



Miss Teen America knows that getting ready for a photo shoot or a big event takes a lot of work!

Body So Beautiful!

Want to get rid of that excess fat on your body? Get a tube of Preparation H and generously apply it to the areas of your body that you want to look more sculpted. Wrap the areas in saran wrap for at least three hours (you can also sleep in this). This little secret will take out the excess water in your body and give you a more toned look the following day.

Sun-Kissed Glow

The sun is not your friend. Spray tanning is the best way to look like you have been on that exotic vacation in the Caribbean, and it only takes 30 seconds.

Lights, Camera, Action!

Now that you have all of the trade beauty secrets and your own knowledge of what works for you, enjoy your next event the old fashioned way, all glammed out! Who wants to look like the average Joe when you can look like a beauty queen? Be the star you were meant to be because it is all about YOU.

Debra Kennedy has been a fashion commentator and fashion workshop leader for several department stores and television stations. You can e-mail her with any comments or questions at myrnc2001@aol.com.

MOOD: Britney Mexico, Miss Teen America 2006
MAKEUP: Michelle Lamer
HAIR: Ryan Tarlovick, STYLING: Rash McJEAN & TANK, JEWELRY by Ariane Job

