

## REALISTIC BEAUTY RESOLUTIONS FOR 2012

Drastic New Year's resolutions usually don't last beyond January. So this year, why not take a more realistic approach to your beauty resolutions? The team at Mario Tricoci Hair Salons & Day Spas suggests the following simple, yet impactful changes for your 2012 routine:

**I will stop wearing my hair in a ponytail every day.** This year, resolve to perfect your blow drying technique so you can achieve a fresh from the salon look on your own. Check out our YouTube page at <http://www.youtube.com/user/MarioTricoci> for a how-to Blow Dry Video from Mario Tricoci.

**I will quit wearing my make-up to bed.** That nightly skin cleansing is so important -- don't skip it. Your skin repairs itself while you're sleeping, so removing your make-up and debris that has built up during the day will encourage the rejuvenation process and prevent breakouts.

**I will grow out my nails.** Start by applying nail strengthener over clean nails once a day, or over polished nails every few days. Then hydrate often, which is a key to growing nails and maintaining healthy hands; solar oil for cuticles and almond cream for hands will do the trick. Finally, consider regular manicures (every week or two for best results), like a highly moisturizing Almond Manicure, to keep hands and nails supple throughout the dry winter months.

**I will quit hoarding old make-up.** As cosmetics age, they become less effective, can harbor germs and bacteria, and, of course, go out of style. Commit to purging your bag every few months and cleaning your brushes and other applicators regularly. Need some direction? A professional make-up artist can teach you which updates to make and how often.

**I will protect my skin, even when it's cloudy.** Rain or shine, sunscreen is the best anti-aging product. Period. Try a sunscreen like Skinceuticals Sheer Defense SPF 50 to protect against both UVB and UVA rays. This product is also a great primer for your make-up application because it goes from a liquid to a powder finish.

### Mario Tricoci sources:

- Cheryl Santucci, beauty director
- John Gialluisi, creative director
- Amber Edwards, nail director
- Debi Collins, esthetics trainer