

The Making of a 'Beauty Queen'

Having watched *Miss Congeniality*, you probably already have an idea of what it really takes to look great for a beauty pageant, photo shoot or red carpet event! In this article, I will share some of the top trade secrets as well as give you a jump start on looking great for your next big event! By Debra Ann Kennedy. Photos by Steve Azzara.

Oh, how we love to grab that copy of *Star* magazine (not that we actually want to purchase it) in the grocery line and check out the stars without their makeup. They look just like us when we wake up in the morning, and that makes us feel good.

The fact-of-the-matter is, a little help here and there can do wonders for just about anybody. A perfect example is the television show, *The Swan*, and how all of the young ladies on this show were transformed into beautiful women. This takes a lot of work and a lot of money. The unfortunate part of the show was the aftermath when the ladies could not afford to keep up with the beauty regimen or beauty services. But, if you want to look amazing for your next pageant or next monumental event, here is your 'How To' Guide!

FACIAL BEAUTY

First, let's start with **facial beauty**. The key for a beautiful complexion is something we all know, but do not always do. Drink lots and lots of water! This will cleanse your system as well as give you a healthy glow.

Get a deep cleansing facial (my favorite is a light acid peel) and any waxing that you may need, especially your eyebrows. This opens up your eyes and gives you a more youthful look. My absolute favorite product in the world when I want to look great is IceUlt by Natura Bisse. It is a mask with DNA and is the most amazing product I have ever used. I always use this mask the night before I have a commercial audition or a casting and it always works. These tips will get your face ready for the makeup magic.

Having a makeup artist will take the stress off. Allowing the pros to do their jobs is very important, but you should know the colors and tones that work best for you and do not be afraid to share this information. Carats work best for me so I always take my lipstick along just in case the artist does not have something similar. False eyelashes make the biggest difference in the glamour look. Actually, it is not a bad idea to wear lashes whenever you want to look good, even for an evening out with friends. And remember, sleep is very important. Getting the right amount of sleep on a nightly basis will also make a huge difference in how you look, at any age.


HAIR

Ladies, let me tell you, this is your most important tip. I have seen the most beautiful women with thin and bleached out hair and it does not work when you want to look beautiful. There are so many ways to make your hair look like a movie star's and here are your tips for doing just that.

First, let me say extensions, extensions, extensions! These are magical secret weapons. They can be glued in or weaved in and they match your hair perfectly. It is human hair and there is nothing like fresh, new hair that is not chemically treated. Your hair will be trimmed to your desired length and you will be transformed into a 'queen'. It is amazing how your hair can make such a difference. Check out the ever-changing hair lengths and styles of Jessica Simpson, Britney Spears, Terry Hatcher, and Sandra Bullock, to name just a few. If extensions are not for you, adding a hairpiece or a wig for the special event can also work wonders. The key ingredient here is matching the color. Make sure you match your current color perfectly.

I remember finding this secret out at a national pageant and the transformation was unbelievable. Wish I had known this secret before the pageant. If you are blessed with great hair, then all you may need is to add shine to your locks. Your hairdresser can do this and it will last up to a week. And remember, only your hairdresser knows!





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 mytmc2001@aol.com.

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

