

Beauty centric New Year Resolutions to make in 2017

Take my makeup off every single night

Probably the golden rule of beauty basics. For starters, waking up with mascara halfway down your face is never a good look. And removing all traces of foundation, cover up and any other makeup will reduce the chances of acne and spot outbreaks.

Smile more!

The most beautiful thing you can wear is your smile. But did you know it can also take years off your face? Smiling lifts facial muscles, making you look happier and younger!

Breathe deep

When it all gets too much and you feel you're about to explode: take time out. Count to ten. And while you're doing it, focus on your breathing. Breathe in slowly and deeply through your nose, feeling your lungs fill with air, and then out through your mouth until you feel them empty completely. It's a simple trick that can help you calm down almost immediately.



Get my hair trimmed every six to eight weeks

It's your crowning glory after all, so make sure you keep your locks in tip top condition. Book your next appointment while you are at the hairdressers so you don't forget.

Declutter my cosmetics

Get yourself off to a fresh start by having a clear out and getting rid off all those cosmetics you just don't wear. And make sure you check for sell-by dates; almost all beauty products have a shelf life. Think of it this way - you will have a lot more space for new goodies!

Moisturise morning and night

It's what your mother, and probably your grandmother, told you for years. Moisturising your skin on a regular basis will help it appear full and vibrant; wrinkles develops easier and sink deeper if your skin is dehydrated. And make sure you treat your neck and décolletage as an extension of your face.



Wear SPF 30 every day

While we are on the subject, make sure you wear SPF 30 or higher all year round – even in the middle of winter. It will protect your skin from harmful UVA/UVB rays.

Get a beauty buddy

Enlist a friend to help keep your new beauty regime in check. Meet up every month or so for a massage or a manicure, and a good catch up.

Clean my makeup brushes every week

You wash your face regularly to keep it clean, so don't then use dirty makeup brushes on it! Wash your brushes once a week to keep them free of dirt and bacteria – and your face spot free.



Experiment with new styles

Yes, your dismal attempt at colour blocking may never see the light of day, and your neon lips might stay safely behind closed doors, but don't be afraid to experiment this year.