

# Double Benefit When You Buy

By DIANA MATHIAS  
Epoch Times Staff

Show your care by finding the best product, the one that stands out, the most perfect gift among all those in the market—the one that gives you more than just the item when you buy gifts this season. Your time and energy will mean much to the person who receives the gift.

If you want to give a gift of beauty to support a person in her quest to become ever more beautiful, for example, it may seem daunting to choose the right products as you scan the makeup aisles. Can you find a product that really does what it is meant to do—enhance beauty and yet not make the user or the planet unhealthy at the same time?

Too many companies have written off that goal, saying it is too expensive or not realistic. If we want to give the best gift, we need to seek out the outstanding companies that hold to our high principles.

My first suggestion is for you to do your research before you shop. Find out which companies stick to ingredients that are healthful and manufacturing practices that protect the environment.

You can go to a company's Web



GIVING MORE: A gift has deeper meaning when we find companies with our values. THE EPOCH TIMES

site and see what it says about corporate values and responsibility. Then you can look at environmental groups' Web sites to see what they say about different companies, and you can follow Dori Patrick's suggestion [see Beauty Box] to check the Web site [www.safecosmetics.org](http://www.safecosmetics.org) to see if the ingredients in a product are safe.

Lumiere Cosmetics is one example of a cosmetic company offering natural mineral makeup that is loose and can be mixed to get the exact color you want. And Anokha Skin Care also offers natural products developed to improve your skin in tune with Nature.

We tend to think of natural products as coming from local companies in the United States, so as we buy those products we are doing two good things: getting the natural products we want and supporting our local economy in producing green products.

But if you want to support environmental efforts in other parts of the world, you can do that too. L'Oreal reports its success in Libramont, Belgium, in producing all the energy needed by its factory through a green system. And many cosmetic companies in Brazil use natural ingredients that can give the local people a source of sustainable income.

So you can find products that suit whatever your values are—just spend a little time looking. This holiday season can become one of long-lasting giving, with the gifts and the information you have gathered providing continual reminders of support to those values you and the recipient hold dear.

## BEAUTY BOX

# Skin Care Tips for a Healthy Look

By DORI PATRICK

It is the desire of every woman to have beautiful and flawless skin. Often we turn straight to makeup for that quick fix but neglect the fundamentals of holistic skincare. Get beautiful from the inside out by following these simple steps.

**EATING RIGHT**  
Healthy skin will always result in a better makeup application.

Maintain a well-balanced diet, regular intake of vegetables, fresh fruits, grains and fish, foods that are rich in antioxidants and Vitamin A, B, C and E. An abundant supply of these nutrients help the skin rejuvenate, repair itself, produce collagen, moisturize and stay healthy. Select food as natural as possible and avoid those that are processed.

**BASIC SKIN CARE**  
As a basic skin care program, every woman's skin care routine should be made up of three main components, morning and night: cleansing, toning and moisturizing. If you are short on time cleansing and moisturizing are most important.

**A MORE EFFECTIVE REGIME**  
For a more complex skin care regime, there are many things you can do to combat your individual skin issues.

Exfoliate your skin to eliminate old skin cells and start growing new ones, this can be manually with a facial scrub or by applying a glycolic peel made from fruit acids.

Masques that contain vitamins, and minerals help to correct many things including wrinkles, flaky dry skin, skin irritations and tired-looking skin. Your skin will be left feeling much smoother and softer. It makes you feel years younger.

Serums are intensive composites of ingredients that go into beauty products. Concentrated ingredients are packed into a serum, which can

penetrate the skin much quicker and more deeply for an intensive treatment. They can also help address certain skin problems, such as dehydration and dullness.

**SUNSCREEN**  
The importance of sunscreen cannot be overstated! The reason why sunscreen is important is that the number one cause of aging and damage to the skin is sun exposure! Sun protection is the most important skin care product you can use everyday. Sun exposure leads to wrinkles and uneven pigmentation by damaging the dermis of the skin and is also blamed for skin and lip cancers.

Proper skin care starts with knowing the type of skin you have.

**SAFE AND NATURAL BEAUTY CARE PRODUCTS:**  
Always check the labels of what you buy and make sure they don't contain harsh chemicals such as petroleum, parabens, alcohols or artificial fragrances. By going to <http://www.safecosmetics.org> you can research the ingredients on the label of all your beauty care products.

**MAKEUP TRANSFORMATION**  
The biggest way to improve on your makeup is by applying a foundation to even out your skin tone. An even skin tone will make your features really stand out.

Every makeup artist will tell you the importance of starting with a clean palette of smooth, even skin. Create a flawless canvas with foundation or concealer, and everything that follows will look better.

It's important to find the right product for your skin type and color. Proper skin care starts with

knowing the type of skin you have. There are five types of skin—oily, dry, normal, sensitive, and combination skin. Before you go shopping for any skin care products you need to exactly know the type of skin you have. This will help you in buying the best skin care products.

Then select the right color. The wrong color foundation can make skin look washed out or unhealthy. Wearing foundation should never look like you're wearing a mask. A perfect match will enhance the skin you have in a natural-looking way. To determine what shade of foundation to use, test your foundation on your jawline. The perfect shade is one that disappears on the skin.

**COLORS**  
Now for the fun part, applying color on the face. There are so many colors to pick from, blush, eye shadow, lipstick/gloss, mascara and eye liner. Don't be afraid to try something new. Most company's offer samples of their products, so you don't have to invest so much money in something that might not work out. Loose mineral cosmetics are fun because you can wear them wet or dry. Minerals that are in loose form allow you to mix different colors together to make your own creations.

**A FEW BEAUTY TIPS**  
1. Allow enough time for your moisturizer to set in.  
2. Use good quality makeup tools when applying your makeup, the result will be much better.  
3. Just like skin care, cosmetics that are formulated for your skin type will give you the optimum results.

Dori Patrick and her sister Merri Yardley are developers and owners of Terra Firma Cosmetics, a natural mineral make up company which believes in "Beauty and Earth in Balance." They can be reached at [www.terrafirmacosmetics.com](http://www.terrafirmacosmetics.com).



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703-303-9236 (Office) 703-239-1218 (Cell)

E-mail: [angelawang@mrisc.com](mailto:angelawang@mrisc.com)

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