



Makeup Makeover **By Allison Carter, The Professional Organizer**

How long has it been since you have cleaned out your make-up?
When was the last time you used a new color on your lips, cheeks, or eyes?
Are you moisturizing??

It is easy to get stuck in a make-up rut. It's easy to put on. You know that you like it. You know where to go to replace it. But make-up changes styles just as clothing and accessories do. If you're wearing the same eye shadow as you did in the 80s or 90s, it's possible you look like you are a bit behind the times.

It is time to get a fresh look for yourself.

- Create a skin care routine to protect your skin from the sun and other harsh elements. It should include moisturizer, sun block, and an exfoliator.
- Pick 3 new eye colors for a clean fresh look. Include a light color for highlights, a medium tone for the eyelid, and a darker hue to use in the crease.
- Choose a lip color that makes you feel good. Lip gloss is a fun pick for a casual look.
- Try a new nail color. This is your chance to show your funky personality or create a sophisticated finished look.
- The FDA, which keeps tabs on the make-up industry says make-up has a 1-3 year shelf life when unopened. After make-up is opened, bacteria and fungus can get grow and cause skin problems. This is a rule of thumb for when it should be tossed out:
Lipstick: 1 year
Mascara: 3 months
Eye & Lip pencils: up to 1 year if sharpened regularly
Liquid and cream foundations: 3-6 months
Powder-based products: up to two years
Nail polish: 2 years
- Keep track of the age of make-up by writing the date in permanent ink when you open it.
- Don't take a chance if it smells or looks funny. When in doubt, throw it out.

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