

How To's

Beauty TipsGuide



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Table Of Contents

- 1. How To Remove Wart**
- 2. How To Get Rid Of Hemorrhoids**
- 3. How To Shrink Your Tummy**
- 4. How To Apply Make Up**
- 5. How To Apply Eye Make Up**
- 6. How To Put On Eyeliner**
- 7. Eye Make Up Tip**
- 8. How To Apply Eye Shadow**
- 9. How To Put On Make Up**
- 10. How To Get Rid Of Bag Under Eyes**
- 11. How To Get Rid Of Love Handles**
- 12. How To Slow Down Aging**
- 13. How To Apply Acrylic Nail**
- 14. How To Pierce Your Own Ear**
- 15. How To Pierce Your Nose**
- 16. How To Get Six Pack Abs**
- 17. How To Get Rid Of Blackhead**
- 18. How To Get Rid Of Cellulite**
- 19. How To Get Rid Of Acne Scar**
- 20. How To Get Rid Of Acne**
- 21. How To Get Rid Of Stretch Marks**
- 22. How To Choose A Hair Color**
- 23. How To Get Rid Of Pimples**
- 24. How To Look Hot**
- 25. How To Pluck Eyebrows**
- 26. How To Curl Hair**
- 27. How To Get Rid Of Cold Sore**
- 28. How To Get A Flat Stomach**

How To Remove Wart

Have you ever wondered how you can remove warts? This article is going to give you some information regarding how you can in fact remove warts. Warts have the ability to come up in the most irritating of places, so knowing how to remove warts can often be something that many of you would benefit from knowing about. Read this article further on and you yourself will know how to remove any warts that you or someone close to you may suffer from having.

There are a few ways of knowing how to remove warts. Some are quite possibly methods you have never heard of before or have doubted. However, if you do not try these methods to remove warts, you will not know if they can prove successful. Of course other than methods you can try at home to remove warts, you can always schedule an appointment with your family doctor. A registered doctor will be able to tell you and show you how to remove a wart if you have any and cannot possibly remove them yourself. A registered doctor will more than likely 'freeze' any warts you have off. Your family doctor will show exactly how this is done and advise you on how to look after the treated area once the wart has been removed.

Some of you may have heard a rumor on how using duct tape can remove warts. You may also have laughed this off and taken no further action or given no further thought to this method of knowing how to remove warts. Well, maybe you could take a back step and learn exactly how using duct tape can actually remove warts, because it can in fact be effective and will in fact remove warts. All you have to do with the duct tape, is place it over the wart or warts you want removed and leave for a period of approximately 6 days. At the end of this 6 day period, simply very carefully and slowly remove the duct tape from the wart or warts you have covered. Clean the area of where the wart is and scrape it gently with either an emery board or a piece of pumice stone. The following day, place another piece of duct tape over the wart you are trying to remove and leave for another 6 days and then repeat the scraping process. Continue to do these two things until the wart has completely disappeared. This method of removing warts could take up to two months. So if you are patient you can effectively remove any warts you may have yourself without the added expense on

making a trip to the family doctor. However this is entirely up to you. You may want to remove any warts you have sooner than this.

There are a few other things you can learn of which will inform you on how to remove warts. Many of these methods you will also learn have to come from your family doctor, but always remember, your family doctor is in the best position to know exactly how to treat and remove warts.

A registered doctor can give you information on how medicated cream can remove any warts you may have. You will also be informed of how 'burning' warts can successfully remove them. (A light electrical current is used when 'burning'). I have already earlier in the article mentioned how a doctor can 'freeze' warts to remove them. Other than these methods a doctor may also inform you how to remove warts by using laser treatment. Laser treatment will also successfully remove warts.

Warts do not necessarily have to be treated. Warts can in fact heal up and disappear all by themselves. However this can take quite some time, anything from 6 months up to 3 years. So once again, it is an individual choice as to how long you are prepared to have warts on your hands, feet, fingers or other irritating places.

<http://www.howtosite.net/articles/how-to-remove-wart.html>

How To Get Rid Of Hemorrhoids

This article will go briefly into information on how you can get rid of hemorrhoids. You may suffer from hemorrhoids due to one reason or another and need to learn and know how to get rid of them. But first what are hemorrhoids? Read this article on and you will learn exactly what hemorrhoids are and how you can get rid of them.

What are Hemorrhoids

Hemorrhoids are abnormally swollen veins in the rectum. Hemorrhoids are very much like the varicose veins you may see on a person's legs. Hemorrhoids are caused by a great deal of pressure in the rectum. Some of the reasons for a person having hemorrhoids can include: Childbirth, Strain on the bowels, Sitting for prolonged periods, heavy Lifting and Severe Coughing to name a few.

Now that you have gained some knowledge on what exactly hemorrhoids are and what can cause a person to suffer from hemorrhoids, I will go into some brief detail on how you can get rid of these hemorrhoids.

How to get rid of Hemorrhoids

Knowing how to get rid of hemorrhoids can be a blessing in disguise for some as hemorrhoids I believe can be very uncomfortable. So the more information you gather on how to get rid of hemorrhoids, the better off and more comfortable you will be.

Before you can even consider getting rid of hemorrhoids, you will have to pinpoint exactly what is causing you to have hemorrhoids in the first place. Prevention is always advised against hemorrhoids.

Once you have pinpointed what is causing you to have hemorrhoids, you can then look at learning how to get rid of the hemorrhoids. When you learn how to get rid of hemorrhoids, you will learn that first you need to get rid of the symptoms of hemorrhoids and then deal with and get rid of the hemorrhoids themselves.

You will discover that sitting in a shallow bath of hot water for at least a period of twenty minutes will be an effective treatment for

both getting rid of the symptoms of hemorrhoids as well as getting rid of the hemorrhoids themselves. So basically, you are learning how to do two things to help the problem you have with hemorrhoids. You may need to use this bathing method 2 - 3 times a day.

Pay a visit to your family doctor. He or she will instruct you on how to treat any burning or itching symptoms that are associated with hemorrhoids. He or she will more than likely prescribe for you some pain medication for the hemorrhoids. You will learn how to get rid of hemorrhoids themselves can be quite easy and effective. Simply once again speak to your local or family doctor. He or she will be able to inform you how on topical medications can help get rid of hemorrhoids. The doctor at the time should inform you on how these topical medications will in fact shrink and get rid of any hemorrhoids you have.

You will also learn how to get rid of hemorrhoids using a few simple easy to follow routines in your very own home. Always make sure you have cleaned your rectal area after each bowel motion. You will learn how in using a high fiber laxative will soften your motions and make going to the toilet easier for you. This will eliminate strain on your bowel, therefore while helping get rid of any existing hemorrhoids, also preventing further hemorrhoids.

Always bear in mind that prevention plays a key role in not having reoccurring problems with hemorrhoids.

If you have serious concerns about any hemorrhoids you may have, I suggest you pay a visit to you local or family doctor as soon as is possible.

<http://www.howtosite.net/articles/how-to-get-rid-of-hemorrhoids.html>

How To Shrink Your Tummy

Shrinking your tummy! We all want to be able to do that, to get into that slinky little dress, to fit those really nice pants you've always wanted, or fit into those clothes you wore when you were younger. So what are some good ways to shrink your tummy? Are they safe? Effective? How do I shrink my tummy?

Ok the most talked about idea to shrink your tummy would be to diet and exercise.

Eating healthy foods, lots of vegetables and drinking lots of water is a proven aid in shrinking your tummy.

By eating regular salads with meals, vegetables in your sandwiches, and eating and snacking fruit on a regular basis is a good way to get vitamins and nutrients not to mention it is a lot healthier than eating junk food.

So cut back on fast food, sodas, and anything with large amounts of fat, salt and sugar

however it is ok to eat those foods occasionally, as the body needs to store fat.

So keep an eye on your intake of food, and drink your water by the bucketful!

There is also a lot of dietary supplements or drink replacements out there, they help extremely well in shrinking your tummy, however they are not to be used to completely replace food in your diet, use the drinks when your on the run, or don't have time for a meal.

Also a good way to shrink your however is having regular exercise each day, even if it's only twenty minutes it all still helps.

So try signing up to a gym and becoming a regular visitor, most gyms have personal trainers that can assign to you a work out that is going to help your trim and shrink your tummy.

Some good classes to take at a gym to help you shrink your tummy are: Pilate's, Yoga,

Aerobics and lots of other great classes just check out your local gym for available programs and to find out which ones suit you and your needs.

If you do not feel like joining a gym, and there is a lot of gym equipment you can purchase for home use, and videos and DVD's about Pilate's and other exercises that you can use at home as well.

However you can go for a brisk walk through a park, down a street,

try walking to work or to the mall instead of taking a taxi or driving and if you have kids try playing a game of ball with them or something similar.

So remember how every little bit of exercise helps in your quest to shrink your tummy.

Try standing up nice and tall with your shoulders back, you would not believe how good posture and decrease the size of your tummy, if your hunch over and try to hide your tummy it just appears bigger!

Other measures you can use to shrink your however, consist of liposuction and however stapling from a plastic surgeon, this however is costly and I recommend should only be used in extreme circumstances when all other options have failed.

However remember that shrinking your tummy is not going to happen over night so do not expect an overnight miracle or tummy shrinkage, it is going to take a lot of hard work, commitment and effort to get your however to shrink to the size you desire.

But whatever you do to try and shrink your tummy make sure it is absolutely healthy and safe, do not try to starve your self or do anything else that extreme to shrink your however, without food and water your body can cease to function properly resulting in extreme cases the failure of some parts of your body.

And staving yourself can sometimes lead to bigger problems such as anorexia and bulimia.

So remember to be active and exercise regularly, eat healthily and your on your way to healthily shrinking your tummy.

And never give up that dress size is only a few pounds away!

<http://www.howtosite.net/articles/how-to-shrink-your-tummy.html>

How To Apply Make Up

Learning and then knowing how to apply makeup is a very useful thing for any woman. All or in the very least, most women want to look their best and put a little effort into how they portray themselves to another at some stage of their life.

Knowing how to apply makeup is a valuable tip when you want to attract a member of the opposite sex. Many men actually appreciate a woman taking the time to apply makeup and make themselves quite appealing to look at.

As you learn how to apply makeup, you will become more aware of other things, like your skin tone and condition. You will before you begin to apply makeup, make sure you have a top quality moisturizer for your face. Never wear makeup with this. You could in fact end up drying out your skin. So apply your moisturizer and then prepare to learn how to apply your other makeup.

First you may wish to apply some concealer. This is a product you dab in places where you may be a little blotchy looking or have redness, or a blemish. This is not to be used to cover your whole face. Once you have applied the concealer (if you chose to use concealer), you then need to apply your foundation makeup. Knowing how to apply foundation makeup is important, or you could end up leaving streaks of makeup in the wrong places. This is not a good look. With a makeup sponge or your fingertip, spread the foundation makeup over your face using an upwards motion. This keeps the foundation makeup going on smoothly and evenly. Once you have learnt how to successfully apply your foundation, you will be ready for the next step. You could at this stage, choose to cover your foundation makeup with a makeup powder. This is usually a color slightly lighter than the color of your foundation. Always when applying foundation, see a pharmacist or makeup specialist first and purchase the correct coloring for your own skin tone. You do not want your makeup to look too dark. The closest to natural the better. On knowing how to apply your foundation and your foundation powder, you can now move on to something else.

Perhaps now is a good time to apply your eye makeup. Gently with an eyeliner pencil draw a line on the rim or just below the rim of your lower eyelid. Next you can brush some mascara on your eyelashes. Knowing how to apply mascara may take some time,

as often mascara can be messy and smudge. You will learn how to, on practicing master how to apply mascara makeup. You can now on completing applying your eyeliner and mascara move on to attempting to know how to apply eye shadow. Not all women choose to wear eye shadow, but that is entirely up to you. Using a small sponge applicator, brush the color of your choice on your upper eyelid. Maybe you would also like to learn how to apply eyebrow liner. This is like an eyeliner and comes in pencil form. Simply draw lightly where you would like your eyebrows highlighted.

And lastly back further down your face to your mouth. It is time to apply your lipstick. Bear in mind once again the coloring of the lipstick you choose to apply. You do not want to use a color that is going to in fact scream out: Hideous!

On making your color choice, pucker up your lips and carefully run your lipstick over the entirety of your lips. You may have to touch this up. Learn how to apply lipstick with practice. On managing to apply your lipstick, kiss a tissue gently and the excess lipstick will wipe itself off.

Now you have learnt the basics in being able to apply makeup. Run off and shut yourself in the bathroom and get applying. See what kind of transformation you can in fact make, just by knowing now how to apply makeup.

<http://www.howtosite.net/articles/how-to-apply-make-up.html>

How To Apply Eye Make Up

This is a document all about learning how to apply eye make up. So if you are one of these people who need to learn how to apply eye make up, then i suggest you read this further.

When learning to apply eye make up, make sure you have your outfit picked out first. We must first be happy with the outfit that we will be wearing and then know how to apply the eye make up to match the outfit, which in turn, should match the occasion. There are a number of eye make ups available for use, let's look at the ones that are used most often, and learn how to apply these eye make ups.

Eye Shadow

There is an array of colors available from the most department stores when it comes to eye make ups. Some eye shadows are sold in bulk in make up cases. I will explain to you how to apply eye shadow make up. There are always a variety of colors, however, don't buy an entire make up case if it is only the eye shadow that you want, and besides the particular color you are looking for might not be in there. Eye make up is also sold in compacts and as sets, but if you are looking for a particular color then it may be best to buy the single color. A good idea is to make sure that you have an assortment of clothes to wear with that particular color so you can use the eye shadow make up more than once.

Eyeliner

Once again a good range of colors can be applied, in both pencil and liquid liners, are available with black being the most widely used. I will now tell you how to apply eye liner make up. Liquid liner is like a paintbrush, to apply this eye make up, you brush on a thin layer of liquid that dries and lines the eye. You don't have to use liquid liner when you apply this type of make up. If you have an unsteady hand, then you are better to use the good old pencil to apply eye liner make up. The beauty of the liquid liner is you don't have to sharpen anything.

Mascara

Do not dismiss mascara when you are ready to apply eye make up. It is a great product and caps off your eye make up. It is the final step when applying eye make up. Some mascaras even curl

your lashes to give a dramatic effect. Just take care when you apply this eye make up.

Ensure that you have applied your foundation evenly over your whole face. Use concealer around your eyes to hide any unevenness or puffiness around or under the eyes. Start with the eye shadow. Make sure you apply a light colored eye shadow over the entire lid then start from the bottom of the lid and work your way up. Layer the color so it looks blended. Start with your darkest color first and move into your lighter colors as you move up your eyelid. Next apply the eye liner. Make a nice neat line directly under the eye. Make sure it blends in nicely and don't put it on too heavy. You can line the top of the eye but if you have on eye shadow that will suffice for the upper lid and you should just leave the shadow there and go without the liner on top.

The finishing touch is the mascara. Take the long brush out of the mascara only once. Don't be tempted to dip it back in a couple times. Using the brush start at the base of the lash on the inside of the eye stroke the lashes outwards and upwards. This should coat the lashes with mascara. Do the same with the bottom lashes. If you feel like you need 2 coats then feel free to continue the above step again. Let the lashes dry for a few seconds and stand back and admire your work. Use a tissue to wipe away any mistakes you may have made.

Don't forget to take your eye make up right off at the end of the night before you retire to sleep.

<http://www.howtosite.net/articles/how-to-apply-eye-make-up.html>

How To Put On Eyeliner

Maybe you are beginning to want to experiment with make up and need to learn how to put on eyeliner. The read on, as this article will go into some detail about how to put on eyeliner. Learning how to put on eyeliner can be a tricky thing to do, yet the more you put eyeliner, the easier it will be to put it on each time you feel in the mood to put on eyeliner.

When learning to put on eyeliner you need to consider the type of eyeliner you want to put on. At this time, there are 2 main types of eyeliner, liquid and pencil. There are pros and cons of both types of eyeliners, obviously there is no pencil to sharpen with liquid eyeliner but the pencil gives you more control where as the brush sometimes has a mind of its own and tends to paint where it wants. The brush may become clogged but the pencil will become blunt or can break easily.

When choosing what type of eyeliner we are going to use we have to weigh this up against our experience of putting on eyeliner. A beginner would use a pencil because of their unsteady hand and the more experienced person would probably prefer the liquid because they will be able to put their eyeliner on in one glide of the brush. For the beginners, a good tip when putting on eyeliner would be to make sure the tip of the pencil is blunt. After the pencil has been sharpened, gently use the pencil to write your name a couple times. Do this every time the pencil has been sharpened again. It can become annoying when you have to repeatedly sharpen the pencil when you want to put on eyeliner, but if your have an unsteady hand then a pencil is what you should be using.

Liquid liner, on the other hand, requires a steady hand. The beauty of liquid liner is it glides on. But in saying this it is not for the impatient person. A good thing about liquid liner is once you have the hang of putting it on; its fast which a good thing is if you are not the type of person to be mucking around with eye makeup an having to put it on.

If we now start on how to put on eyeliner you want to start from the middle of the eye and put it on working outwards on the top and bottom of the eye. Try to see an invisible line right through your lower lashes; this will help guide you when you are first learning how to put on eyeliner. You can smudge your eyeliner at the outer

corners of the eyes. This gives the eyes a soft smoky look and is quite dramatic if done well. Don't smudge the whole line off, just the outer corners of the eyes. Some people like to line the whole eye, to do this you want to start your line from the corner of your inner eye and line around the whole eye, taking your line from the inner eye to the outside corner of the eye along the top and the bottom.

To get the look that is right for you, you will have to experiment with the eyeliner. You could watch how other women are wearing their eyeliner and try that look for yourself. Try different colors and play around with the shape of your eyes a bit. Don't be afraid to get away from the black. Remember to use eyeliner (liquid or pencil) sparingly, in particular, the black eyeliner. The point of eyeliner is to show the shape of the eye and it is the shape of the eye that can be manipulated by the way the eyeliner is applied.

<http://www.howtosite.net/articles/how-to-put-on-eyeliner.html>

Eye Make Up Tip

There are several good eye make up tips that can be utilized when applying eye make up and we shall go through a few of these tips now. First of all, before applying eye make up, in particular eye shadow, it is important to have an even base on which to work. A base coat on the eye lid before applying eye shadow will even out any blotches that may cause the eye shadow to look uneven.

And now for a very important tip:

When applying eye shadow be quite meticulous of the colors that you choose to wear as this is very important. Knowing what colors suit you is a very wise tip to keep in mind. If you are trying to make a serious impression then you should choose bold colors, if you are trying to blend in with the crowd then you should choose warm colors. By warm colors I am meaning your browns and oranges, the subtle tones that blend in well. Be conscious of what you are wearing too. Always remember that eye make up complements what you are wearing.

When applying eye make up ensure that you start from the inner eye and work outwards. Layer the colors but make sure they blend well because you don't want to end up going out on the town looking like a clown. Once again, another very important make up tip.

If you want to make you eyes look bigger, or more open, I have just the tip for you. Put a light color up the top by the brow. If you want the ever so dramatic Smokey looking eyes, use your blues, dark grays and silvers. For a more neutral look always go for warm colors like browns and oranges.

For special occasions you may want to go a bit bolder. This will be for things like a formal night out. Eye make up will always showcase your eyes and will draw attention to what you are wearing.

Another good tip is to use eyeliner sparingly, in particular, the black eyeliner. The point of eyeliner is to show the shape of the eye and this can be manipulated. The best way to apply eyeliner is to start from the inner eye and work outwards on the top and bottom starting from the middle of the eye. And a tip for mascara wearers: Mascara should be applied sparingly as well, and with

long slow strokes so as to coat the lashes fully and not leave lumps.

The best eye make up tip that I can give you is the age old saying, 'less is more'. Remember that the more you put on at the beginning of the night, the more maintenance you will have to do during the night and the more you have to take off at the end of the night. Do you really want to be excusing yourself to the bathroom to fix your eye make up? Wouldn't you rather be socializing with friends, family or colleagues? Time away from the conversation will be remembered by people, that is why I give this additional tip to you, 'less is more'. Another good tip for eye make up is to use water proof eyeliner. The humidity in the air can make eye liner and mascara run. Unfortunately if this happens, you will look old and tired, and that's not a good look if trying to meet a man. A really good tip is to make absolutely sure that you take all eye make up off at the end of the night. You really don't want to wake up with panda eyes.

Now that you have finished reading all of the tips above on how to wear and use eye make up, pay a visit to your bathroom and try these tips out for yourself. Maybe you can in turn relay the tips you have learned about using eye make up to your friends who are also in need of a few make up tips themselves.

<http://www.howtosite.net/articles/eye-make-up-tip.html>

How To Apply Eye Shadow

How you apply eye shadow should never take the focus away from your eyes, it should enhance them!

Eye shadow should make your eyes stand out, add drama and entice people to look into your eyes and not at the color you have on your eyelids!

Remember to apply and choose shades of eye shadow that compliment your skin tone and don't appear too harsh, natural colors are a good choice.

Light shades of eye shadow can bring out your eyes and dark colors are used for dimension.

How you apply eye shadow can change how your eyes look, If you apply lighter colors they can make smaller eyes look larger and darker colors of eye shadow are used to make larger eyes look smaller.

Eye shadow can come in crème or powder and also in pencil form, which can come in frosted or matt! There is an unlimited amount of colors, textures and brands you can use so try and experiment and find which colors of eye shadows best suit you and how you can apply them. Some cosmetic companies make trio eye shadows that come with a light, medium and dark tone of one color or similar colors. Test the intensity of the colors by applying some to the back of your hand, bare in mind that your hand is not the same shade as your eyelids.

Also think how your eye shadow will suit different occasions you are going to, for example for daily activities you should apply natural colors, and for night more bright and darker colors.

Remember though to never to share your brushes or your eye shadow as you could contract eye infections such as conjunctivitis (pink eye).

What you need to apply eye shadow:

Mirror

Make up brushes

Eyeshadow, Light, medium and dark colors.

And/or

Eyeliner or Mascara

Eye make-up remover

Tissues or a cloth

How to apply eye shadow:

Apply foundation to your lids then apply loose powder to provide a good base and a clean canvas to apply your eye shadow to, also it can prevent creasing of your eye shadow.

Start off by applying a light shade of eye shadow, stroke the brush you are using over the eye shadow then across your whole lid from your brow to your lash line, a light color over your brow line gives you eyes a wide open look.

Then use a medium toned color over your lower lid from lash line to the crease.

Apply your darkest shade of eye shadow along your lash line, and over the crease of your eyelid as this increases definition.

Then blend with a brush, do not use your fingers as you could smudge some of the eye shadow off.

The trick with how to apply eye shadow is to make it look flawless, blended and natural.

To finish off your eye shadow application you can apply coats of your favorite color of Mascara to your lashes.

Or maybe some eyeliner along your lash lines to define your eyes.

Tips on how to apply eye shadow:

Don't worry if you make a mistake, as there are plenty of brands of Eye Make-Up remover available for you to use, sometimes even a wet cloth or tissue can remove eye shadow mistakes as well.

Don't ever give up if you do make a mistake, keep practicing at home with colors and brushes and also techniques.

Take notice of how famous Hollywood stars apply their eye shadow; also take advantage of free makeovers at department stores, as the consultants can show you how to define your eyes and improve your skills.

In the end with practice you will know how to apply eye shadow that looks truly enchanting like a true professional.

<http://www.howtosite.net/articles/how-to-apply-eye-shadow.html>

How To Put On Make Up

If you are reading this, then you are obviously wanting to know how to put on make up.

I am going to go into detail about how to put on make up for two instances. Yes, we can all get torted up at times (so to speak), yet for some or for certain times of the day, we do not need to be torted up, nor do we need to be caked in make up. At the end of the day make up is not really all that good for our skin. So to begin with, I will advise that whenever you do wear any form of make up, that night or once you are home, you wash the make up off and re moisturize your face.

Firstly I am going to teach you how to put on make up if you are a teenager wanting to know how to put on make up for the first time. Now, as a teenager, you really do not have to plaster your face with make up. Not only should you have a natural glow to you, due to your youth, but I am sure your parent/s would not be too amused if you walked out the door looking like Marilyn Monroe or the latest made up model on the front of a glam magazine.

First of all, make sure you have washed your face, preferably with a suitable face wash. Then you will need to smooth over your entire face and neckline, down your throat a suitable moisturizer. Make sure the moisturizer you use prior to putting on make up has a sun factor of 30 in it. The sun factor within the moisturizer in the summer months will prevent your face from burning. Do not get sucked into the belief that because you have put make up on, you cannot possibly get a sun burnt face, for you can.

Once you have put on your moisturizer containing sunscreen, you are now ready to put on a light layer of foundation. By the way, the contents of any moisturizer or foundation can be found normally on the back of the packaging. You should also make sure that when you purchase a foundation to put on to your face, it also has a sunscreen factor in it. However, now that you are ready to put a foundation make up on to your face, firstly check that the color of the foundation, does in fact suit and blend in with your skin tone. You do not want to put on a make up that is way too dark for your skin. This will look absolutely hideous. You are wanting the foundation make up you put on to look as natural as possible. As a

teenager, it is best to simply enhance your own natural glow. When you put the foundation make up on to your face, use either your fingertips or a soft sea sponge. A sea sponge can be purchased from any local pharmacy if you do not have one. On putting the foundation make up on, make sure you smooth it on in upwards motions. This will help the make up to spread better and go on more smoothly, leaving no room for splotches.

Once you have put on the foundation make up, you are ready to put on a light line of eyeliner. Try using a black/brown combination. This shade of color can actually be purchased as one eyeliner pencil. Try to avoid pure black, as this can make you look too hard, or even like a tramp. Take the eyeliner pencil in the hand you normally draw with, as this is basically all you are going to do. On the edge of your lower eyelid, draw a light line along, or if you prefer, just under the edge of your lower eyelid. Every female will in fact master their own technique of doing this. Now that you have put on some eyeliner makeup, you can if you choose, put on a little mascara. Mascara comes with a brush attached inside the bottle. You simply brush this over your eyelashes. Try to make sure there are no lumps or that the mascara is not clumpy. However mascara is not always a necessity, and really is a personal preference. Now last of all, all you need to do, is put on a light coverage of lip gloss. Lip gloss can come in a variety of colors, yet given your age, I recommend a clear or near to clear lip gloss coverage.

Now you have learnt how to put on make up for the first time. Not really that hard is it? The more often you put on make up, the easier it will become for you.

Now I will talk about being able to put on make up for daily wear, or in fact how to put on make up in less than five minutes. Now for any men that may be reading this for whatever reason, yes she laughs, it is possible!

I take it that you have already had your morning shower, and just want to have a slightly fresher looking face, or do not like the morning look, or simply feel naked without a little make up on your face.

All you simply have to do when wanting a daily dose of make up or to be able to put make up on in less than five minutes, is to have everything on hand. The more you have your bathroom and make

up organized the less time it will take you to put make up on. Sometimes the harder we concentrate on putting on make up, the more difficulties we have with the task. So today, make up in less than five minutes is what you are going to be able to master.

Place your daily moisturizer cream on your face and throat as always. Simply place a little amount of foundation on your sea sponge and put on your make up as you normally would when heading out to some place fancy. However this time, you will not need to concentrate so hard, as you are only putting on a light coverage to get you through the day. Spread your foundation evenly. Now simply grab your eyeliner and efficiently do what you do every other morning, just not so pedantically. Forge the mascara, there is no need for this today. And do not bother looking at that rich red lipstick you wear to work. There is also no need for that today. Grab a lip gloss or even a lip balm. With a quick flick of your finger run some lip balm or lip gloss over your lips. Wollah - you have managed to put make up on in less than five minutes.

If you found that it took you longer than five minutes for this make up procedure, then practice, practice, practice. It really is easy to accomplish.

<http://www.howtosite.net/articles/how-to-put-on-make-up.html>

How To Get Rid Of Bag Under Eyes

Learning the techniques or tips on how to get rid of bags under your eyes, can make a difference to how you look to others. For many of us suffer from having bags under our eyes at one stage or another. This could be through too much work, too many late nights for one reason or another, or just general lack of sleep, that could be due to suffering insomnia.

Below i will go into some detail on how to get rid of bags from under your eyes. Anyone can try these techniques, even men. For women are not the only ones to get bags under their eyes.

One remedy of getting rid of bags under the eyes, cold be thought of as an old wives tale (so to speak), but I do believe it works. Next time you make a cup of tea, keep the teabag aside somewhere, instead of getting rid of it, until it cools down. Once the teabag has cooled down, lay down somewhere comfortable where you will not be disturbed for at least half an hour. You do not want to be distracted while you are doing your all to get rid of bags from under your eyes. Place the now cold teabag on the lower half of your eyes, making sure your eyes are closed of course. The teabag should be now covering your lower eyelids and just under your eyes, normally where you will have bags. How does the teabag work? Let the tea relax against your skin. This will feel refreshing and rejuvenating to where you have bags under your eyes. The tea will be drawn to your skin like a magnet and do its thing all by itself. You just simply have to lay there and let the tea get rid of the bags from under your eyes for you.

Another alternative method to try when you are concerned about being able to get rid of bags from under your eyes, is to try some sliced cucumber. Simply slice up a cucumber, a telegraph cucumber is best used for bags under the eyes, and follow the same steps as for when you tired to get of the bags under your eyes with the teabags. Cucumber is very soothing, and once again rejuvenating to the skin.

Now if both of those techniques fail you and you have still managed to get rid of bags from under your eyes, you can try another approach. You will need to make a trip to your local pharmacy for this to be actioned however. Once you get to your local pharmacy, explain to the assistant in the store that you are

suffering from bags under your eyes and that you are looking for a product to help you to get rid of the bags from under your eyes. They may be able to suggest something that will help you to get rid of the bags, that be more of a medication. However, I can suggest to you, that on arriving at the pharmacy, you seek out the facial packs. A pharmacy will have a varying amount of these facial packs, all designed to help your face in different ways, for different problems. I am sure you will in fact find the suitable facial pack to help you get rid of bags from under your eyes. After you have made your purchase, take your facial pack home and simply follow the easy to understand instructions that will be included on the back of the facial pack packaging, to begin trying another way in being bale to get rid of the bags from under your eyes. You will soon be able to tell all of your friends the many techniques one can play at to help get rid of bags from under their eyes.

Another idea you could give thought to when you want to learn how to get rid of bags from being under your eyes, is to try a mud pack. Mud is actually very good for your skin. Many people will even opt to bathe in a mud bath for complete rejuvenation of the entire body.

Other than these techniques that I have suggested to assist you with being able to get rid of bags from under your eyes, the only other alternatives would be, to try to get more sleep, try to go to bed earlier, try not to be out partying into the early hours of many a morning during a week, take some well deserved time off work.

But most importantly - look after you!

<http://www.howtosite.net/articles/how-to-get-rid-of-bag-under-eyes.html>

How To Get Rid Of Love Handles

Do you have those horrible love handles on the side of your body? Do you want to know how to get rid of those love handles and I mean for good? Well if your answer was yes to both of those questions about wanting to know how to get rid of love handles, then read on and I will explain to you how to get rid of love handles.

First of all when learning how to get rid of love handles we must take into consideration the three main subjects that I will briefly discuss and that is diet, training and rest. All of these three components will help you to learn how to get rid of love handles.

Diet

The first and most important of these three topics relating to how to get rid of love handles, is the diet and I will give you a brief run down on what type of diet you need to follow. We need to firstly eliminate saturated fats which are those kinds of fats that are solid at room temperature such as margarine is. Another way that you can get rid of saturated fats is to take a look on the back of food packets. There should be some nutritional information on the back of the pack and there it should say what sort of fats are in that type of food. Saturated fats must be cut to as minimal as can. This is the first step in learning how to get rid of love handles.

The next thing that we need to take a look at on the diet when we learn how to get rid of love handles, is the carbohydrate and protein intake. Through the day we have 5-6 small meals at a 2-3 hour interval and it should consist of a portion of carbohydrates and a portion of protein and also in at least three of those meals we should consume some vegetables or fruit too.

When you begin to look more deeply into how to get rid of love handles, you will also have to learn what exactly a portion is. So I have explained this to you below, for your reference to help you when you learn how to get rid of love handles.

If you don't know what a portion is, a brief description of a portion is the amount you can hold in the palm of your hand. Here are some examples of carbohydrates: rice, bread. Pasta, potatoes, bananas. Here are some examples of proteins: egg whites, chicken, fish, crab, turkey, and lean beef.

So that is a brief run down of the diet, and in addition drink at least 2-3 litres of water a day.

When you learn how to get rid of love handles, you will also learn that you have to take up some form of training to assist you in being able to get rid of love handles.

Training

In this next section of learning how to get rid of those love handles we will be looking at what type of training we need to do. The simple formula for the type of training that we need to do when learning how to get rid of love handles is cardio and side crunches. For an effective cardio work out, we will be doing it for 30-40 minutes a session and we will do this at least 4 times a week with the heart rate beating at around 60-80% of our maximum heart rate, which needs to be taken by a professional before undergoing any exercise programme.

Use running or bicycling or anything that can get the heart rate up to the right level for fat burning for your training routine. Also add in side crunches at the end of the session too. The cardio will burn the fat and the crunches will strengthen the muscle.

Rest

The final section of learning how to get rid of love handles is rest. Rest is just as important as training and the diet. We need at least 8-10 hours sleep a night and make sure that you sleep at the same time too. When our body is at rest, this is the time that our body is actually growing. All physiological adjustments are done to the body when it is at full rest.

Well I hope this helps you on your quest to get rid of love handles.

<http://www.howtosite.net/articles/how-to-get-rid-of-love-handles.html>

How To Slow Down Aging

Maybe it is time you thought you had better begin to learn a bit about how to slow down the aging process. Maybe you haven't taken too much care in yourself in the past, and now want to rectify that and learn how to slow down aging.

When learning how to slow down aging, we must first look at the lifestyle that we are leading at the present time. It is true that we must lead a fit and healthy lifestyle, but there are other things that count as well when trying to slow down aging. Simple things, like ensuring we have correct posture are vital for stabilizing bones and in particular the spine. Having strong bones is important for slowing the aging process down because the bones are our framework and if they fail then we won't have enough energy to focus on other things to slow down the aging process.

We will talk about 5 varying ways you can in fact learn how to slow down the aging process from now onwards in your life. If knowing how to slow down the aging process means a lot to you, then read on and learn about these five simple, easy to do ways that will assist you in being able to slow down aging.

Skin

The skin is the first place that aging shows through. It shows through the skin around our lips, the skin on our neck, the skin on our hands and the skin on our face. Saggy and wrinkly skin is where your age shows and so we must take care of our skin to slow down the aging process. This should be a lifetime objective and should be taken seriously. We need to wash the skin properly everyday, and always moisturize. This is important as it gives the skin its elasticity which in turn stops the skin from sagging and looking wrinkly as you get older. Elasticity is also important for the skin because this prevents stretch marks because the skin will adapt to new body shapes more readily. When you take care of your skin it shows as you get older because the skin will thank you by retaining its youthful look and feel. So obviously if we take very good care of our skin from when we are young, that will in fact ultimately slow down the aging process in later life.

Hands

Hands are important as well and are in plain sight for all to see so it's best to take care of them too. A decent wash and hand cream

will keep your hands feeling and looking supple and smooth as you age. Keep your nails clean and shaped properly.

Eyes

Give the eyes a nice cold cucumber once in a while, preferably once a week. Take a cold cucumber out of the fridge, cut 2 pieces and place them over your eyelids. You could also use cold teabags or an eye mask. This will stop the bags from appearing under the eyes. An eye cream is good for keeping those crows feet from the corners of your eyes.

Smoking

Giving up smoking is good for many reasons but it will also help slow the aging process. You can't hold a decent conversation if you are coughing all the time and in some instances smoking has been credited with the wrinkles around the lips. No - it is not easy to give up smoking, however if you are very serious about wanting to learn how to slow down aging, you will be prepared to do anything to help you actually begin to slow down aging.

Teeth

A great looking smile can make you appear more youthful. Always look after your teeth as your age can show through them as well. Get broken teeth repaired and have your teeth whitened.

If you really want to know how to slow down the aging process the best thing you can do for yourself is to exercise regularly and eat a healthy and balanced diet. Remember to cover up in the sun because the sun's rays can age the skin dramatically. Always wear a hat and t-shirt when venturing out in the sun. Always moisturize the body after bathing and make sure you exfoliate to remove the dead skin cells so the new skin cells will show. This will make you look and feel younger.

Above I have gone into brief detail on how you too can learn how to slow down the aging process, so I hope you can now put to practice some of these tips on how to slow down the aging process.

<http://www.howtosite.net/articles/how-to-slow-down-aging.html>

How To Apply Acrylic Nail

Everyone wants perfect to die for nails, but sometimes it's hard to get that naturally, so the next best thing is to apply acrylic nails. Basically acrylic nails are fake nails that are attached to your existing nail to give a fake natural appearance that is stronger and lasts longer.

Most nail salons do this procedure, however it can be costly, and if you can do it yourself you can save yourself money and do it just as well as the professionals can.

However it will take practice before you can get your acrylic nails up to professional quality.

But practice makes perfect and learning is the best way to learn how to apply acrylic nail!!

Things you will need to learn how to apply your acrylic nails.

Nailbrush

Nail Polish Remover

Nail Files and Filing 'Block

Acrylic Nipper

Artificial Nail Tips: Find a size that fits your nail, if this is not possible find one that is closest and file it down.

Liquid Acrylic

Powdered Acrylic

Acrylic Brush: To apply the acrylic to your nail.

Dampen Dish: To hold the acrylic liquid in

Nail Oil: To moisturize your nail after you apply your acrylic nail

How to apply acrylic nails:

First off all you need to prepare your nail by giving it a really neat manicure, to remove all the dead skin and to smooth out rough edges.

- Then remove all previous traces of polish and acrylic with a non-acetone nail polish remover.

- Roughen nails up with a filing block, and trim nails back to the skin, not too far though.

The reason of cutting your nail back to the skin is that if the tip of your acrylic nail decides to break its not going to take half of your nail off with it.

- Set your acrylic nail tips out next to your glue ready to apply.

- Apply just a drop of glue on the tip, from the bottom up to the little indentation where the edge of you nail should go.

If you apply the acrylic nail wrong you can quickly remove it by soaking it in water.

- Adjust the acrylic nail's length to suit your needs, using either an artificial nail tip cutter or toenail clippers.

File down the rough edges as well, and compare them with the rest of your nails, making sure they're even.

- Pour the liquid acrylic into your dish, this stuff is very potent so open a few windows as it can give you quite a headache when you apply it!

Open your container of powder, dip your brush into the liquid acrylic wipe both sides on paper towel. Then dip the brush in the liquid again, about 1/3 of the bristles and wipe against the side of the container as you would with your nail polish.

- Dip the tip of the brush into your powder; a little ball of product should form.

It should be damp, but not too wet, apply this ball on the edge of the acrylic tip and your natural nail.

- Quickly spread it out and smooth it in but careful not to flatten it though, wipe your brush to remove excess product.

- Then repeat the steps over and over to build and copy the natural curve of your nail, apply a coat to the tip as well, just not as thick. However be careful NOT apply any acrylic onto the cuticle area!

As you could develop a mold or fungus under the nail if it lifts.

- After your acrylic has set, and dried, it should take no longer than ten minutes, file the sides of the nail and close to the cuticle with a grit nail file, and shape the nail too look natural.

- Smooth your nail with a filing block then scrub them with soapy water and a nailbrush to remove any dust and filings.

- Remember to apply some nail oil on your cuticles as you just exposed them to chemicals and buffering and they will need to retain their moisture.

However every two weeks you will need to reapply some acrylic to your nails as your nail will grow and move the acrylic nail up.

<http://www.howtosite.net/articles/how-to-apply-acrylic-nail.html>

How To Pierce Your Own Ear

Ok - so you want to know how to pierce your own ear. I cant say that I would recommend piercing your own ear, but you are an individual, and we are all capable of making our own decisions. So, in saying that, this article will tell you how you can pierce your own ear.

It may be a good idea to do a little investigative work, and see if you can come across a person that has already learned how to pierce their own ear. Such a person will be able to help you more and give you more information on how to go about piercing your own ear. They can also advise you on whether piercing their own ear has been a worthwhile chosen task or not. This may therefore influence your decision more as to whether you still want to learn how to pierce your own ear.

You will learn how to pierce your ear and what equipment you will have to have on hand to actually put what you have learned into action. Firstly, you will need to make sure you have a very sharp needle. You will have to learn how to sterilize this needle, before you go placing it through any of your ears. You will also need to have on hand a bag of frozen vegetables or an icepack. Wrap either one of these in a soft cloth or towel. You will also need some antiseptic liquid, or some mentholated spirits.

Now to learning how to pierce your own ear. It will pay to do this in the bathroom, just to be sure you do not make a mess on the flooring of any other room in the house.

When you are ready to begin learning how to pierce your own ear, learn how to prepare your equipment hygienically. If you neglect to take hygiene and health safety into consideration, you could be setting yourself up for an appointment at your local or family doctor, due to an infection in the ear. If you do not make sure the needle you choose to use, when learning how to pierce your own ear, you will in fact increase the risk of obtaining an infection in the ear. This could turn quite messy, and in some cases, the only way to clear up such an infection is to get a prescription for some antibiotics.

Know how to sterilize your needle to begin with. Place the tip of the needle which is to go through your ear lobe when you pierce it

over a hot plate or hot flame. This will hopefully be enough to sterilize the needle, or you can in addition to heating the needle tip, dip in some antiseptic liquid.

Moving on to the next step in knowing how to pierce your own ear. Place the needle over the spot on your earlobe where you want the pierced hole to be. Then simply push the sterilized needle through the flesh of your ear lobe. Once you have done this with the needle, you will then have to make sure you have a stud which you can place through the hole you have just learned how to pierce with a needle. Once you have placed the stud in your ear lobe, you should then dab the pierced ear with some mentholated spirits. This will help to keep unwanted bacteria away, and hopefully begin to prevent infection.

Now that I have given you a brief run down on how to pierce your own ear, it is now up to you, as to whether you truly do want to learn how to pierce your own ear and actually do it, or whether you now feel more comfortable in going to see a professional who can pierce your ear in complete sanitized conditions.

<http://www.howtosite.net/articles/how-to-pierce-your-own-ear.html>

How To Pierce Your Nose

Ok - so you want to know how to pierce your nose.

There are a couple of ways you can in fact pierce your nose, however some ways far more safer and hygienic than others.

You can always try to pierce your nose at home, either by yourself or in getting another to pierce your nose for you. Perhaps a friend, or another family member. I'm not so sure this is the approach to take when you consider learning how to pierce your nose, but each to their own I always say. If you do choose to pierce your own nose at home or with the help of a friend, make sure you take all precautions against infection possible. You will have to use a sharp needle, so that it will in fact go through the skin and the flesh of the nose. Now bear in mind that the nose has a lot of cartilage and this could be a very difficult task for you accomplish safely by yourself. However, on finding a sharp enough needle, you will then have to make sure you have fully sterilized it. You do not want to use a needle that has not been sterilized. This will most definitely cause an infection to the area you are going to pierce as well as the rest of your nose. If this does happen, it is suggested you pay a visit to your local doctor for a treatment of antibiotics immediately. If you do not have any antiseptic lotion at home when you are learning how to pierce your nose, I suggest you wipe your nose before piercing with some alcohol in the very least. This will help with sterilization. Then all you have to do, is simply push the needle through your nose until you can feel it come out the other side. You will need to be sure you have in fact formed a hole in your nose for a nose ring to be placed into.

On the other hand, you can always choose to opt for the safer and much more hygienic method in being able to get your nose pierced. You would be much better off, if you went to see a tattooist, who more often than not is also qualified at doing body piercings. This person and service of course does come at a cost. But at least you will be rest assured you are in a sterile environment when you in fact have your nose piercing performed. They will all have on hand everything they need to make this procedure as hygienic as possible, following procedures for safety and elimination of possible infection. Yes, on the occasion, even with getting your nose pierced at such a place, an infection can be obtained, however this is more often than not, due to you yourself

not taking good care of the piercing and the area, in this case being your nose once pierced. The qualified person who is going to show you how to pierce a nose will more than likely still use a sterilized needle to do the piercing of your nose.

There is one other option you can take to be able to learn about how to pierce a nose. Some individuals offer their services in nose piercings. These people may work out of a store, or business such as a hair salon. Aside from learning you can have your nose pierced with the use of a sterilized needle, you can also have your nose pierced with a piercing gun, the same sort of piercing gun that is used when you are having your ears pierced. The person in question, will wipe your nose with some antiseptic and then aim the piercing gun at your nose. Then basically shoot you in the nose. This will of course cause an instant watering of the eyes. Don't be put off by this, it is strictly a normal reflect reaction to what you have just put yourself through. You will be expected to give the nose ring that is now in your nose a turn at least 3 times a day, more if you think to do it is better. Make sure you dab a bit of antiseptic liquid on the pierced area as well while the piercing is settling.

That is basically all I can tell you about knowing how to get your nose pierced. If this still sounds like something you want to do, then I suggest to you, that you make an appointment and let those qualified pierce your nose.

<http://www.howtosite.net/articles/how-to-pierce-your-nose.html>

How To Get Six Pack Abs

While it is the dream of many men to saunter down the beach in summer with great six pack abs, most of us never get to this stage. Why? Even though many of want to get six pack abs, and a lot of us actually try to achieve this, many of us are unsuccessful. Possibly this is due to a lack of motivation and possibly due to incorrect technique. For those of you who want to learn how to get six pack abs, and think you have the motivation to follow the regime through to the end, read on.

Diet is the first key step in learning how to get six pack abs. Many men might think all they need to do is go to the gym and do an extra 100 sit ups a week. Unfortunately, it doesn't work like this. No matter how great your abs might be, if you don't know how to get rid of the weight, no one will get to see them as they will be hidden under a layer of fat.

It is important therefore for those of you who want to get six pack abs to work on removing fat from your body first. While it might seem attractive to get rid of fat just from your abdomen to save time and effort, your body doesn't work like this. Rather, you must aim to lose fat from your whole body, including your abs.

That is why diet is so important. In order to be successful, you will need to keep a record of your diet. While you do not have to let this rule your life, the more effort you put into making sure this is accurate, the better it will be for you and will help you to get six pack abs. Your aim should be to end up with less than 8% of your body as fat, as that is when your six pack will start to appear.

Eat foods high in protein and always eat lots of fruit and vegetables. In fact, as long as you eat a balanced diet that is low in fat and carbohydrates, you are well on the way to losing the fat and having a better overall condition.

The next step in learning how to get six pack abs is to do aerobic exercise. The exercise you choose is up to you, and it often helps if you do something that you are interested in or that you can fit into your lifestyle with the minimum of effort. Walking to and from work everyday is a great way to burn up calories and make you fitter. Alternatively, cycling, swimming or jogging are other good

ways to do this aerobic exercise. For variety you could alternate between two or more of them, which will also ensure the different exercises remain interesting for you.

The last step in learning how to get six pack abs is of course to do the abdominal exercises. Many people make the mistake of just doing this and not worrying about the first two steps. If so, they are bound to be disappointed with the results.

There are a variety of abdominal exercises such as sit ups that you can do to work on your six pack. The important thing to remember is that it doesn't matter how many you do. It is the quality of the exercise that counts for a six pack, so aim for few better sit ups than 200 that do not seem to do anything.

We have looked at the three key steps those who want to get six pack abs will need to follow. With time, patience and hard work, anyone can achieve their goal of six pack abs.

<http://www.howtosite.net/articles/how-to-get-six-pack-abs.html>

How To Get Rid Of Blackhead

So you have a problem with blackheads and want to know how to get rid of them. Keep reading and what I have to say below, will actually help you to learn how to get rid of blackheads.

Blackheads of course are a form of acne, so if you have this, then you will want to know how to get rid of it rather quickly as blackhead acne is not a pretty sight.

When you start to learn how to get rid of blackheads, you will discover that unfortunately being able to get rid of blackheads instantaneously is not going to happen. It is in reality much easier to get rid of full blown acne than blackhead acne.

Now, when you take up learning how to get rid of blackheads, you will learn that any treatment you choose to use on your blackheads to be able to get rid of them, will have to address the roots of the blackhead directly. You will also find it will help to know why you are getting blackheads, and what is the cause of your blackheads.

Some treatments of course, will simply remove the blackheads, however because you are not addressing the root of the blackhead, you will not get rid of them entirely. It will only appear that you have being able to get rid of your blackheads.

When you do your homework and find out how to get rid of blackheads, you will discover that you will in fact, have to normalize your skins oil production. You will also have to cleanse your blood of congesting toxins that form a glue when mixed with skin oils. This is extremely important in your fight in finding out how to get rid of blackhead acne, and then actually being able to get rid of blackhead acne.

You will also learn when reading up on how to get rid of blackheads, that if you improve your liver function slightly, you will in fact get quicker results in being able to get rid of blackhead acne.

You will in addition find out that there are some natural herbal treatments that can help you get rid of blackheads. You have to be careful though, because some work and some do not. It may pay to ask a pharmacist for advice on this before you go ahead an

purchase anything. You may even choose to make enquiries at your local health store. The too, may be able to help you learn more about how to get rid of blackheads.

Herbal blended treatments for blackheads will not only help to purify the blood, but also help to strengthen the liver and balance the hormones. This is all a good thing when finding out how to get rid of blackheads.

If you have a very bad blackhead problem, then I suggest you make a visit to your local doctor and see if he or she can help you further. Sometimes your doctor can prescribe a treatment that will not cost as much for you if you get it on a prescription as opposed to just walking into a pharmacy and purchasing it over the counter.

Now that I have given you a brief run down on blackheads and how you could possibly get rid of them, do not wait a minute longer. It is always better to have a clear face, than to not have a clear face. Get rid of those blackheads today!

<http://www.howtosite.net/articles/how-to-get-rid-of-blackhead.html>

How To Get Rid Of Cellulite

Cellulite - oh such a nasty word to some. Maybe a nasty word to you. Do you want to know how to get rid of cellulite? If you do want to know how to get rid of cellulite, then this reading material is for you.

To begin with, maybe I should clarify just what cellulite is. Well, believe it or not, cellulite is just good ole common fat! It is fat which is trapped between the skin and the muscle, which therefore creates lumpy 'bits'. The connective tissue is what holds together your skin, muscle and fat, and this is what you see when you see the lumpy 'bits'. Unfortunately some women have more connective tissue than other women, and this is why some appear to have more cellulite than others, or why their cellulite is more pronounced. Aging will also make cellulite worse. *gasp* This is because as you get older, you tend to lose muscle.

So now that you know just what cellulite is, I am going to tell you how you can get rid of cellulite.

No - pills, nor cream, nor any wonder drug will in fact get rid of cellulite. But if that's so, how do I get rid of cellulite? you might ask. That is simple and once you learn how to get rid of cellulite, realize just how effective the method for getting rid of cellulite truly is.

An easy exercise program! Yes - that is it. I told you knowing how to get rid of cellulite was going to be easy.

You will learn on finding out more about how to get rid of cellulite, that if you exercise for at least thirty minutes at least three times a week, you will in fact start to get rid of cellulite. The cellulite around your hips, buttocks and thighs will begin to decrease when you first take this measure in knowing how to get rid of cellulite, and then you will be completely rid of cellulite after a period of time, and of course the exercise. Getting rid of cellulite is not going to be something that will happen over night, but it will happen.

When you learn how to get rid of cellulite, you will discover that you can break up the thirty minute exercise routines into different activities.

You should be doing at least fifteen minutes of either aerobics,

walking, using a stepper, or even cycling. But do not forget to do your two minute warm up before and after you exercise. You should then do a fifteen minute strength exercise workout or fifteen minutes worth of weight training. It is suggested that you start out with light weights and gradually increase the weight of them as you get used to exercising.

Always remember to do repetitions of ten and stretch out your muscles after each repetition performed.

Believe it or not, that is all there is to know about how to get rid of cellulite. I never said I was going to detail some magic wonderful cure. But it is definitely a regime that anyone can learn how to do and then actively put into action.

Knowing how to get rid of cellulite appropriately is a key factor to actually being able to get rid of cellulite. If you are serious about getting rid of your cellulite, you will give this suggested exercise regime more than a 100% effort.

At the end of the day, it is entirely up to you as to how effectively you want to be able to get rid of your cellulite.

Once you have learned how to get rid of cellulite, try keeping up with this suggested program, and who is to know? - you may never have to get rid of cellulite again!

<http://www.howtosite.net/articles/how-to-get-rid-of-cellulite.html>

How To Get Rid Of Acne Scar

This article is about how to get rid of acne scarring. So if you are a person who needs to learn how to get rid of acne scars, then I suggest you keep reading this further.

When you begin to find out how to get rid of acne scar, you will also learn that a treatment for acne scar cannot be used until all acne is inactive. The treatments for acne scar simply will not work if there is any active acne on your face. Only then can you consider trying a form of acne scar treatment.

On finding out about how to treat acne scar, you will learn that there are six categories of acne scarring, so you will have to determine which form of acne scar you are wanting to learn how to treat and get rid of.

Learning how to treat and get rid of acne scar can be kind of like doing research. On learning how to get rid of acne scar, you will have to evaluate what sort of skin you have and how bad the acne scar is.

You can use Dermabrasion as a treatment to show you how to get rid of shallow imperfection acne scar. You will discover on finding out how to get rid of this type of acne scar, that the treatment may have to be repeated. You will learn how Laser Resurfacing will help you get rid of shallow imperfections also, although this form of treatment is not as often used as Dermabrasion. This way of getting rid of acne scar may also have to be repeated.

You will discover how Chemical Peels will help you to get rid of very mild acne scarring. When you find out more about how Chemical Peels can help you to get rid of acne, you will also see how the cost for this form of treatment is quite a bit lower than the cost of the Laser Resurfacing or the Dermabrasion Treatment that is used for acne scarring. However, you will also learn how Chemical Peels have to be repeated often several times to successfully get rid of acne scar.

If you have acne scars that are very similar to deep chicken pox scars, you will learn how a treatment such as Punch techniques will aid you in being able to get rid of this form of acne scar. This however comes at a cost per punch.

Subcision can be used to get rid of most acne scars. Simply make an appointment with your local doctor and ask him or her for the pricing on this. Once again, this form of treatment used for being able to get rid of acne scars may have to be repeated.

Now Augmentation is a treatment for much deeper acne scarring. It is charged for per centimeter, so that pretty much speaks for itself. It can be quite expensive, depending on the area of acne scar you are wanting to know how to get rid of. Once again, schedule an appointment with your local doctor and get further advice and assistance from him or her. He will inform you more of this procedure, and advise you that it is in fact collagen that is used, hence the cost involved.

On finding information on how to get rid of acne scars, you will learn that every treatment is determined on a case by case basis, as we all have varying ranges of skin type. While some of us are quite acne prone, others are not. Maybe it is the luck of the draw, or maybe our diet and what we eat and drink influences this.

You will also learn how some of these treatments will work better in the fight to get rid of acne scars if combined together.

Regardless to how you choose to get rid of your acne scars, or which treatment your doctor recommends for you to use, to help you get rid of acne scars, always make sure you have seen before and after shots of your doctors previous patients. This is simply so you can see how these treatments realistically work. You do not want to be misguided in thinking they are some miracle cure to get rid of acne scars completely, and therefore giving you a polished looking model face. This quite frankly, just may not be the outcome you will receive.

<http://www.howtosite.net/articles/how-to-get-rid-of-acne-scar.html>

How To Get Rid Of Acne

Acne is and always be the biggest worry for teenagers and young adults, it can damage your skin causing scarring and can rid your self of confidence and happiness.

It can affect anyone from any country of any ethnicity male or female.

Research has shown that 90 percent of adolescents and 25 percent of adults will have or are suffering from acne.

How it affects people is that it can be anything from the face appearing red, inflamed, irritated and sore, big red spots, or blackheads and white heads.

Acne basically is the pores (hair follicles) on your skin get clogged with oil and dead skin cells, and swell.

There are many brands of acne cleansers, washes and treatments you can get that can help you get rid of acne but some can irritate the skin even more, making it appear red and sore.

Always consult a dermatologist if your acne is severe, as they can give you specific treatments and preventions that are based on your skin type and your acne.

And you can also learn how to best look after your skin with routines and regular treatments to help you get rid of acne.

Some product ingredients and how they work to get rid of acne:

Benzoyl Peroxide also Salicylic acids and Retinoids (derived from Vitamin A) over acne prone areas to get into the pores and help loosen, break up and rid the plug of dead skin cells, bacteria and oil that clog the pores.

Antibiotics also help to get rid of acne by destroying bacteria and decrease inflammation.

Anti-Androgens help by reducing sebum production and stopping the production of acne-causing hormones.

Get rid of those oil based products and get water-based make-up and oil free sunscreens that have a SPF 15 or higher in it as they will protect your skin from sun damage and prevent wrinkles and premature ageing.

Also get products that are labeled noncomedogenic and oil free as

some cosmetic companies specifically design products not to clog your pores.

Tips on how to get rid of acne:

Ridding your face of acne is as easy as keeping your face clean by washing it at least once a day, use soap or cleansers that are deodorant free and won't irritate the skin, try Dove soap as it is one quarter moisturizing cream and deodorant free.

Also use oil free moisturizers; some also include SPF 15s as well.

Drink lots of water, it is important to keep your skin hydrated or it will lose its moisture and appear dry.

It is proven how stress can cause acne as well, so make sure you get plenty of rest, exercise, keep happy and healthy and these will contribute to help you know how to get rid of and prevent acne.

Get plenty of sunshine and fresh air, also try taking multi vitamin supplements as well as eating healthy foods and cutting back on caffeine and sugars, although it is proven how your diet does not affect acne, it still is best to keep healthy on the inside.

Do not squeeze your acne, as it can cause bruising, scarring and can enlarge pores and also can spread the bacteria to other areas of your face.

Do not use brushes, rough sponges or anything that could irritate your facial skin, which is much more delicate than the rest of your body.

How you clean your skin affects acne as well do not ever SCRUB, gently massage instead and when drying your skin, pat it dry, don't rub it, as it can cause irritation.

Also during the day try and keep your hair and your hands off your face as your hands can pick up germs, bacteria and oil that you don't want on your face.

And remember getting rid of acne is not going to happen overnight, it will take at least a couple of days for the skin to thoroughly fix, repair and rid itself of acne.

Do not expect miracles; just slow progress!

<http://www.howtosite.net/articles/how-to-get-rid-of-acne.html>

How To Get Rid Of Stretch Marks

Any woman would want to know how to get rid of stretch marks. However you would also be surprised at how many men in fact need to know how to get rid of stretch marks also.

Yes - men too suffer from stretch marks. Why is this? You may ask. This is simply because stretch marks are caused when your skin stretches. Fairly obvious explanation really. You see stretch marks are often thought of and connected to pregnancy and the whole 'having babies' thing. How wrong can so many people be! Many people, both men and women suffer from having stretch marks, and unless there has been a wonder drug over night to assist men in giving birth themselves, it does not have to relate to pregnancy. Over weight people who have lost weight can also be left with stretch marks. This is because the skin that was once stretched due to the extra weight this person was holding and carrying is now gone, making the persons skin shrink. Hence, creating stretch marks.

Now to getting to know about how to get rid of stretch marks now that you have learned about how stretch marks do actually come about on a persons body. There are a few ways you can in fact get rid of stretch marks. One is from simply investing in some good moisturizer cream, preferably a Vitamin E cream. This is absolutely wonderful for this very thing. Surprisingly enough, stretch marks can and will fade over time. Direct sunlight is also known for reducing visible signs of stretch marks. However it is not always advisable to sit out in the direct sunlight day in and day out. You may get rid of your stretch marks, but at the same time you may either turn into a lobster, or worse yet, inherit skin cancer. We cannot be having this now. So obviously commonsense is also called for when you want to learn and be able to get rid of stretch marks.

If you simply just want to hide stretch marks at certain times, maybe when you are going out to a social gathering, try placing some foundation cream over them. Of course, this will also depend where the stretch marks are that you are trying to 'get rid of', and how big they are. Like I said, commonsense comes into play here.

It is also a good idea to when in the summer season, make sure

you use a sunscreen come moisturizer with a sun protector factor of 30+ in it.

If the stretch marks you have are really getting you down and you can't seem to either get rid of them or they do not appear to be fading, there is a rather extreme approach you can take when you want to know about getting rid of stretch marks. You can make an appointment with a specialist to have laser treatment performed. Laser treatment will in fact help you get rid of stretch marks. However, this procedure is in no way covered by any medical insurance, so expect quite a cost to come out of your own pocket. However, if you want to be able to get rid of stretch marks that badly, I cannot see that being a problem. Laser treatment is a form of voluntary cosmetic surgery, this is why it is not covered with medical insurance.

I have heard of another that may be of assistance to you, for when you want to learn more about how to get rid of stretch marks. Perhaps you could try using a product, called 'Cocoa Butter'. Apparently this is also very good for at least, lightening stretch marks.

Well, I have gone into a little detail regarding how to get rid of stretch marks in a variety of ways. Maybe if you are still concerned that the information I have provided is not enough, or simply is not going to work, you could do some research of your own. A lot of information regarding how to get rid of stretch marks can be found at your local library, or simply by doing a search on the internet. Or maybe you know another person who has themselves learnt how to get rid of stretch marks. They may be able to help you further. Short of these suggestions, I also recommend you take up reading women's magazines. You really never know what sort of helpful information you will come across in one of those.

<http://www.howtosite.net/articles/how-to-get-rid-of-stretch-marks.html>

How To Choose A Hair Color

Learning and knowing how to choose a hair color, could in the long run, save you from future embarrassment or prevent you from wasting your money.

When you go to choose and purchase a hair color, you will need to consider the color of your hair to begin with. In addition to this, maybe you should also consider your skin tone before you choose a new hair color. Some people with fair skin, really don't have a great appearance if they color their hair with a black or very dark hair color. So I would make the suggestion, if you are very fair skinned, do not choose a dark hair color.

When you want to know how to choose a hair color, I suggest you pay a visit to one of a few places for advice. If you go to your local pharmacy, a salesperson will be on hand to give you the appropriate advice you will need when buying a hair color. You can also, head into a hair salon and ask them for advice on how to choose a hair color and in fact, what hair color would be best suited to you.

If you have done one of these two things, there is now a little more to know about how to choose a hair color. You will need to know where to choose your hair color from. Once again, obviously you have a variety of places where you can in fact choose and make such a purchase. I have already mentioned that you can ask a salesperson, or even a pharmacist for advice on how to choose a hair color and which hair color would best suit you, so obviously a pharmacy is one of the places, where you can in fact purchase and choose your hair color. You can also purchase a hair color from your local supermarket.

You now know how to choose a hair color with the advice from a variety of people, and based on what color your hair is naturally anyway, and what type of skin tone you have. But now you have to know just what brand of hair color you need or should be choosing and purchasing. There are many brands of hair color available on the shelves today, so read the back of the packaging very carefully before you do make a hair color purchase. Some brands of hair color are more easily used than others. While you will be able to follow the directions and 'do it yourself' with some brands of hair colors, some brands, you will actually need a second person there

to help you put the hair color through your hair. All brands of hair color, do in fact come with instructions and easy to follow guidelines on how to use the hair color.

The other alternative, and often the far 'safer' alternative, is to not only pay a visit to your local hair salon for advice on how to choose a hair color, but also to make an appointment to show you the varying colors available and what may or may not look good on you, or be suitable for your skin tones etc. Many salons these days have a computerized program where they can show you what you will look like, on changing the color of your hair to something different. It is often best for the salon to then, actually color your hair for you.

The benefits of getting advice on how to choose a hair color from your local salon and actually getting them to color your hair, is they are less likely to make your hair turn some strange color. It has been known to happen on many an occasion, when someone chooses to take on no advice about hair color from another source, and just gone ahead and changed their hair color simply to 'something they liked' or thought 'would look cool', has often gone terribly wrong, leaving the hair color far from what was expected.

<http://www.howtosite.net/articles/how-to-choose-a-hair-color.html>

How To Get Rid Of Pimples

We all want to learn how to get rid of pimples as soon as they get on our face, but how do we do it? These horrible dots (called pimples) on our face don't give us a very nice appearance, especially if you have a very clear face. If your face is really clear and one pimple comes up, it is very noticeable. So you will want to get rid of that one pimple immediately.

When learning how to get rid of pimples, we must understand when these horrible things come into play. The more we know about pimples and what causes them etc, will make it easier to in fact get rid of them.

The main period that pimples come up in ones life, is through that of puberty or the teen years. This can be a menace, especially if you have friends that notice them and start calling you pimple planet or pimple face. Teenage years can become very horrible, so knowing how to get rid of pimples can be to your advantage as a teenager.

So, what are some various ways to learn how to get rid of pimples? First and most important, is to regularly wash the face. Keep the face clean. Wash it at least three to four times a day, and especially after one has been sweating. To wash the face effectively, use a face cloth with warm water on it, and hold it on the face for a while so that it absorbs the dirt in the pores of the skin. And then after you have done this, wipe the face down with a dry towel, or even better yet, with some tissue paper. The idea to keep the pimples away as effectively as you can, is to keep the face clean. Hot water will actually help to get rid of pimples also.

Another way that you can learn how to get rid of pimples, is to go to your local chemist and ask them. There are various products when learning how to get rid of pimples that can work, but if you have sensitive skin, then tell the pharmacist this as well. Because if you have sensitive skin and you don't let the pharmacist know, then you may find that you have more than a pimply face, but that of rashes too. And I am guessing that is not what you want as well. Well I know that I don't anyway. So be precise about your skin tone, and possible allergies before purchasing a product to get rid of pimples.

A few words of warning when learning how to get rid of pimples, do not pop them when they turn white and pussy on the inside. Soon as you pop a pimple and the puss of the pimple squirts out, it spreads immediately resulting in more areas of the face that will be affected by pimples, and if you continue to pop that same pimple all the time, it will result in face scarring, which is simply horrible. Or even a horrible scab on the face, if you keep on picking at it. So beware of the fact that you will not get rid of it by picking or popping the pimple, this will only make it worse. You do not want to get rid of pimples this way.

The next most important thing to know when learning how to get rid of pimples, is that in most peoples lives you are going to get pimples, so if you have the knowledge to learn how to get rid of pimples before they come around, the better you can prepare yourselves for them.

Anyway I hope this information helps you on your quest in learning how to get rid of pimples.

<http://www.howtosite.net/articles/how-to-get-rid-of-pimples.html>

How To Look Hot

Do you want to know how to look hot? Then read on and I will give some helpful information on your journey in learning how to look hot.

What is it that makes one look hot? Is it the clothes or even the shoes? Or what about the perfect body? Well to learn how to look hot, we must have an understanding of what hot is first.

When learning how to look hot, all the above come into play. The clothes, the shoes and the well groomed body, hair, face etc. There is one thing that stands above all when learning how to look hot, and that is attitude. This is the number one component when learning how to look hot. I mean, without a positive attitude and confidence to a degree that you don't overstep the mark into the ignorance category, all the above such as clothes and shoes etc, wouldn't apply.

A confident person shines out above them all. So please remember that when learning how to look hot, confidence/attitude is number one.

Well, now that you have the ability to be confident as we all do, let's go and sort out some clothes to look hot in.

First of all we should write out a list of clothes, shoes and cosmetics if needed, before we hit the pavement and go and look for these items. This is important otherwise we would be walking around with one hundred things going through the mind. What do I want? Where do I go too get these items? At least if you have a list, you can then write all the shops down beside each item of clothing.

Next step to looking hot is to take someone with you. Most people have a friend that is pretty fashionable. Take them with you so that when you try on some of the items, they can give you an opinion of what is going to make you look hot. Who knows, they may even want to learn how to look hot after your shopping spree.

So anyway, when learning to look hot, we have gone into town and tried on various items and found our right match, thanks to our friend and the helpful shop assistants.

The next step to learning how to look hot, is to go home and get all showered up and while your friend is still there, try on the clothes, because the clothes and shoes may look good when learning how to look hot, but now that they are on, we are going to groom the hair to suit.

Ideas of how to groom the hair to look hot, is to look through some of the fashion magazines and groom accordingly with the help of a friend. Your hair doesn't have to be exactly the same when learning how to look hot, but with a bottle of cheap hair wax, it can be manipulated pretty close to any style.

Now that we have the hair all set, and dressed up ready to kill, and also a well groomed face we are ready to roll. But before we do, there is that one last requirement when learning to look hot, and that is attitude.

When walking, keep a good posture and smile, people love smiles, and it reflects on your attitude as well. Attitude adds that extra charisma to a well groomed person.

We'll hope this helps you, when you are learning how to look hot.

<http://www.howtosite.net/articles/how-to-look-hot.html>

How To Pluck Eyebrows

When learning how to pluck your eyebrows the first thing to consider is the current shape of the eyebrow and how to achieve the shape of the eyebrows that you desire. To start off with, the eyebrow should begin parallel to the corner of the inner eye and should extend out to meet the outside corner of the eye. Any hair between the eyes needs to be plucked away. The fine, or sometimes coarse hair that grows across from one eyebrow to the other, makes both eyebrows look like a unibrow.

Before beginning to pluck your eyebrows you need to place a warm cloth over the brow to open up the pores, this makes the hairs easier to pluck out. After about 30 seconds with the warm cloth lightly pat dry the area so that it is dry. Ideally plucking should be done after a hot or warm shower

For first time eyebrow plucker's, when it comes to plucking your eyebrows, it is advisable to draw the shape on your eyebrows that you are trying to achieve with a pen, don't worry as this can be washed away easily after the shape is achieved.

How to pluck your eyebrows correctly:

The best way to pluck your eyebrows is to pull the hair out the same way that it is growing. Pull the skin tight in the opposite direction and the hair should slide out effortlessly.

Continue to pluck the hairiest part of the eyebrows first so that only the fine and short hairs are left. Be sure to keep well within the shape that you are trying to achieve. When the coarse hair is plucked away use a warm damp cloth to wipe away any stray hairs that are on your brow.

When you start plucking the fine hair away, make sure you know how to get right in there and make sure the whole hair is plucked out. Pluck all the hair right up to the line that you have drawn for your shape on both brows. When you have done this, take the damp cloth and wipe away any plucked hairs that have remained on the brow. Wipe the brow dry and take a look in the mirror. This will tell you if you have achieved the shape you wanted and how even the brows are. It is perfectly normal for one side to be more perfect than the other and when looking in the mirror this will be obvious but will give you the chance to see what additional hairs

need to be plucked.

Spend some time correcting the shape and perfecting the look of your eyebrows, as it is other people that will be looking at your eyebrows, so it is important that they look as even as possible. After the eyebrows are plucked completely, and you are happy with the shape and how even they are you should wipe the eyebrows completely with a damp cloth and apply moisturizer to the plucked area.

Remember that the hair will continue to grow back so once you have the desired shape maintaining it is important. The eyebrows should be brushed outwards with an eyebrow brush and trimmed regularly. The hair needs to be plucked when it starts growing back. The longer you leave the eyebrow the thicker and faster the hair will grow back so it's important that once you decide to shape the eyebrow, to remember to pay attention to the eyebrows current state.

<http://www.howtosite.net/articles/how-to-pluck-eyebrows.html>

How To Curl Hair

Sick of having limp hair? Need to add a bit of oomph? All you need to do is learn how to curl your hair! It is really simple (especially if you have someone to help you) and suits nearly everyone.

Things to know before you learn how to curl your hair:

It is very difficult to curl hair if you are Asian or African. If you are Asian you can usually put loose curls in your hair, but otherwise both hair types won't hold such a curl unless it is done by professionals. You should also know that hair products help! It's a good idea to buy hot hair oils if you plan on curling a lot, or curl enhancing shampoo. It is also much easier to curl your hair if it is clean and conditioned.

How to curl your hair: The preparation:

Firstly you'll need to buy a curler. I don't recommend wasting money on the cheaper options: they will dry your hair out and don't have enough settings. Mid to top of the range are usually your best options. If you care about having healthy hair, it's worth spending a bit more. Always read the directions for your particular curler. Check to see if you should curl your hair from wet to dry, or dry to dry. If it says wet to dry, shampoo and condition then towel dry your hair.

How to curl your hair: The boring part!

If you can get someone to help you out it is definitely a good idea, it can take a long time. But if you have to do it yourself, it's not too difficult and the method is no different. Start by brushing then combing your hair, then separate your hair into manageable sections. You are going to curl from one side to the other, not from the back forward. This way you will avoid missing strands of hair. Do tests before you begin to decide how big you want your curl to be. I recommend using strands of hair that are 2cm by 2cm up to 5cm by 5cm. Any smaller or larger than that will take a long time: small strands are fiddly, thick strands take longer to curl. Once you have decided on your curl size, begin by wrapping a strand around your iron from the tip of the wand to the base. Make sure you always curl in the same direction (or different directions if you want a random look). If you have one or two curls going in a different direction they will stick out like a sore thumb!

How to curl your hair: styling

This is the fun part! Once you are finished curling your hair, apply some soft hold hairspray (make sure you get the underside of your hair as well). You can then leave them out or style. A few curls from the front pinned up like a half pony-tail complements many face shapes. If you only want your curls to look good for one day, you could pull them gently into a full pony-tail. Cheat a little by pinning some into position, which creates a nicely shaped pony-tail.

<http://www.howtosite.net/articles/how-to-curl-hair.html>

How To Get Rid Of Cold Sore

There is nothing worse than waking up in the morning and you find yourself staring at a big fat cold sore, right on your lip. Even though everyone will suffer from a cold sore at some time, they are unsightly and can not only be a hassle but also severely damage your confidence. Once one cold sore appears, it is easy for the virus to spread and you may notice another arrives. The virus, which causes cold sores, is almost impossible to remove, but there are ways to inhibit the development of cold sores.

It is not however an easy process to remove cold sores. The herpes simplex virus creates cold sores, also known as fever blisters or oral herpes. There are two types of HSV. HSV1 - a very common virus which causes those cold sores, and the HSV2 which causes the notorious, incurable, genital herpes. Thankfully, the strains are separate so whilst the cold sore is common and almost every human carries the strain of HSV1, there is hope for you to be rid of unsightly cold sores.

Cold sores are blisters that appear around the lips. They are not always associated with a cold. The cold sore blisters last a few days then burst, leaving a crusted and hard blister, this takes around a week to heal. Do not pick at any scab otherwise the cold sore may scar.

Cold sores appear for different reasons varying based on the individual. Cold or infection, sunlight or sunburn, windburn, food sensitivity or allergy, menstrual periods, drugs, anxiety or impaired digestion are the most common factors of cold sores.

Diet is the most effective form of removing cold sores. Often saliva has become too acidic which leads to a cold sore breakout. The acidic saliva is often a result of eating high protein foods such as red meat. Lysine is a regulator that helps both prevent and heal cold sores. Dairy products and white meat are easily accessible forms of Lysine. Chocolate and grain foods should be avoided.

There are many treatments available to get rid of cold sores, most contain Lysine in them to help prevent cold sores. Apple cider vinegar, tea tree oil and vitamin e oil are three other common ways to get rid of a cold sore. Other medications contain compounds of zinc, lysine, phenol, and tannic acid that have an inhibitory affect

on the herpes virus' ability to form cold sore lesions. If you prefer a more natural solution or are too cheap to buy a cream, the herbal antiseptics Sage and Tea Tree Oil and the herbal sedative Violet are often suggested as effective treatments for cold sores. If it comes to this, the final possibility is to follow the old wives tale, whack a tea bag on the cold sore, and see what happens.

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How To Get A Flat Stomach

In this day and age, a flat stomach is highly desirable. Here a few tips to help you get a flat stomach without too much effort!

How to do a sit-up:

Sit-ups done badly can cause back and neck injuries! Be careful and if you feel something's not right, stop! To do a sit-up: lay on your back on carpet or a yoga matt, not concrete or wooden floors. Place your hands in a cross formation over your chest, with each fist on the opposite shoulder. Bend your knees so they point to the ceiling, with your feet flat on the floor and shoulder width apart. Wiggle a bit so you are comfortable and your body feels evenly spaced. Fix your eyes on a spot or mark on the ceiling; you must look at this the whole time you do your sit-ups. Slowly but fluidly try to sit up. Continue until you can feel a slight burn in your abdominals then hold for 3 seconds.

Slowly but fluidly return to your starting position. Repeat as many times as you feel you can! Remember these important points: keep your eyes on the same point and don't move your head; don't clench your neck as it can spasm easily; you don't need to sit up fully, just enough so that you feel your abdominals working. And most importantly if something other than your stomach is hurting, stop!!!

How to choose and appropriate cardiovascular activity:

Fitness is key to getting a flat stomach, and has the added bonus of keeping the rest of you healthy and lean! Cardiovascular comes in many forms: cycling, running, brisk walking, active sport, etc. The most important thing is to find the type of exercise that you find fun and can do regularly. Don't decide to cycle 4 times a week if you don't own a bike! Once you have decided which form of activity you are going to do to aid getting a flat stomach, assemble all the key ingredients: where, when, how. You'll need a place to run or bike, a fixed timetable so you don't get lazy, appropriate gear: good running shoes, a helmet, sports gear. Team sport is a good way of making yourself exercise because you know you can't let the team down! Running is appropriate if your schedule is hectic and you can't be relied on to make a regular training session.

How to moderate fatty foods and drinks:

In order to get a flat stomach, doing all the above without eating healthy won't get you very far. There are certain foods and drinks

that you should eat in moderation. For women it is not as important if you are only concerned about your stomach, because these foods will affect your hips and thighs. For men, however, read closely! Number one: beer? yes guys, I know, but it bloats and the long-term affect is a pot-belly. So if you are serious about a flat stomach, you have to drink beer in moderation. More specifically, once a week. Foods that will counter-act your flat stomach are foods that are high in bad fat: potato chips, pies, most fast food brands, Indian food. Instead of eating these unhealthy foods, think of healthy alternatives. Instead of potato chips you could eat crackers and dip, pies can be replaced with a stew (essentially the same thing minus that pastry!), and ditch the fish and fries and make baked fish with home made oven fries instead.

You shouldn't have to pay anymore to have healthy food, it may just make a little more effort to prepare? but really that just makes it all the more satisfying!

<http://www.howtosite.net/articles/how-to-get-a-flat-stomach.html>