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HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

Color Me Happy It's Fall

It's November and with the onset of a new month and the coming of the end of another year, like the leaves and foliage that are turning over their old leaves, it's also time for us to change color. From fashion to face.....beauty takes on a colorful new look.

I attended the launch of a new professional make-up brand called "Nouba." The event, also filmed for an episode of the reality TV show, "The Gastineau Girls," was hosted by Lisa Gastineau and was a frenzy of fashion forward femmes all on the hunt for the hottest fall looks. None of us were disappointed, as make-up artists from Nouba went wild giving tips and demonstrations to the crowd. The Nouba line, which will be available in Takashimaya in February, is absolutely fabulous, and as a make-up artist myself, that's high praise. But more importantly for us, Nouba prides itself on being an authority on color, and with well over 2,000 lipstick shades in the repertoire, it's not a surprise. With this in mind, I got some great fall make-up tips from Pietro, Nouba's head make-up artist. According to Pietro:

1. "For the fall, red lipsticks are back. Either concentrate with red on your lips and go neutral for the eye shadows. Or, for people with darker skin, you can use red eye shadow, it will make the color of your eyes pump out."

2. "Apply your liner before your shadow and then spread your shadow. You will get the same smoky eye effect, but without the line."

3. "For your shadow, wet your brush and the pigment of the shadow will be stronger and darker."



Not stopping at just one opinion for my readers, I also called upon Sarah Strand, creator of another favorite make-up line, "Pop," for some fall color tips. Pop Beauty is also quintessentially color-oriented and Sarah colored me crazy with tips and tricks for the fall.

"This fall I will be using glowing apricots, burnt oranges and tangerines mixed with golden glows and fresh nudes," says Strand, "Line your eyes with a classic black, very close to your lashes (both upper and lower lash line) and add a soft burnt orange onto that line, finish off by dusting a gold over the entire lid and you will have a smoldering eye." (Don't forget to finish off with lots and lots of mascara!)

"This look works for daytime into night - adding shimmer (Pop Glitter Gel in gold) on any eye shadow as a liner or smudged onto eyelid looks unbelievably sexy!" She adds, "Don't leave the house without the POP 'Eye Class' in "Brown Eyes" contained in a shimmering gold wallet, it comes in three show-stopping colour combinations and holds all the shades you would ever want.

"This fall, keep your skin naked and velvety," Strand continues, "using sheer liquid foundation with a touch of a very sheer powder on top," and she adds that, "bronzer is also a must for this look. Dust onto your face with a large brush (everywhere the sun would naturally hit you, forehead, cheekbones, jaw-line, nose, and chin) then add a shimmering burst of colour onto the apples of your cheeks to lift your face and enhance your cheekbones.

"I love the soft glimmering bronze and apricot duo of the "Pop Cheeky Cake" in "Beach Babe," it's a bronzer and "pop" of colour in one!" she says. Lastly, "Finish off with a touch of a dewy sun burnt glow on your lips. My "Sugarshine" in naked is the best and tastes deliciously of white chocolate!"

With just a little bit of a golden highlighter added onto your brow and cheekbone and with your high heels on, you will be ready to take on the crowd and be the spark of every party this fall! Find "Pop" at Sephora, or online.

Color me happy, it's fall.....don't be afraid to add a little color to any gray day and look out for yours truly in "The Gastineau Girls" sometime in December. Eeeck!

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