

Sign up for a free eBook

Sign up for our email newsletter and you will receive a free facial exercise ebook.



You will not only get our monthly email newsletters you will also be able to download an ebook with skin firming and facial exercises.

Face Fitness



Everybody knows through exercising in a gym you can firm up the body and skin. Naturally, the same is true about the muscles in the face and neck. As your muscles and connective tissue tone, your skin tightens up and becomes more resilient and elastic as well! With facial exercises you not only regain that look you thought you'd never see again, you'll age beautifully, looking younger as you grow older.

As we age, our muscle fiber in our bodies tends to atrophy and become less with time. As far as muscle shrinkage (atrophy) is concerned, it's debatable whether loss of fibers from individual muscle cells or loss of cells themselves is the important issue. What is atrophy? In fact, what is a muscle cell? Atrophy means the bulk of the muscle is lost. In other words, the term is a "universal" one. It encompasses our experience when we lose muscle. It does not, however address what is happening on a "cellular" level. And, it is what happens on a cellular level that helps us to understand how and why exercising the face can bring not only a younger look but a healthier one, too.

Kim Kardashian Makeup Tutorial Video with Robert Jones

Kim Kardashian Makeup Tutorial Video with Robert Jones from the <http://www.robertjonesbeautyacademy.com>.

Celebrity makeup tutorials are HOT items and this one is no different! Kim Kardashian is constantly in the spotlight as a beautiful, “bronzy” babe with a look *everyone* would love to rock! She has also managed to capture a bit of runway in her fresh, bronzed glow and full, strong brows!

Robert loves to teach celebrity inspired looks, but is always first and foremost to state that rather than just copying a celebrity look you should take the look you love and make it your own!

Best Products for 2012 from Paula's Choice

PAULA'S CHOICE®
from The Cosmetics Cop



Now that 2012 has come and gone, we're sharing the very best skin care and makeup from last year. Below are the top eleven of 2012: Our favorite products for a New Year of beautiful skin and flawless makeup! For even more of our favorite makeup and skin care picks, visit the [Best Products](#) section!



BEST [NYX Cosmetics The Curve Felt Tip Eyeliner](#) (\$15)

Ergonomic eyeliner pen is foolproof to use, and doesn't skip or smudge.

BEST [Paula's Choice RESIST Instant Smoothing Anti-Aging Foundation](#) (\$24.95)



Get flawless coverage and a healthy glow while fighting signs of aging with antioxidants.



BEST\$\$\$ [Pürminerals 4-in-1 Mineral Tinted Moisturizer SPF 20](#) (\$34)

Anti-aging retinol combines with sunscreen and a soft tint for casual weekend makeup.

BEST\$\$\$ [Laura Geller Shine & Shield SPF 15 Lip Gloss](#) (\$18)



This gloss's balm-like texture imparts a lovely splash of color while providing broad-spectrum sun protection.



BEST [NYX Matte Lipstick](#) (\$6)

Goes on surprisingly creamy, then sets to a long-wearing, non-slip finish that won't make lips feel parched.



BEST [Revlon PhotoReady 3D Volume Waterproof Mascara](#) (\$8.99)

This waterproof mascara holds a curl, thickens lashes and refuses to clump or flake.



BEST [e.l.f. Studio Blush](#) (\$3)

Suede-smooth powder offers a subtle radiant glow and buildable color that looks fresh.

BEST Paula's Choice Pure Radiance Skin Brightening Treatment (\$26.95 for 1 fl. oz.)



Improves skin tone and brown spots with a proven blend of lighteners and antioxidants.



BEST Paula's Choice RESIST BHA 9 for Stubborn Imperfections (\$36.95 for .3 fl. oz.)

Powerful time-released salicylic acid exfoliant improves your most stubborn skin concerns.



BEST [Olay Regenerist Micro-Sculpting Serum Fragrance Free](#)
(\$28 for 1.7 fl. oz.)

This serum can't "sculpt" but does contain an impressive amount of skin-beneficial and anti-aging ingredients.



BEST\$\$\$ [Rodan + Fields S00THE Mineral Sunscreen SPF 30](#) (\$41 for 1.7 fl. oz.)

Silky, soothing moisturizer with broad-spectrum sun protection for sensitive, rosacea-affected skin.