

## A Windfall of New Makeup Colors

Fall is here and the wind is blowing the rust colored leaves off the trees. With it comes a change to warm cozy sweaters, lazy afternoons sipping hot chocolate and a step away from summer makeup.

I have to admit, I'm not a very trendy person when it comes to fashion. By the time I warm up to a new idea, the trend is usually on its way out, however, when it comes to makeup, I'm excited by the newness of it all and usually find ways to inject some of the latest and greatest into my current makeup application.

How do we follow the current trends without being swept away by them? A trend is loosely defined as a general course or direction. It is important that when we look at makeup trends, as with any, we know that they are "of the moment" but not necessarily for everyone to try.

Every year when fall comes around and the fashion magazines advertise their "Biggest issue ever!!!" we are told to put away our glosses and light foundations and pull out the flat matte colors. While I agree with needing to adjust your makeup and skincare routine, I am a year-round gloss girl who loves skin to look healthy and glowing whether it's July or December.

So how do you get a fresh look for fall without needing to buy a whole new collection?

Let's first talk about the starting point of your makeup look, your foundation. It is completely necessary to have more than one foundation, mainly due to the changing of our skin color throughout the year and the changing of our skin needs as we head into a new weather season. At this time of year, people tend to switch to a matte finish foundation, which is fine, but there is nothing wrong with having a luminous, reflective glow to your skin any time of the year.

It is best to avoid the shiny glow (often noticeable in the T-zone due to oily skin), but it is very appealing to let the cheekbones catch the light and the eyes to have a certain reflective quality. There are several ways you can get this glow to your skin without looking like a plastic doll or a futuristic robot.

First, be sure that you have started with a hydrating moisturizer. The skin should be damp to the touch after application but not slick. Once this has absorbed, you can add a drop of highlighting crème or liquid to your foundation and apply as usual.

If you would rather add the glow after you've applied your foundation, you can take the same highlighting crème or liquid and dab it on the high points of your cheekbone up and around the temple area. You could apply a pearlescent pink (fair skin) or a light golden bronze (olive skin) powder blush to this area instead.

When it comes to the eyes, dig out the shadows at the bottom of your makeup bag and revisit them once again. Do a quick inventory of what you currently have and take note of where you could fill-in the color gaps.

Eye colors are more intense but that does not mean that you are required to apply them with the same intensity. You can use darker colors sparingly and get a soft, muted effect. Many of the fall colors for eye shadows that we are seeing are gunmetal grays, mossy greens and metallic, reflective browns.

The gray shadows will look amazing with blue and green eyes, the mossy shadows will offset hazel eyes divinely and the reflective browns will look fantastic with brown or blue eye colors. Take the time to find a shade that will draw attention to your eye color, rather than drawing attention to the color of the shadow on your lids. You should be the focus, not your makeup!

Blush colors should complement your eye shadow and lip color and stay in the same color range to create a unified look. While there is a strong trend towards orange shades, warm colors in plums and deep pinks will create a more natural and healthy look.

Last but never least is your lips. As mentioned above, fall does not mean glosses must go, though that is often the trend. You can keep your glossy look, but trade it up for a deeper color in raspberry, rust or the wildly popular red. If lipstick is your mainstay, search out hydrating formulas that are creamy in texture.

With these fresh and easy updates, the leaves won't be the only ones changing color and turning heads this fall.

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