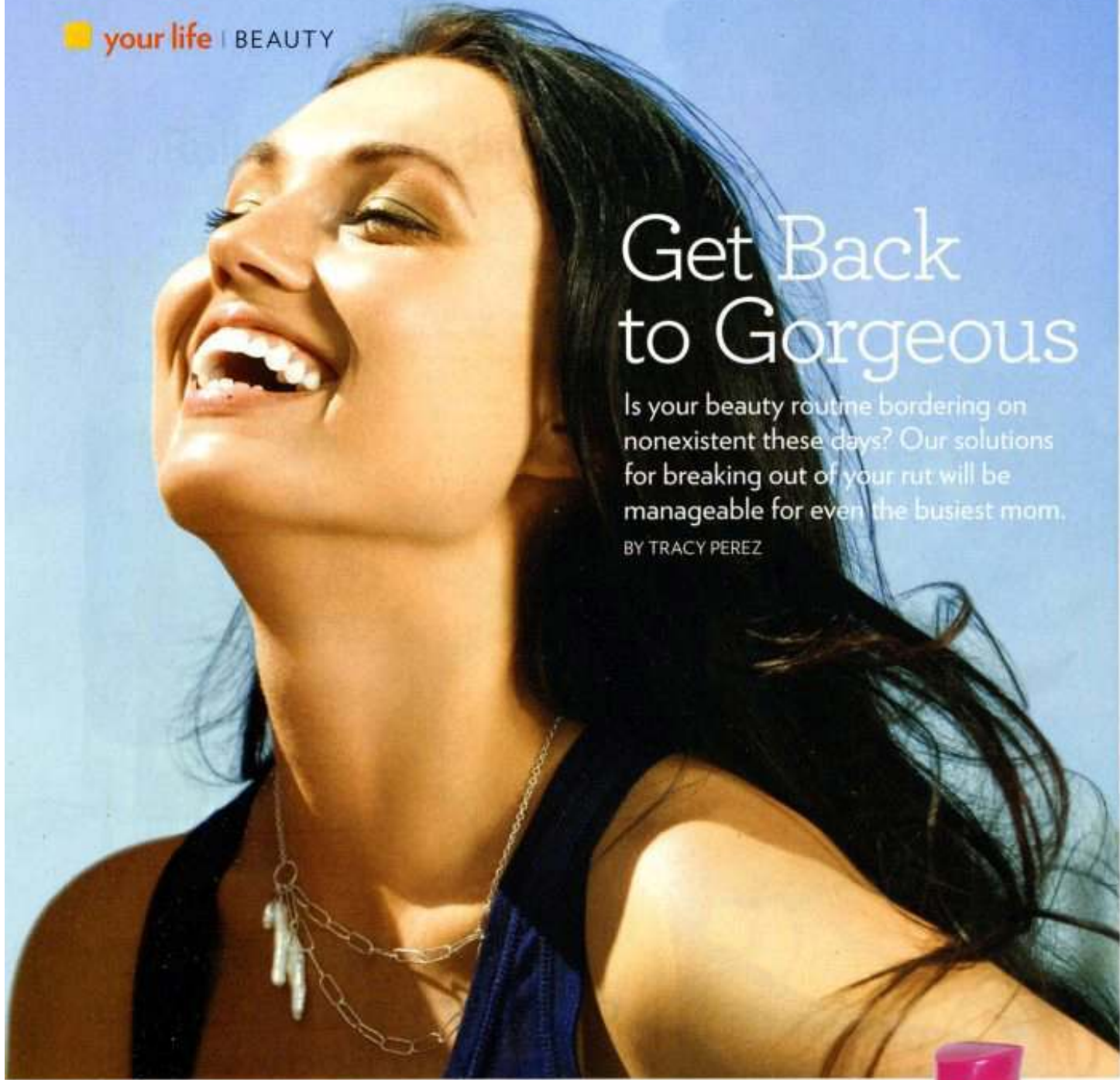
**12**  
BUDGET  
BIRTHDAY  
IDEAS  
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**Recipe  
Makeovers**  
Family Faves,  
Only Lighter

PARENTS.COM

**SPECIAL REPORT**

The Test That Could  
Save Your Baby's Life



# Get Back to Gorgeous

Is your beauty routine bordering on nonexistent these days? Our solutions for breaking out of your rut will be manageable for even the busiest mom.

BY TRACY PEREZ

BEAUTY RUT 1

**“I can’t be bothered to put on makeup before leaving the house.”**

For a time-pressed mom, even five minutes can feel like too much to spend on your makeup. But this technique—from Daphne Rush, owner of Birmingham Beauties, a company that offers makeup-application lessons in Birmingham, Alabama—relies on only three products and takes just a minute to do. Trust us, we timed it!

**Color Scheme ▶**  
A creamy lip product also works as a blush. Just dot each cheek and blend outward. Try Tarte Natural Lip Stain Pencil, \$24; sephora.com.

**Eye Opener ▼**  
Mascara instantly makes you look more awake. We like Avon SuperExtend Mascara. \$9; avon.com.

**▲ Beauty Trifecta**  
You’ll get hydration, coverage, and sun protection in one with a product like Physicians Formula Healthy Wear SPF 50 Tinted Moisturizer, \$15.



BEAUTY RUT 2

**"It's been forever since I got my hair cut or colored."**

Instead of kicking yourself for missing the trim you're supposed to get every six weeks at the salon, ask for a cut that will grow out beautifully to make frequent visits less of a necessity. If your hair is long, Mark Garrison, owner of the Mark Garrison Salon, in New York City, recommends chin-length layers in front and longer layers for the rest of your hair. "This style gives lots of movement and looks great worn straight, wavy, or curly," he says. Women with short hair should request side-swept bangs and layers in the back and at the top of the head so the hair flows away from the face. As for color, there's no need to book an appointment at the salon unless you're thinking of doing something drastic, like going from brunette to platinum blond. These products make DIY dyeing a breeze.



**◀ Squeeze Play**  
No mixing and measuring are required with U Color by Umberto. \$12. Simply apply the solution from the packets that come in the box onto strands and distribute evenly.

**Brilliant Idea▶**  
L'Oréal Paris Touch-On Highlights, \$13, comes with a brush applicator that you attach to your fingertip for precise color placement.



BEAUTY RUT 3

**"I don't do little pampering things anymore, like getting pedicures."**

Trips to the nail salon where you get to spend an hour or more relaxing in one of those comfy chairs may now be few and far between, but that doesn't mean you have to let your feet get to that frightening stage (you know what we mean). To keep a pro or DIY job looking like new for up to six weeks, try these easy tips from Claudia Vieira, a manicurist at SalonCapri, in Newton Highlands, Massachusetts.

**◀ Instant Refresher**  
Once a week, exfoliate and moisturize your feet after bathing. Barielle 60 Second Mani-Pedi, \$25, contains sea salt to remove dead skin and hydrators such as avocado oil and grape-seed oil.

**▲ Sheer Genius**  
To add strength and shine, do a new top coat after a week. We like Nicole by OPI Nic's Sticks Brighten Up! Nail Brightener, \$7, at select Target stores.

**Slick Trick**  
The day after your pedicure, grab a bottle of olive oil from your kitchen and rub a small amount on your toes at bedtime to prevent dryness. Slip on a pair of socks afterward so you don't stain your sheets.



BEAUTY RUT 4

**"I've stopped taking care of my skin as well as I used to."**

Your kid's soft, beautiful skin is likely a source of envy these days. One of the easiest ways to pamper your skin is to keep the water temperature warm, not hot, while bathing to avoid dryness and irritation. You can also try some of these new products that make in-shower cleansers do double duty as a moisturizer.

**Face Value▶**  
The warmth of your shower helps to open your pores and release the moisturizer-filled beads—and invigorating scent—of the Biore Steam Activated Cleanser, \$8.

**◀ Good Hydration**  
In clinical tests, women who tried Olay Total Effects 7-in-1 Advanced Anti-Aging Body Wash, \$6, said they felt no need to apply moisturizer after showering.