

Aspiring models should get to know themselves

Finding out more about yourself is a step in the right direction for somebody looking to enter the modelling field, says Annette Labrecque-Evans.

Miss World Canada 1980 — who is now teaching at Acena Models and Image Centre in Trenton — says models don't find success based on just looking good. Having the right personality is imperative for any model, she says, and that means developing good self-esteem.

"You have to learn more about yourself," she says. "Question your friends about yourself — ask them the things they like about and the things they don't like about you — and then you can make improvements."

Learning more about yourself will allow you to make

better choices in life and will also make it easier to communicate with people, she says.

"If you communicate better, you usually have better relationships with people."

By improving grooming and hygiene techniques, one will feel more confident, she says. "Then it's easier to talk to people, approach people and people will find it easier to approach you," says Labrecque-Evans. "You'll have more energy and you'll also be more outgoing and feel happier."

Set aside some time regularly for self-grooming, Labrecque-Evans says, even if it's only half an hour each week.

"Baby yourself," she says. "You have to learn to love

yourself.

"Put things that upset you behind you...sit in the bath with a good book."

She offers the following skin and hair care tips:

— Cleanse your skin with a mild soap such as Dove and then use a toner such as Witch Hazel or rosewater. The toner will remove soap and oil residues from the skin.

— Use a moisturizer on your skin and, of course, avoid sun exposure without proper sunscreen protection.

— For more healthy hair, use as little processing, coloring and perming as possible and keep your hair clean.