

Avoiding Summer Makeup Meltdowns

Summer is so close now that I can feel the dread of having to decide between mint chip or cookie dough ice cream to cool me off on a hot day. It's a big decision but I think if I start preparing myself now, I'll be fine.

The arrival of these hot summer days also prompts questions from women who want to know how to keep their makeup in place and look fresh while otherwise sweltering. You have several options to help you out and none are right or wrong!

One option is to go makeup free. All you need to start your day is a moisturizer with SPF and a lip balm that will leave your lips looking healthy and nourished. It's easy, simple and takes no more than two minutes!

My next suggestion is to reduce the amount of makeup you are wearing and switch to products with lighter formulas that give you a touch of polish without an overly "done" look. Summer is not the time for heavy foundation, lots of powder or overly intense eye makeup. It's a chance to look fresh and glowy.

The best way to achieve this look is to use a lightweight, natural foundation or switch to a tinted moisturizer. Either of these products may contain an SPF (which is good), but keep in mind that products with SPF are most effective during the first few hours they are on your skin. Chances are that you won't reapply your foundation throughout the day, so you need to be aware of your sun exposure as the day goes on.

Using a cream or gel blush will keep you looking fresh and will absorb into the skin to give you a natural touch of color. It stains the skin rather than just sitting on top of it like powder blush can. Use your finger to gently tap on the color along your cheekbones, blending until you see no visible lines or dots.

Open and brighten the eyes using an eyelash curler and a sweeping of waterproof mascara. It's a simple step that tends to make women look a little more "put together" and when you use a waterproof formula, you can splash around and still look fabulous.

If you must wear eye makeup, look for water and smudge-proof formulas. Try to find a cream eye shadow that dries to a powder, keeping the color natural and soft. Too much makeup, especially at the beach, looks silly and out of place. If you'd like to make sure that your eye shadow color stays where it's supposed to, gently press a powder shadow on top of the cream shadow. The two textures stick together - in a good way - and help make it last.

Use an eyeliner that is smudge proof to create a thickening effect along your lashes. Eyeliner is not about drawing a line but about filling in the gaps between your lashes to make them look fuller and thicker. Smokey grey is a great alternative to black for the summer and a bronze shade is easy and looks effortless.

Melted lipstick from the bottom of a hot purse is never fun and it sure isn't easy to apply either. Switch your lipstick for a tinted lip balm or trade it in for a gloss with a hint of color. This way, you won't be left feeling pale and washed out and your lips will have some much needed moisture.

A great way to keep yourself looking and feeling cool and fresh no matter how hot it gets is to keep a misting spray within arm's reach. A spa or mineral water spritzer is refreshing and is not only a great way to "set" your makeup for the day but it also cools and calms the skin in an instant! With these makeup tips and ice cream in hand, makeup meltdowns are sure to be a distant memory of summers gone by.