

Beauty begins with knowing the basics

'There is always something special about each of us, something that we can make the most out of, if only we know what it is.'

—Mira Linder

By LORRAINE MCCLISH

As if it were a miracle that included the expression of beauty in only skin deep, set Mira Linder to pondering on what that time-worn adage meant.

I suppose what it means is that beauty is merely superficial, that the real woman is inside. She said from her Southfield salon.

Well, I think that unless a woman has that superficial beauty, that beauty which is skin deep, she won't feel good inside.

I think that to feel good inside, you have to look good outside.

She is adamant that there is always something special about each of us, something that we can make the most of if only we know what it is. Achieving beauty is a matter of emphasizing whatever those good features are.

She believes what the late Helena Rubinstein said: There is no such thing as a homely woman, only a lazy one.

Ms. Linder followed this thought up with wanting to make clear the difference between looking good and looking beautiful, because that changes from generation to generation.

To the women of ancient Greece, for example, beauty meant painting their skin with white lead. Later, upon a layer of white lead, McChesler said. Talk about doing to look beautiful. Those ladies did quite literally, because they died of lead poisoning.

In Renaissance Florence, on the other hand, the pale and fragile look was popular. We know exactly what those women looked like, thanks to the Mona Lisa, Ms. Linder said.

Later, when King Charles II ruled England, not only women but men rouged their lips and cheeks and plucked their eyebrows. When the Victorian age came to England, women wore white any make-up.

So what we think of as beautiful keeps changing, Ms. Linder said, but beauty that wholeness that makes up beauty is what every woman strives for, and that is constant.

Ms. LINDER is owner and operator of Esthetics of Mira Linder, 2641 North Western Highway. Her mission, she says, is creating beauty, and she considers herself as much a teacher as a specialist in skin care.

Beauty means a woman's total look but it has to have skin care, she explained.

Everything in life influences our skin: climate, age, pollution and diet are obvious. But even our emotional life, even our sexual life, play a role in the appearance and quality of our skin.

In order to deal knowledgeably with these internal and external factors, she says, we must know about ourselves.

She decries the advertisements both women and men are bombarded with, not because the product isn't good, but it's a good for you, she jokes. And if it is then it is equally good for your sister or your friend.

Your skin is different than anybody else's and even the various parts of your own skin are different from each other.

That's the pitfall, she continues. You have to be knowledgeable about your own skin and what factors in your own life style are affecting your skin.

Smokers, for example, might be suffering problems different from the sun bather or the tennis player or the woman who works around a specific chemical.

What I am saying is that just as you wouldn't buy drugs or medicines without a prescription from a doctor, don't buy cosmetics without consulting an esthetician or in special circumstances a dermatologist, she said.

KNOWLEDGE IS THE KEY to beauty, it starts with the three basics: cleansing, nourishment and protection. All it takes

is the practice at home of what we preach and teach in the salon, she said.

For many, healthy skin, unadorned, is enough. That's certainly true of those beautiful 17-year-olds with long, straight blond hair and no make-up at all, but that describes a very small percent of us, doesn't it? she said.

From there, Ms. Linder switched to talk about makeup and the look for that fall and winter, that she says should be achieved predicated on one's age, wardrobe and natural tones of one's skin.

The colors of the season and prevailing fashion trends may be blended into your appearance, she says, but only if they become you. Never at the cost of sacrificing your individuality.

Some of her basic guidelines to keep in mind while making yourself up to look your best:

Older women with heavy or sagging eyelids should never wear translucent creamy shadows. Power or light liquid shadows are preferable.

Lips should be outlined especially when there are creases around the mouth area and the lips should be filled in with a rich

color. Pale lipstick only makes the aging face seem older.

Not should an older woman wear a dark foundation. That only emphasizes her creases and wrinkles. Rather, she should use a foundation which is lighter in shade and texture and close to her natural skin tone. For color, she could apply a creamy rouge that blends easily.

AT ANY AGE, a woman's lips are the most rounded part of her face. Women with full rounded lips should use lipstick with a light, translucent texture because it will not look heavy.

Thin lips can be given added fullness by outlining the lower lip, applying the lipstick, and then adding gold-colored lipstick to the center of the lower lip.

Across the board, foundation shades should be coordinated with skin tones. There are exceptions, however. For a ruddy complexion, a beige foundation and browned rouges will help diminish the redness.

If the complexion is sallow, avoid using browns, and use pink tones in both foundation and rouge.

The key, of course, is to achieve a subtle and natural appearance when you



are done. That's, she says, is today's look.

For the fall if you are going to be wearing Yves St. Laurent's Ballet Russe look, your head will be covered with a turban babushka or Davy Crockett hat, and then the emphasis here is on the eyes. Cat Eye make-up with lots of pencil outline and mascara.

The foundation tones to go with this will be monochromatic, and there will be more

contouring. Cheeks with darker shades of makeup, rather than rouge.

The lips are going to be highly less red than they used to be, but properly lined in tones of rust and cinnamon.

In short, he concludes, if that look becomes your cup of tea, however, if you simply want to look good, keep in mind three basic guidelines in mind and follow your own lead up to what feels as your own. Your results should be very



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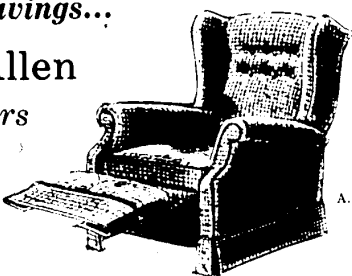
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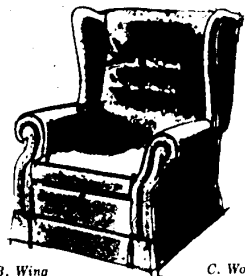
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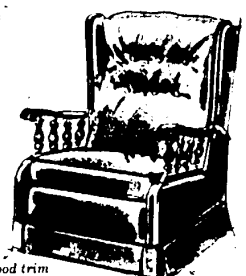
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Where It's At

By JUDY SOLOMON

Let them eat cake

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