

beautiful you

FALL IN LOVE  
WITH THIS  
SEASON'S  
**makeup  
trends**

BY KAVITA KAUL,  
BEAUTY WRITER & MAKEUP ARTIST

*Straight from  
the Fall/Winter  
2014 runway,  
Kavita Kaul  
brings the chicest  
looks of the season  
right to your  
makeup kit!*





## JUST LIKE THAT! SUMMER WHIZZED PAST AND HERE WE ARE IN FALL, AND UNDENIABLY WINTER-BOUND. WHILST

some may lament those long-gone beach-bound days, I for one absolutely adore blustery fall days; fiery leaves, the warmth of crackling fires, and the richer, deeper hues of the season inspire curled-up coziness and softer, sensual textures that extend beyond the knitted sweaters you've taken out of storage.

This season's makeup trends on Runways around the world during Fashion Week Fall/Winter 2014, saw dewy skin swapped for a more grown-up, velvety finish; glossy lips for intensely rich, matte mouths, and those bright poppy summer nails, gave way to darker, moodier shades.

With that in mind, I'm going to take you through a few key looks that can easily translate from the Catwalk to your makeup bag for sensational, seasonal trends that you'll fall in love with.

Firstly we all know that central heating combined with these colder, drier months can wreak havoc on the skin, so the most important step is to hydrate, moisturize,

**Charlotte Tilbury Magic cream**



hydrate...then moisturize some more! Dry, dull, flakey skin is not in this season!

Makeup Legend **Charlotte Tilbury** has an incredibly nourishing **Treat & Transform Moisturizer** that will see you through the season with beautifully supple skin. Comforting, soothing and hard-working, it's packed with Peptides to battle the signs of aging, Hyaluronic Acid to seal in moisture, Antioxidants, Vitamins A, C and E to revitalize the complexion, and combined with Charlotte's famous 5-minute collagen boosting facial massage (the pamphlet enclosed with the product will walk you through), this pot is basically "a push-up bra in a jar" to use her own words. Once applied, your prepped and primed for whichever look you're going for.

As seen for **Givenchy** and **Balenciaga**, the makeup theme there was minimalist and ultra clean. Skin made a more matte appearance and there was no one standout feature, but only beautifully subtle beige on beige tones that were pure sophistication. If you want to re-create this look, **NARS** has you covered with their fabulous **Pressed Powders**. A Makeup Artist's must-have, these are a staple in my kit! They come in a myriad of shades and are brilliant for blotting out any shine without overloading the skin; they are potent however, so use sparingly as you want to look polished not powdery! If you're addicted to contouring, you could use a shade deeper than your natural skintone to add a little depth underneath your cheekbones, but be sure to blend like crazy to avoid patches. This product is endlessly versatile and you can even play with lighter and darker shades for a perfectly matte, nude eyeshadow that's super chic.

Untold Color Collection Quad Brown

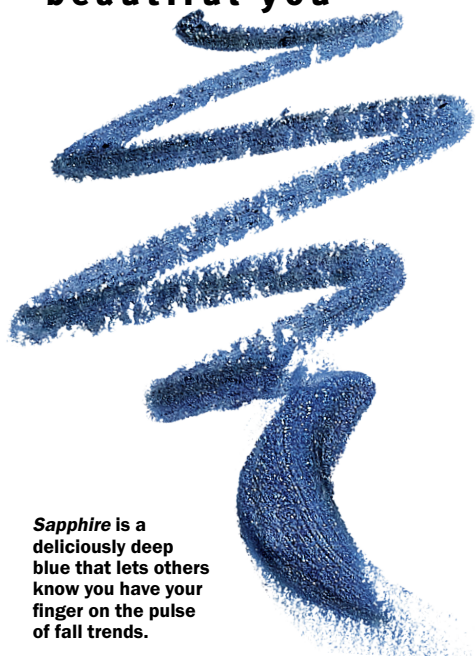


**Oscar de la Renta** and **Thakoon** showcased rich espresso shadows on the eyes that are wonderfully easy to wear and appropriate for all skin tones. **Elizabeth Arden** can help you achieve the look in a cinch with the **Chic Browns** Eyeshadow Quad from their new limited edition **Untold** collection. I was running to an event the other day and needed to do a seriously fast day-to-evening turnaround, so I quickly smudged the chocolate brown all over my eyelids and underneath my lower lashes at the corners, and I was ready to roll in under 5 minutes! For a different take, leave your eyelids totally clean and only lightly trace color along the outside corner of the top lash-line and more heavily underneath the lower eyelashes. The brown in the **Chic Browns** quad is warm enough to suit everyone and the compact is the perfect day-to-evening transformer for women on the go. Pop a touch of the pale gold highlighter on the inside corners of your eyes at the tear duct, finish off with one of my favorite mascara's by **Tarte**, **Lights, Camera, Lashes** and *hey presto!*



Elizabeth Arden's Beautiful Color

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*Sapphire* is a deliciously deep blue that lets others know you have your finger on the pulse of fall trends.

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Of course the red-blooded **Roberto Cavalli** brought us into the bedroom this season with gorgeous, smudgy morning-after eyes that alluded to late nights and long stories. For this sultry look, I think grey is a softer more wearable alternative to black and a nice change from brown and **Elizabeth Arden's Beautiful Color** eyeliner pencil in **Slate** is perfect! I was seriously impressed when I absent-mindedly scribbled one on the back of my hand and produced a precise line of deep, true color in one effortless stroke that stayed put! If you wanted to combine this trend with the blues of **Giles Deacon** as seen in London, **Sapphire** is a deliciously deep blue that lets others know you have your finger on the pulse; and for those with green/hazel eyes, dare to try **Blackberry** to really compliment your eye color. Lightly draw the pencil all over your eyelid and smudge with your finger for an even finish (repeat for more impact); then go in again with **Slate** for added definition and trace along your upper

and lower lash-lines for an easy smoky finish; these pencils are another great day-to-evening tool to keep in your bag for after office- hours.

For the "Fade to Grey" Womenswear Collection by **Giorgio Armani**, Makeup Artist Linda Cantello created the look of sheer elegance with hazy grey eye shadow washed across eyelids, assertively filled in eyebrows and just a hint of tint on the lips. This look is great if you want an alternative to an eye or lip focus, but still want to create impact. **Elizabeth Arden Natural Brow Pencil** is a precise, slim-line product that's hard to go wrong with. For all you Blonde's with a cool undertone out there, I know it can be a struggle finding a pencil that isn't reddish, and the **Honey Blonde** is a great shade that just might put an end to the search. Use short sketch-like strokes to fill in any natural gaps, and be sure to regularly use the wand at the other end to brush through and make sure your eyebrow shape is on the right track. A favorite little trick of mine is just a spritz of non-aerosol **Aveda Brilliant** hairspray on a disposable mascara wand to set the brows and avoid gloopy eyebrow gels.

Lastly, **Bottega Veneta** showcased deeper colors of the season with a seductive burgundy lip. When I'm doing a strong lip on myself, or a model, preparation is key. Buff off any dry skin, slather with lip balm and let it sit whilst

you do everything else. When it comes to crunch time, blot off all excess lip balm to ensure your color doesn't slip and slide, make sure your lip pencil is warmed up by scribbling it a little on the back of your hand, then go straight in and fill in your lips for intense color and serious staying-power. **NARS\*** famous **Velvet Matte Lip Pencil** in **Damned** is amazing for creating a dramatic deep magenta pout; pair this with a neutral, well groomed makeup on the rest of your face for a fashion-forward fall look. Another little tip is, you can use the pale gold from the **Elizabeth Arden Untold** compact, previously mentioned, to highlight your cupid's-bow and add a little extra sex-appeal. Then the only thing left for you to do is to wrap up warm and head out knowing you're bang-on trend for fall and winter.

And now Dear Readers, I'm excited to let you know that the next issue of Food Solutions Magazine is going to be all about you! We want you to write in with any makeup troubles and questions, skincare queries, etc. for me to trouble-shoot. I'm here for you, so get those questions in and I'll get back to you! ☺

\*Many NARS products do not contain ingredients derived from barley, oats, rye, spelt or wheat, which are commonly known sources of gluten. However, due to the wide range of raw materials and equipment used during the manufacturing of the products, NARS cannot confirm that the products are free from any traces of gluten.



Elizabeth Arden's Beautiful Color