**The Beauty Reset**

Pause and erase - welcome 2017 with a fresh new take to your beauty regime. By Shevelle Rhule

Credit for image 1 & 3: Courtesy of Design essentials

Credit for image 2: Make up by Bolanle Okusanya Feyita

We spend the first month of the year saying we will stick to New Year resolutions, promising that this is the year to make a change at work, love and life. Yet have you ever thought about taking that same approach to your beauty regime? Why not make this month the time to dedicate to a make up refresh or start listening to your skincare needs. Rather then getting stuck in the same habits, start by altering your skincare routine to adapt to your changing needs or maturing years. Beauty is ever evolving and what better time to make that reset and refresh then now?

**Make up Reset 2017**

Natural Brows

The era of the HD brows is ending and in its place are natural looking eyebrows with an emphasis on your own natural shape. This season brows are defined following the natural growth rather than creating a HD shape and concealer and highlighter is applied beneath the brow rather than all over.

*Make Up Tip:*

Make brows look like your own with delicate pencil or brow powder application. Avoid squaring off the front and extending the tail too far. Also remember the golden role of blending and blending some more.

**Buy: Too Faced Brow Kit £35**

Fresh Skin

With heavy contoured skin being the toast of social media, it may seem that opting for a fresher skin look is going against the tide. Yet the SS17 catwalks were awash with fresh skin looks that where illuminated with highlighter and strobe creams (also known as non-touring) or contrasted with one bold element either on eyes or lips.

*Make Up Tip:*

Fresh clean skin is the ideal day make up, designed to look like a better version of your own. Focus on finding the perfect primer, lightweight foundation and ditch the powder – use for glam evening out instead.

**Buy: Lancome La Base £28.50**

Experiment

Every woman gets stuck in a make up routine and rarely moves away from that. While its important to know what works for you and not get too sucked into trends and fads, it’s always important to experiment and play away with styles and colours to keep your style fresh and more importantly have fun with it.

Make Up Tips:

Why not pick one trend per season to try out at home? While you may not love it, it will get you out of your make up cage and push you to try something new. Next season we are loving the bold blush trend, think flushed colour in a cool way!

**Buy: NARS Blush Duo £32**

**Skincare Reset 2017**

Skin Boosters

Particularly during the coolest months black skin needs some extra moisturizing and nourishment. Lack of Vitamin D is also signification for darker skin tones during the winter so look for products that will boost vitamins and hydration into your skin for a glowing finish away from summer.

*Skin Care Tip:*

Try adding a few drops of essential oils to your moisturizer, eye cream or even foundation to boost nourishment of the skin, retain moisture and amplify protection from day to day free radicals.

**Seaberry Skin Nutrition Booster £36**

Anti Aging Care

Black skins tends to age in different ways to our white counterparts, while fine lines and wrinkles is a reality that happen much later in our age cycle, uneven skintone, dark spots and hyperpigmentation can rob our skin of its youthful glow instead.

*Skin Care Tip:*

Look for product that help treat rough textures, blotchy skin tones and sagging skin. Beauty devices are great way to tone skin and removing dulling dead skin cells while encouraging the renewal of the fresher dermis beneath.

**Buy: Foreo Luna 2 £125**

Beauty Sleep

Sleep is nature’s most powerful beauty treatment but it is almost always neglected in hectic lifestyle. Finding eight hours every night isn’t always possible but quality over quantity is what count as while asleep, skin works the most effectively at collagen production, skin regeneration and recovery.

*Skin Care Tip:*

Try adding night skin creams to your regime to make the most out of this beauty perfecting time. Also sleep mists that encourage you to sleep well are also great for those that have turbulent or interrupted night sleeps.

**Buy: Neals Yard Goodnight Pillow Mist £15**