

BACK TO BASICS



■ **ANITA KAPOOR** (above, 39, television travel host, radio presenter, writer)

"Tip No. 1: Instead of matte powder eye shadows, I always use metallic cremes on a base of foundation on my lids. It's a simple trick that lends a fresh, modern dewy accent to the face and it catches the light just where you need it.

"Perfect for work-to-party looks, crazy schedules and quick changes. It goes with glossy or matte lips, or even just a smear of lip balm.

"Tip No. 2: Mascara is a godsend for a quick fix root touch up when your colourist is out of town. It has saved me on many shoots!

"And the wand is perfect for tidying up baby hairs at the hairline – just clean away the mascara first!"

■ **DJ CHERYL MILES** (35, 91.3FM – *The Wrong Way Home with Daniel Ong & Cheryl Miles, weekdays 4pm to 7pm*)

"Sometimes I forget to apply lip balm and working in air-con can dry out my lips. If your lips get scaly with dried skin, here's what you do. Put some Vaseline on your lips, then rub a toothbrush over it to scrub off the dead skin.

"Finally, wipe your lips clean with tissue paper. I guarantee that your lips will be smooth! Vaseline is also great as an eye makeup remover."



■ **KAREN NG** (above, 38, power stylist and personal shopper)

"This is for girls who love super high heels. Apply Vaseline petroleum jelly on feet generously before putting on your shoes. This helps to soften and moisturise the skin, and is really good at preventing friction and blisters."



TNP FILE PICTURES

■ **VIVIEN ONG** (above, 18, Winner of *The New Paper New Face 2010*)

"If you are caught in an impromptu photo shoot and you have no makeup on, here's how you can create instant flushed cheeks: just bend forward and try to touch your head to your knee, count to five and there you go – natural blush!"

■ **PATRICIA MOK** (38, television actress)

"If I have a special programme or show coming up, or if I'm filming a travelogue, I will use my paper face mask without fail every day! My favourite brand is Soigne International – you can get it from Face Bistro in Holland Village."



■ **DR GEORGIA LEE** (above, 41, director of *TLC Lifestyle Practice*)

"I use scrub on my body once a week and a cleanser twice a week to to lighten any pigmentation and prevent new ones. It keeps me fair.

"I do not eat any carrots as I don't like the yellowish tinge it gives my skin. I take Vitamin A supplements.

"After makeup, I sometimes take a very hot shower as the steam helps to set my makeup and makes the makeup look dewy."



■ **BEATRICE CHIA-RICHMOND** (above, 36, theatre director)

"Never, never, ever sleep with your makeup on."

■ **DJ MADDY** (37, 91.3FM – *Non-Stop Hit Music with Maddy, weekdays 10am to 1pm*)

"I read on a forum somewhere that the best and cheapest way to wash out those oily, filthy pores on the face is to soak your whole face in a basin of very warm water for at least 60 seconds twice a day after cleaning off the makeup.

"I tried it and it's absolutely the most refreshing thing you can do for your skin, and it helps the acne too!"