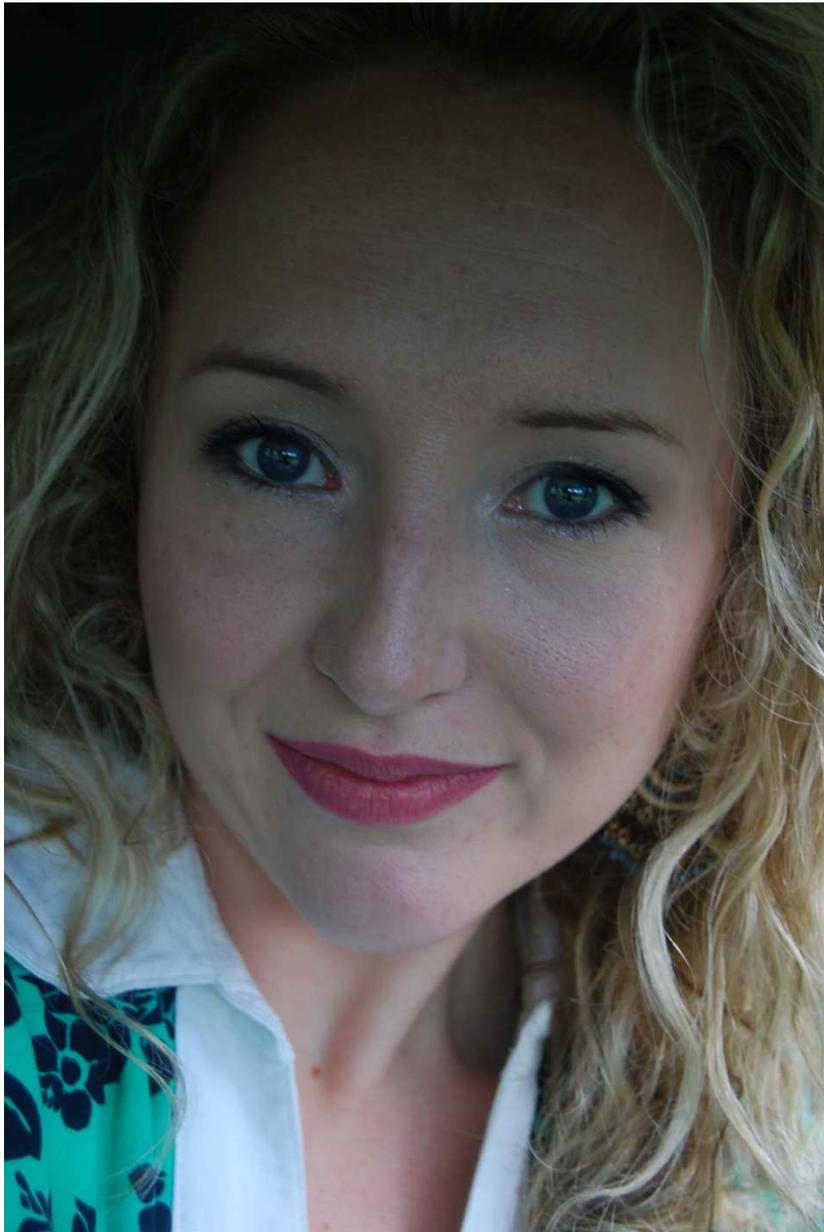


Belin's Skinny Photo & Beauty Tips

How to Look POUNDS THINNER in every photograph- PLUS... apply makeup like a pro!



Please enjoy these tips I have learned over the years about taking "thinner" pictures. I am including some of my best makeup tips too. These are tried and true and you will find they really do work!

Belin Jenkins, makeup artist and "skinny-making" photographer.

Thigh magic:

Want to make your thighs look WAY slimmer in person and in photos?

No Thigh-Master or Photoshop Necessary...

Just stand facing towards the camera. **Then stick out your butt** (towards the wall, away from the camera) and **suck in your gut**. It creates **MUCH leaner looking thighs** and takes inches off your waist. That's what all the models do! You can do it too!

Always give your poses a look in the mirror before you try it in a picture!

When you're just standing around a party in your cute little pant suit, stand with a wall behind you and stick out your tush towards the wall. Stand up as straight as possible while sucking it all in...It will make you look so lean and will make you feel so sexy...I'm thinking about the **way a cat must feel, prancing around!**

Sitting and Showing Leg & Anytime you're showing Arms

Don't ever let your legs be 'smashed' on the chair or ground that you're sitting on...work with the chair instead.

Your legs should be bent. Imagine a commercial for suntan oils or a sexy scene in a movie. Live it! Imagine you're the star.

Guess what? **When you think like a star and show confidence**, it comes across in your pictures.

Don't be afraid to pose, baby! That's how you get those 'framers' (pictures you want to frame).

If the photographer is to your side, put one arm loosely in front of the largest part of your stomach. This will camouflage a bit...Practice looking relaxed!

Make sure your arms are not pressed to your sides, have them relaxed, but lifted away from your body just a bit, making it look as natural as possible. Pressing them *to you* would make them appear much larger. Maybe you already know this...well practice it more and be more conscious about it...especially in photos!

Side note: If you have really 'big' arms that you're self-conscious about, and the weather permits, try finding some cardigans that can be used as a cover-up. **A $\frac{3}{4}$ sleeve is always a GREAT help for this (and universally flattering for everyone!)**

Wearing an awesome chunky necklace or fabulous earrings can also be a great distracter.

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BATHING SUIT Pictures & Poolside (cue scary music):

No, you don't have to be scared, honey. Just learn how to work it.

Ok, this does take a little bit of work but...

While lounging in a chair, preferably the full chairs that are more like a chaise lounge, get the photographer to **take the picture from your side**, somewhat (but not totally) behind you. You can **turn towards him/her and sort of twist your body** while looking at the camera. It should be a, 'oh, I wasn't expecting you to be taking this picture, but lucky me, I look smoking hot' kind of look. 😊

Your legs, **should not be smashed down on the chair** but bent elegantly, with your knees making "V"s with your legs. Feel free to angle your legs slightly AWAY from the camera to make them seem smaller.

POOLSIDE:



If you don't want to wear any make-up & want to be able to dive in at a moment's notice, just make sure you have a layer of self-tanning lotion on to cover up any pasty spots and give you that glow you're looking for.

If you like to wear make-up, then by all means, please wear it poolside. You ARE taking pictures! Go for the gold. Just go more natural than usual, making sure to wear **water-proof make-up** where possible. If you don't intend on getting wet, then honey, layer on that mascara!!! Go for some glam earrings too!

After taking pictures, if you want to jump in the water and ruin that 'do', go for it. But take care of business by showing up cute. First impressions are very important...And so is *taking cute pictures when you're fresh*.

Don't wait until that hour long beach volleyball game is over before starting your little photo session! Even if it's just for your personal album, have a good one to remember how adorable you are. Let the other pics document your fun!

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Want to look younger and thinner in EVERY picture you take?

I got your back!

First of all, make sure your photographer is shooting the picture from ABOVE you. When people are right on level, or below you, it makes you look THICKER! (Shooting from TOO HIGH can make you look like you are very short, so beware!)

When they shoot your pic, you will need to look up a bit (don't go crazy here!). This will elongate your neck and make you look younger and slimmer. Practice in the mirror to know your 'breaking point'. There's a point where looking up TOO much is just plain silly.

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How to let a guy/gal know you're interested

Start taking an interest in what HE/SHE likes to do. Read up on his/her favorite sport or hobby. You don't have to PRETEND you like it, but come at him/her with interesting conversation about something he/she can relate to.

Also, if they are into a certain style of clothing, consider adopting a variation of it. If this makes you feel uncomfortable, then by all means, don't do it.

But I once had a girl friend in college that was a "raver". She wore shiny jackets and very wacky-modern styles.

She had a big crush on our neighbor (picture that old Diet Pepsi commercial with the smoldering shirtless construction worker...but instead, insert a welder)

Anyways, he was more of a hippy type, so I told her that when she went over to talk with him to keep her same jeans but skip the shiny jacket and just wear a natural looking shirt with a bandana on her head.

The result was still totally her, but it gave her a more relaxed look that help him feel more comfortable with her.

She felt comfortable in the clothes, and she still looked and felt like herself. So she went over there.

He immediately started treating her differently. She was able to 'break the ice' a little better because 'tribally' he could see her more as 'one of his own' because of the change in dress.

She had a bit of a chameleon edge to her...and it worked. He got to know her, and then clothing was that big of an issue anymore. ;)

Sometimes you can try to blend in a little better with your surroundings...You dig?

If that doesn't make you feel comfortable, just make sure you're still dressing for the occasion where ever you go.

My friend was wearing a 'clubbing' jacket when she was only going to visit the guy next door who was shirtless and barefoot. Not that she should've stripped down too, but you get the jist!

If you're going to a bar-b-q, dress down but don't go terribly sloppy. Make sure it's clear that you care about how you look because you're reflecting what's on the inside: A remarkable woman! Dress the part!

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Want to dress 10 lbs thinner?

Maybe no big newsflashes here, but these are still gold:

Dark denim jeans are a MUST to look thinner. (Don't forget to always wash these dark denims all by themselves in COLD water so they don't fade! Dry on LOW!)

When finding your "magical pair" try on as many pairs as possible.

My mother, Rebecca, LOVES that brand called "Not Your Daughter's Jeans". They do make her look super skinny and are super comfy. They run about \$100 a pair.

NY & Company has a cheaper version of good fitting jeans but you'll need to try on their different fits to get the right one for you.

I even found that Target carries a \$25 pair that has a hidden panel that gives a mini-tummy tuck.

Avoid getting too much of a low rise for a 'muffin top' look. No chubs hanging over the sides please.

Go for higher-waisted pants...but make sure they're not so high that your butt looks long. If that's the case, throw on another TAILORED layering piece, like a jacket that will cut the longness of the butt. **(You want to avoid a long flat butt if possible...Keep it looking a little more plump!)**

If clothes are not fitting your properly, take them to the tailor. Buy pants that fit the rise (crotch) and have the rest taken in if you need to.

Wearing high heels with long pants will elongate the leg if you cover up most of the shoe except the tip of the toes. In other words, don't expose the whole shoe. It should appear as if you're really as tall as the shoes are making you. Which is fun when if you ever have 4 inch heels on!

Want to give the illusion of extra long legs? Wear nude or very light colored heels. They stretch out the look of those wonderful legs that have given you so much support over the years. Go for a COMFORTABLE but SUPER sexy pair. Think skinny heel if you can muster it.

When buying shoes with the purpose of lengthening your legs, avoid mary janes (although I adore them) because they will 'cut' your leg off at the feet visually unless they are very lightly colored.

Wearing a dress? Go for a cotton jersey...very forgiving.

Wear something that looks tailored just for you. If it doesn't look perfect, put it back, or take it to the tailor. **Think about Marilyn Monroe. She knew how to rock a dress!**

In shirts and dresses, a $\frac{3}{4}$ length sleeve is universally flattering. V-necks will help elongate your neck too.

Tired of that back fat bulging? I really like the Victoria Secret FX bras...they're meant for exercise and intense activity. **Serious over the shoulder boulder holders...**but they're really great at flattening that back fat.

If you look out there, there are many companies that are selling undergarments to help smooth you. In South Texas, I avoid lots of layers...so let me know if you find something magical that will fix that problem! 😊

Many people rave about SPANX undergarments for smoothing legs...I'll have to agree. I LOVE wearing them with dresses and skirts. For me, they make my butt look funny with pants, but to each his own. I think there's nothing wrong with a little junk in the trunk! 😊

By the way, the creator of SPANX came out with a cheaper line called ASSETS that are available at Target. I love them with dresses!

As for the fit of a skirt or dress, A-line is great for most women.

Try to 'promote' your best feature, whatever it is!

Want to catch all the RIGHT kind of attention from a guy/girl?

Dress smartly & modestly. Showing everything right off the bat can be a little much. Leave something to the imagination. Jackie O did it well!

Want to ooze sexuality? Or just be memorable to him/her?

Well, if you do...then it's all about the pose! Let me show you how!

It's about what you're THINKING while you're posing. Let your eyes do the talking. Exude what you're trying to communicate. Try to bring your vibration to match his or hers.

POSE in all you do. Taking off your coat? Get a little dramatic. Look over your shoulder flirtatiously. Putting on lotion, pretend you're a model in an ad...You're sensuous and concentrated on what you're doing.

Be living art and have your spirit shine through to add a magical glow!

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Makeup products and tips that are really 'worth it'

(Stop wasting money on stuff that doesn't work!)

First of all, you may not be the make-up kind of lady...well, still, you should read on my dear! You may find out something that really helps you shine! Most people do look better with make-up when it's correctly applied.

If you don't do your make-up, then by golly, your hair should be done! If you're looking for love, then go out there looking your best!

For eyebrow shaping use a set of good tweezers. After cleansing, but before you moisturize the eyes area, grab the skin around where you want to pluck, as if you're lifting it up. You're not pinching with your fingernails...just lifting up with your fingertips. This will help you pluck without as much pain.

ALWAYS wash your face before bed! Take off that old make-up.

My skin is ultra sensitive to cleansers, so I use Euceryin foaming pump facial soap. Neutrogena (fragrance free) works well too.

Unless you're using laundry detergent without any perfumes and skipping the fabric softener, **I would avoid using wash cloths to clean your face with.** I just use my hands unless I've been using the correct detergent.

As for exfoliators, I like to use them after cleansing, once a week.

I've had good luck with the Nu Skin line, although that can break you out if you have SUPER DUPER sensitive skin.

Always follow-up with a good moisturizer. I really like Euceryin Q-10 anti-wrinkle (THE ONE WITH SUNSCREEN BREAKS ME OUT, so avoid it if you have sensitive skin!!!)

Also, I've really enjoyed Beauty Control's skincare line and adore their make-up. (If you want to know more about it, Just email Rebecca and I will help you get everything you need delivered to your door. I actually became a consultant because, as a make-up artist, I was using it so much and everyone always wanted to buy what I put on their face!)

Also, for just skincare, the “Meaningful Beauty” line from Cindy Crawford has worked wonders for me as well. I really did notice less wrinkles after using it for a couple weeks.

I like the daytime cream with SPF and the nighttime as well. Their eye cream is excellent, too. **I do not recommend their cleansers or ‘glowing serum’.** **It was very irritating indeed.**

Before putting on make-up, I like to start with a fresh and clean face.

Optional: I put on Jergen’s Natural Glow self-tanner for face. Not sure why it doesn’t bother my skin but it doesn’t!

Even though I have light skin, I opt for the Medium toned so that it will show up faster and make a bit of a difference.

Be sure to smooth it on your neck as well. Blend carefully.

Allow about 5 minutes for it to dry.

During this time, you could always decide what you’re going to wear.

This will help you determine which colors to lean towards when you’re applying make-up.

Try to get in the best lighting available in your home. I opt for natural lighting when I have the opportunity.

Apply foundation evenly with a sponge. Right now, I really like Beauty Control’s foundation but I know you probably already have a favorite! Avoid eyes. Smooth onto neck as well.

For the eye area, use your fingertip to apply concealer under eye and on eyelid.

(I like Clinique’s thickness because it really covers...If you don’t have a favorite, hit the Clinique counter and get the pros to help you pick out a shade right for you.)

Make sure to cover-up any red areas that are on your face (by nostrils, etc.)

With a large powder brush, sweep on loose powder all over your face and onto your neck.

This will help to set the make-up and give it staying power.

Again, I like Clinique. I just got their mineral version and when you want to spare all the foundation and just use concealer here and there, it works great for still giving

coverage. Beauty control has a really great pressed powder. (you can even use it for a quick foundation-it covers very well)

As for shaping the brows, I like to use a powder. Beauty Control sells eyebrow kits that I love. (almost mistake proof) Estee lauder has excellent sticks too (especially for blondes).

For the eyes, I recommend you try one of the eye shadow kits available from Almay. They have different eye shadows, eyeliners and mascaras all to suit your own eye-color shade.

Just follow the directions they give you on the back of the eye shadow package. It's so easy!

When I bought mine, I was a little hesitant. They weren't colors I would've chosen for myself. But then, after applying it using their instructions, it was pure genius!

MASCARA???

If you're looking for another mascara, I've heard great things about L'Oreal Voluminous and the many people that have tried L'Oreal's lash boosting serum and mascara...Can't wait to try it! I do really like Beauty Control's volumizing mascara too. It reminded me of one I liked from Lancôme, but even better because it doesn't flake!

For mascara, the MORE the better. Just make sure you don't look like you have the clumpy spider lash syndrome. Just go for full and luscious, dah-lin'!

(For a little extra boost, try curling your lashes BEFORE you apply mascara. This requires heating up your eyelash curler with a blow-dryer. Always test carefully on your hand first, to make sure it's not too hot!)

For blush, and bronzers, use an angled blush brush.

Again, for color selection, I'd go into see the professionals at your local department store. I've found one I really like at Clinique.

Try mimicking your natural flush in your cheeks. Keep applying until you don't look washed out anymore.

Look up your face shape online and try to find out the angle in which you should be applying yours. There is no ONE right way. Find the right way for your lovely face.

For bronzer, apply to the edges of the forehead and lightly across the bridge of the nose to mimic a sun-kissed look. Don't go crazy here! Just get some color. I usually tap a little on my chin and under my neck too. (This will make your face look thinner!)

For lipstick, start with lip liner in a shade that matches or is a little darker than your natural color of lips. Then apply lipstick on top of that. If you want a lipstick that lasts, I really like L'Oreal's Infallible lipstick will STAY on you for many hours! I love it. Beware: Used too often without proper lip moisturizing in between wears can leave your lips feeling dry, however.

I would save it for long days or special occasions. Switch it up with a creamier lipstick when you will have time to re-apply.

You're ready baby!

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