

10 BEST MAKEUP TIPS THAT EVERY WOMAN SHOULD KNOW

There are a lot of creativity when we talk about makeup. Makeup become one important part of every girl even on the way that the most of the girls are not going out without make up. In this post we want to make preparation and your beautification little bit more easier. You can see clever tips and ideas for make up that will definitely change your life. We are sure that you need all these tips right now and that you will start using it immediately. Just check from below and learn something new easy cheap. Enjoy!

USE A PLASTIC SPOON SO YOU DON'T GET MASCARA ON YOUR SKIN

 source

APPLY BLUSH ACCORDING TO YOUR FACE SHAPE

 source

TURN A PENCIL EYELINER INTO A GEL FORMULA WITH THE HELP OF A MATCH OR LIGHTER

 source

MAKE YOUR MASCARA LAST LONGER!

 source

MAKE EYES APPEAR BIGGER

 source

HIT YOUR EYELASH CURLER WITH A HAIR DRYER TO HEAT IT UP, SO YOUR LASHES CURL EASIER

 source

HOW TO PREVENT YOUR EYELINER FROM RUNNING

 source

SPOT CONCEALING

 source

USE A SPOON TO CREATE THE PERFECT WINGED LINER

 source

FOR LONG-LASTING LIP COLOR, SWIPE ON YOUR SHADE, LAY A TISSUE OVER YOUR MOUTH, AND THEN DUST TRANSLUCENT POWDER OVER IT TO SET THE COLOR

 source

DOES MAKEUP EXPIRE?

 source

Sursa: allforfashiondesign.com

Iata cat de important este sa-ti masezi talpile inainte de culcare

Un articol de Cristian Iacov

Masajul si automasajul reprezinta doua dintre metodele eficiente prin care putem sprijini procesul de autovindecare si regenerare a corpului.

Subliniind importanta si eficienta masajului si a automasajului, medicii recomanda adesea aceste tehnici in scopuri terapeutice.

Iata mai jos despre ce este vorba!

Avantaje multiple

Prin intermediul masajului poti imbunatati circulatia sangelui si sprijini procesul de eliminare a secretiilor glandelor sebacee si sudoripare, precum si a surplusului de CITESTE IN CONTINUARE

Sursa: secretele.com

Ce se intampla cu organismul tau daca mergi desculț 5 minute in fiecare zi!

Un articol de Cristian Iacov

Daca ai fost atent la orele de istorie, probabil iti amintesti ca oamenii au mers desculț la inceputuri, si asta s-a mentinut secole la rand. Poate cei din trecut stiau ceva sau poate nu, insa incaltamintea ne afecteaza unul dintre cele mai importante simturi – Simtul tactil!

Anumite puncte din talpi sunt conectate direct la anumite organe din corp. Daca vei merge desculț pe jos, trebuie sa sti ca vei stimula, fara sa realizezi, acele puncte cheie, astfel incat iti vei imbunatati functionarea CITESTE IN CONTINUARE

Sursa: secretele.com

Reteta ruseasca pentru tratamentul total al glandei tiroide

Un articol de Cristian Iacov

Hipotiroidismul este o afectiune in care glanda tiroida nu produce suficienti hormoni tiroidieni. Acesta afecteaza echilibrul normal al reactiilor chimice de la nivelul organismului. In fazele de debut ale aparitiei bolii, hipotiroidismul provoaca diverse simptome, insa in timp acesta provoca probleme de sanatate destul de grave cum ar fi obezitate, probleme articulare, infertilitate si probleme cardiace.

Tratamentul rusesc pe care urmeaza sa vi-l prezint, este extrem de eficient si foarte CITESTE IN CONTINUARE

Sursa: secretele.com

De ce este indicat sa mergi pe jos timp de 30 de minute in fiecare zi

Un articol de Cristian Iacov

In Japonia, Shinrin-yoku – in traducere „baia de arbori” – reprezinta actul de mers pe jos in natura pentru a reduce stresul si a te relaxa. Aristotel isi tinea lectiile de

filozofie in natura, predandu-le adeptilor si invatacelilor in timp ce mergea.

Mersul pe jos este probabil una dintre cele mai subestimate forme de exercitiu fizic, desi nu implica niciun fel de costuri, are efecte energizante si imbunatateste sanatatea cardiovasculara.

Aceste beneficii au fost constientizate si CITESTE IN CONTINUARE

Sursa: secretele.com

Un Week-end de Detoxifiere – Elimina Otravurile din Organism in 48 de Ore

Un articol de Cristian Iacov

Daca te simti obosit tot timpul si duci lipsa de energie, daca ai cercuri negre sub ochi sau daca ai pielea uscata, cred ca ar trebui sa alegi un week-end la intamplare pentru a face o plimbare in natura singur sau impreuna cu prietenii si sa-ti pregatesti un meniu care te va ajuta sa elimini toate toxinele si substantele nocive din organism.

Cele enumerate mai sus sunt doar cateva semne ce iti indica faptul ca organismul tau este „otravit” de substante nocive. In cazul in care organismul tau CITESTE IN CONTINUARE

Sursa: secretele.com

Legatura dintre organele interne si durerile de la nivelul coloanei vertebrale

Un articol de Maya

De cele mai multe ori atunci cand suferim de dureri de spate incercam sa le vindecam utilizand diverse metode. Unele persoane apeleaza la kinetoterapeuti, altele la acupunctura in timp ce altele isi administreaza diverse medicamente antiinflamatoare.

Problema este ca multi nu cunosc faptul ca aparitia durerilor de spate este rezultatul imbolnavirii unor organe interne!

Vezi mai jos adevarata legatura si ce sa faci in privinta asta:



Asadar, data viitoare cand iti apare o durere de spate, nu mai incerca sa o vindeci utilizand diverse metode, asa cum sunt cele mentionate mai sus, ci retine infograficul prezentat care iti reflecta adevarata legatura dintre organele interne si durerile de spate.

In cazul in care te doare spatele:

Pasul 1:

Incearca sa localizezi zona durerii.

Pasul 2:

Vezi ce organ ii corespunde.

Pasul 3:

Trateaza organul sau organele afectate.

Vei ramane uimit atunci cand vei observa faptul ca dupa ce ti-ai facut o detoxifiere a ficatului sau dupa ce ti-ai facut un tratament la stomac, ti-a disparut in mod miraculos si durerea

de spate, care te-a chinuit de ceva timp!

Acesta este motivul pentru care este foarte important sa acordam o atentie deosebita durerilor de la nivelul coloanei vertebrale.

Sursa: secretele.com

Pericolele tocurilor inalte si modul in care iti afecteaza sanatatea!

Un articol de Maya

Vestimentatia ta va arata uimitor cu perechea perfecta de pantofi cu varf ascutit si tocuri de 10 cm, dar daca esti adepta acestui stil si porti acest fel de incaltaminte mai mereu, poti ca in timp sa dezvolti o serie de afectiuni. Cele mai multe dintre femei poarta tocuri inalte ocazional, in timp ce altele le poarta in fiecare zi, chiar daca sunt pe deplin constiente ca pantofii prea inalti sunt incomozi. Nu este ceva neobisnuit, mai ales in zilele noastre, ca femeile sa faca sacrificii pentru CITESTE IN CONTINUARE

Sursa: secretele.com

Cum poti identifica alimentele tratate chimic in magazine si la piata?

Un articol de Maya

Nu exista nici o modalitate infailibila sau vreun raspuns unanimitate cu privire la identificarea alimentelor organice de alimentele tratate cu chimicale. Pentru a face aceasta distinctie, trebuie sa recurgem, de multe ori, la intuitie si sa exploatam la maximum informatiile furnizate de mass-media, rezultatele propriilor noastre investigatii asupra furnizorilor de materii prime si a producatorilor de produse alimentare.

Principii:

Alimentele tratate chimic au un aspect mai placut, au forme mai CITESTE IN CONTINUARE

Sursa: secretele.com

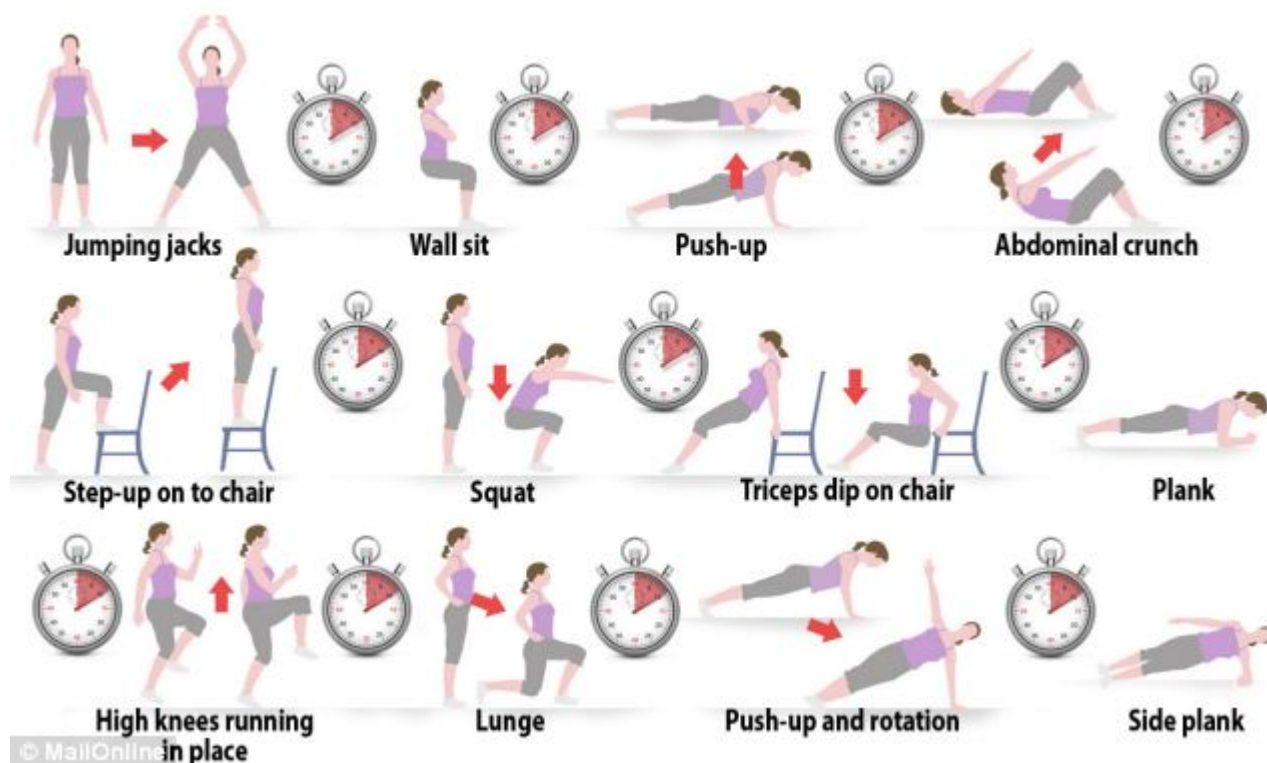
7-MINUTE TOTAL EXERCISE ROUTINE

No matter where you are, get that body fit with this new and wonderful 7-minute workout. It requires no gym equipment whatsoever, therefore no excuses. All you need is in your house already, a chair, a wall and your own body weight.

This routine combines the best **10 exercises** to burn calories

and stay fit and strong, and you should do each for 30 seconds with a 10 second rest in between in order for the workout to be effective.

Remember to always keep your abdominal muscles contracted in every exercise and in every position as well.



#1 Jumping Jacks

The first step is to stand up straight with your feet together and your arms at your side, then bend your knees slightly and follow this with a jump. In mid-jump, bring your legs out to the side about shoulder width or slightly wider. As you are moving your legs outward, you should raise your arms up over your head to elevate your heart rate.

#2 Wall Sit

Stand approximately 2 feet in front of a wall with your back facing it, and lean against the wall slowly and begin to slide down the wall until your knees are bent at 90 degree angles, as though you are sitting in a chair. Keep this position for a minimum of 20 seconds or a maximum of 60 seconds.

#3 Push-Up

This exercise is great for targeting your pectoral muscles, triceps, and anterior deltoids. Push-ups are performed by pushing your body up and down using your upper body and arm strength. To do a correct push-up, you must raise your body up onto your toes so you are balanced on your hands and toes. It is important to keep your body in a straight line from head to toe without sagging your torso or arching your back.

#4 Abdominal Crunch

Lie on the floor, facing up, with your knees bent, then curl your shoulders towards your pelvis. You can either place your hands beside your neck, resting gently behind your neck, or placed across your chest. To perform a proper crunch, your lower back must remain resting against the floor allowing your hip flexors to rest so all of the attention can be focused on your abdominal muscles.

#5 Step-Up onto Chair

The step-up onto chair routine is super effective for your body. Not only does it work on your abdominal muscles, but it also builds lean muscle mass, boosts your metabolism and aids in weight control – Bonus!

Position a sturdy chair in front of you and stand with your feet about hip-width apart and your arms at your sides. Next, step up onto the seat with one foot and press down while bringing your other foot up next to it. Step back with the leading foot and bring the trailing foot down beside it to finish one complete step-up.

#6 Squat

To perform a proper squat, your feet should be flat on the ground, about shoulder-width apart and point your feet slightly facing outward, rather than straight ahead. Never let your knees extend beyond your toes, as this will increase the likelihood of damage to your knees. Keep your back straight and bend at your knees as if you were going to sit back in a chair, thrust your hips forward and pull in your abs whilst keeping your back only slightly arched. Slowly lower your body so that your legs are almost parallel to the floor.

#7 Triceps Dip On Chair

Sit on the chair with the palms of your hands on the edge, and then slowly slide your buttocks off the seat whilst supporting your weight with your hands. First, straighten your right leg and keep your left leg bent at a 90-degree angle keeping your elbows bent all the time, slowly lower your buttocks towards the floor. Push back up until your arms are straight.



#8 Plank

This exercise is vital for building your core and arm strength.

Lie face down on the floor with your elbows resting on the floor and your arms in a 90-degree position. You then push down on the toes of your feet to extend your feet and push your body so it is off the ground and resting on your elbows and toes. Hold the position for as long as you can.

#9 High Knees Running In Place

Perform a typical running motion while lifting your knees high into the air. Ensure that your legs are at 90-degree angles when being lifted high into the air and point your toes forward in order to maintain the correct form and to really

benefit from this simple exercise. This exercise is great for the muscles in your legs and hips, and can even improve your lower body flexibility.

#10 Lunge

Lunges are great for toning a number of different areas of your body, so they are a particularly useful exercise.

To perform a basic lunge, you must first begin by standing up straight with your shoulders back and relaxed and your chin up, step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Maintain the weight in your heels as you then push up to the starting position.

Sursa: viral-braids.com