

lip service

If your dream of the perfect red pout more often than not turns into a nightmare, help has arrived. **Belinda Glindemann** got some lip from an Estee Lauder make-up guru.

RED lipstick is a bold statement in any outfit, at any time of the day or night. But it's hard to find just the right shade, isn't it? And anyone will tell you there's a very fine line between Gwen Stefani's sought-after red pout, *far right*, and the red-lip train wreck.

Estee Lauder head international make-up artist Dean Nixon, *centre*, has made-up celebs such as Delta Goodrem, Human Nature, Megan Gale, Gemma Ward and Kristy Hinze while

travelling the world as a master of his craft.

Dean has also played a role in everything from catwalk shows during the different interstate Fashion Week events, to reality TV show *Australian Search for a Supermodel*.

He says fashion-wise, the red lip is always in. "You have to be careful with red lipstick though," he says. "You want to wear the red lip and not let the red lip wear you.

"It's safer to go softer. I always tell people that

they shouldn't get out of their comfort zone, but having said that it's also good to experiment."

Dean says all women have one of three skin tones – cool, warm and neutral – and there's a red lipstick to suit all types.

Cool tones are those light-skinned types with a rosiness, or pink flush, to them. Warm skin tone is the more bronzed or golden/olive skin.

If you are not one of these two types, then Dean says you have a neutral skin tone. Neutral

types have "more leeway" when trying to find the right red lipstick.

Dean's secret ammunition when it comes to finding a good shade of red is Estee Lauder's new Signature lipstick in "Rich Red".

"It's fool proof," he claims.

And if you want to really bang out that red pout, Dean says simply use a blue-based lip liner under the lipstick, and don't forget your gloss. ▽

BECOME THE LADY IN RED

The secret's out. Once you work out your skin tone, Dean reveals just the right red lipstick for you. Here are his top three, no-fail picks.



Cool tone: use Estee Lauder Pure Colour lipstick in "Maraschino".

"It has a blue undertone which merges with the porcelain-like tone of the skin and it has a bit of a sheen to it." \$44.



Neutral tone: use Estee Lauder Signature lipstick in "Rich Red".

This is Dean's secret weapon in when it comes to red lippy. "It's fool proof". \$40.



Warm tone: use Estee Lauder Pure Colour lipstick in "Black Wine".

"It is a mid-tone lipstick but has a bit more depth, so it's richer. Warm skin tones tend to take more colour so they can use richer, brighter reds." \$44.



Summer is fast approaching are YOU Ready?

In South East Queensland this year we experienced one of our coolest Winters on record but the good news is that summer is just around the corner and at Goodlife Health Clubs things are warming up!

Get yourself ready for summer at the health club everyone is talking about. Goodlife is Australian owned and operated and have more locations in South East Queensland than any other gym or health club.

At Goodlife Health clubs its our family friendly atmosphere that makes Goodlife the place to work out. Whether its group fitness classes, personal training, cardio and weights equipment or our child-minding facilities, we've got everything you need to improve your health and fitness.

Don't wait until its too late, call your local Goodlife Health Club today and ask to speak with one of our expert membership consultants to get yourself ready for summer!

