



BEAUTY SPOT

by Barb Presswood

Treat yourself

Once or twice a week, take 30 minutes or so and treat yourself to a facial mask. It is a very important step of the cleansing program, and it produces glowing clean results in minutes.

Facial masks are a deep cleansing of the skin removing deep-down grime and dead surface cells which daily cleansing may not always remove. Masks leave your skin looking positively great.

Choosing a facial mask which is right for your skin:

Dry Skin: Creamy, wipe-off masks, moisturize and soften as they deep-cleanse.

Normal to Oily Skin: Use a clay-based mask to help loosen and remove blackheads, then rinse off.

Note: You can choose a different mask for different areas of your skin. If you have an oily "T" zone, use a clay mask on your forehead, nose and chin and a cream mask on the rest of your face. If you have only the odd pimple or area of blackheads, dab oily mask on these areas and use a regular mask for the rest.

Applying: Always apply a mask to a freshly cleaned face. With fingertips apply mask over forehead, nose and chin, then stroke it from cheeks back to ears. Do not leave on any longer than directions specify. Follow with a moisturizer or night cream.

Things to remember: Use a mask before a night out and you'll glow until dawn. Treat yourself while you have a mask on — lie down, cover your eyes and relax while the mask does its work. Set the timer on your oven to let you know when it's time to get up.

Peel-off Masks: These masks peel away dry flaky cells or any excess oil, but be careful when using them. If used regularly, they can redness to the skin by peeling away new cells along with the old.

Don't take photos too lightly: experts

The advice from wedding photographers is to not treat good wedding photography too lightly.

Book well in advance, photographers say, not leaving it less than six months before the wedding.

"I like to have the bride and groom in again about a month before the wedding," Georgetown's Jim Fishback said.

"I do a preview, take a few pictures from different angles and that gives me the opportunity to get to know them a bit and see how they react when having their picture taken."

Many people believe they aren't photogenic; but Mr. Fishback said "everybody has a good side in photography and it's up to the photographer to find it ... to

find the angle which really re-produces well and shows what the people are really like."

A good photographer checks with the priest, pastor or rabbi to make sure the picture taking doesn't impose on the sanctity of the service.

"If we can find out what's happening in a ceremony, we can prepare for it," Mr. Fishback said.

"Things take place so fast, a certain action can easily be missed if you're not ready - and it can never be repeated."

While photographers have to consider protocol of the wedding service, wedding guests should be mindful of the photographer's job.

Armed with a variety of cameras, guests flock at the earliest opportunity to photograph the bride and groom.

But photographers suggest they give leeway to the gentleman who has been hired by the couple to take the official pictorial account of the ceremony.

Personality is a large part of the photographer's profession. His charm and patience must be maintained working with large and excited crowds as one might find at a wedding.



Jim Fishback displays one of his cameras that he uses for his wedding photography. (Herald photo)

HAPPILY EVER AFTER

"Successful marriages begin with proposals made in natural settings. In the middle of the day under ordinary conditions...the proposal itself should be made in sincere and earnest language...often the more simple the proposal the more forcibly it expresses the suitor's feelings." From *The Book of Etiquette*, Lady Troubridge, 1913.

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