



Hot Waves Salon News

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SLIMMING MAKE UP TIPS



Open any magazine and you may see many slim faces with perfect cheekbones and noses. To mimic such photos, here are a few tips to make your face look slimmer, instantly.

1. Primer. Using a brightening and tightening primer before makeup can instantly tighten skin and help decrease puffiness, particularly underneath your eyes.

- 2. Sculpt cheekbones.** Glide a creamy peach blush stick in a curved “U” underneath your cheekbone, and then blend upward.
- 3. Contour.** One of the quickest ways to make your face appear slimmer is to contour. A pressed matte powder that's one shade darker than your skin can be a round-faced gal's best friend. Using a flat brush, apply a contouring blush or powder in a soft line angled down your cheeks. Start slowly and keep blending to avoid lines. You can also use the same trick on each side of your nose to help it appear slimmer as well.
- 4. Fuller brows.** Thin brows make things look larger. Adding fullness to your brows will flatter your features. Angled brows add contour and make your face appear thinner.
- 5. Bronze.** Bronzer has an instant slimming effect on the face. Use a sheer bronzer to highlight the skin after contouring for a healthy glow that accentuates light in all the right places. Apply with a powder brush, along the forehead, cheek, and jawline. Don't forget to blend everything into your neck.
- 6. Brighten.** Applying a sheer highlighting powder under the eyes and down the nose for a brightening effect will cause the contoured and bronzed part of your face to stand out more. This creates a shape that is slimming and flattering. Use a light hand, blend well, and with practice this will take mere minutes.

To succeed in life, you need three things: a wishbone, a backbone and a funny bone.

~Reba McEntire

Creamed Corn

Ingredients:

2 (10 ounce) packages frozen corn kernels,
thawed

1 cup heavy cream

1 teaspoon salt

2 tablespoons granulated sugar

1/4 teaspoon freshly ground black pepper

2 tablespoons butter

1 cup whole milk

2 tablespoons all-purpose flour

1/4 cup freshly grated Parmesan cheese

Directions:

In a skillet over medium heat, combine the corn, cream, salt, sugar, pepper and butter. Whisk together the milk and flour, and stir into the corn mixture. Cook stirring over medium heat until the mixture is thickened, and corn is cooked through. Remove from heat, and stir in the Parmesan cheese until melted. Serve hot.



November Events

November 5th: Daylight Savings ends.

November 7th: Election Day

November 11th: Veterans Day

November 23rd: Thanksgiving

November 24th: Black Friday

November 27th: Cyber Monday

Black Friday is the official start to the Christmas shopping season.



Did You Know Interesting Facts – Black Friday

Black Friday used to refer to stock market crashes in the 1800s.

Black Friday attracts more people to Disneyland.

Black Friday isn't just on Friday anymore.

GREENERY STREET

BY DENIS MACKAIL

The Greenery Street tells a story of a happy marriage. Ian and Felicity Foster tie the knot and set up their first home in Greenery Street, where they tackle all the common things of being newlyweds. Money, family drama, rude neighbors, and servant problems.

Their uneventful but always interesting everyday life is the main subject of the novel that evokes the charmingly contented and timeless era while managing to be both funny and profound about human relations.

Mackail's sense of humor with witty dialogue makes ordinary matters like shopping, having lunch dealing with the servants, and paying bills funny and entertaining.



Natural foods help cleanse your liver

The primary way your body expels toxins is via the liver, which detoxifies and cleanses your body by continuously filtering the blood of poisons that enter it through the digestive tract, the skin, and the respiratory system. We are often tempted to overindulge during the holidays, and then wish we could wave a magic wand to undo the damage. When your liver becomes overworked as a result of stress or excessive exposure to toxins, your entire system can be thrown off balance, and your health severely compromised. Here are some important foods you may want to begin incorporating into your diet in order to maintain a healthy liver.

1. **Blueberries**. Plants high in anthocyanin have been found to be effective therapy against a fat-laden liver.
2. **Avocados**. Rich in glutathione-producing compounds, avocados actively promote liver health by protecting it against toxic overload, and boosting its cleansing power. Some research has shown that eating one or two avocados a week for as little as 30 days can repair a damaged liver.
3. **Walnuts**. Containing high levels of l-arginine, an amino acid, glutathione, and omega-3 fatty acids, walnuts also help detoxify the liver of disease-causing ammonia. Walnuts also help oxygenate the blood, and extracts from their hulls are often used in liver-cleansing formulas.
4. **Turmeric**. One of the most powerful foods for maintaining a healthy liver has been shown to actively protect the liver against toxic damage, and even regenerate damaged liver cells. Turmeric also boosts the natural production of bile, shrinks engorged hepatic ducts, and improves overall function of the gallbladder, another body-purifying organ.
5. **Olive Oil**. A central component in the Mediterranean diet which has been shown to one of the best diets for a happy liver is olive oil. A 2015 study found this oil could also protect the liver from oxidative stress as well.



JOB SEARCHING VIA SOCIAL MEDIA

Looking for a job is much different from years past. Social media has become an integral part of the job searching. A new study shows a large number of hiring managers turn to free networking sites to post jobs or to search for qualified candidates. However, it's not always easy. Whether on LinkedIn, Facebook, or Twitter, let your family and friends know you are looking for a job. Also, let them know what kind of job you are looking for. They may not know of any opening right away, but will think of you when they do.

LinkedIn. Getting established on LinkedIn can be tough when you don't have work or industry contacts: For people just graduating, LinkedIn is a pretty empty spot for past employment. With little experience and no work, it is hard. Be proactive. Start your profile before you graduate and add all your skills documenting any experience you have. Don't forget any volunteer work.



Facebook. Use Facebook to let your friends and family know you are job seeking: You can still use your Facebook presence and your connections on there for job seeking purposes (your friends are your job seeking starting point, always. They know you best, love you, and would hire you, if they could. So why not start with them?).

Twitter facilitates face-to-face networking: I think the social space is networking, only bigger and better. This is where you start, develop a relationship, and manage your network. Twitter is the cocktail party of social media.

Be open and honest about your employment status: Don't lie about being unemployed. Some agencies need freelancers and last minute part-time employees and so would love to be aware of your situation. It's always best to be open and honest on all social networks.

This November,
**nourish
your hair!**

Save \$14 with the nourish shampoo & moisture solution duo pack!

Includes:
(1) Hydrating Shampoo 8.45oz
(1) Moisture Solution Conditioner 8.45oz

\$38 (\$54 Value)

8X Powder

A new breakthrough powder that is 8 times more powerful than the leading bond builder.

This treatment offers maximum protection for hair during lightening and coloring services, helps hydrate the hair, adds shine and does not add any extra time on your service!

Add to your service today for only

\$10

TRUSS PROFESSIONAL

EMPLOYEE OF THE MONTH

Linda

Linda is paving the way for greatness as she continues to demonstrate team power, education, and quality service for all of her guest. Come visit Linda for a complimentary consultation and save 10% of your next Retail purchase during the month of November.