

Cosmetic creations for cost-conscious students



Peggy Jankovic
BEAUTY COMMENTARY

As fun as it is to splurge on fancy beauty products, with a student budget, it's not possible on a regular basis — and finding affordable products whose ingredients aren't a long list of chemicals can be even harder. So who would've thought putting food on your face would be the solution to both these problems? Turns out all you have to do is head to your pantry to find almost everything you need for these cheap and all-natural DIY makeup and skin-care products.

Sugar Lip Scrub

Keeping your lips soft and moisturized — especially in these dry, cold Edmonton winters — can be a challenge. Commercial lip exfoliants take care of unsightly flakiness, but can also be horribly pricy. Luckily, it's cheap and easy to just make your own.

Start off with two tablespoons of sugar for exfoliation and mix it with one tablespoon of moisturizing coconut

oil. From there, you can adjust the recipe to your tastes. I added a dash of cinnamon and ended up with a decadent coconut cinnamon sugar scrub.

To use the scrub, take a pea-sized amount and gently rub it into your lips to remove any flakes. The coconut oil will melt from your body heat so that by the time you've wiped off — or eaten — the scrub, your lips will be moisturized and soft. Finish off with your favourite lip balm and you've got a perfectly kissable pout.

Homemade Bronzer

Finding the perfect bronzer can be a challenge when everything in stores is either too orange, too unnaturally dark or too glittery. But the good news is that you can

create your own customized shade of bronzer all on your own.

The basic components of this homemade bronzer are cinnamon and cornstarch, so start off with one tablespoon of each. The cinnamon gives skin a healthy glow, while cornstarch lightens up your blend. You can then add cocoa for more darkness and depth. Since preferences and skin tones vary greatly from person to person, it's worth spending time playing around with the proportions until you find the perfect balance. Then, use a wide and fluffy brush, like the EcoTools Bamboo Blush Brush (\$7, Rexall or Wal-Mart), to apply and blend the bronzer for a summery, sunkissed glow. Focus on the areas of the face that are naturally hit by the sun, like the top of the forehead and along the cheeks. Alternatively, for a dramatic,

sculpted look, place the bronzer in the hollows of your cheeks and watch your cheekbones pop.

On top of being cheap,

effective and wonderfully fragrant, the ingredients of your homemade bronzer have extra benefits. Cornstarch has the bonus of blurring over pores and keeping oily skin matte, while cinnamon has anti-aging benefits and acne-fighting antiseptic properties. But be warned: cinnamon can be irritating for sensitive skin, so test this out on a small patch of skin beforehand.

Eye Makeup Remover

Although they're effective, eye makeup removers are generally filled with harsh chemicals to break down makeup on your face. Since waterproof makeup removers are generally an oil-based component anyway, there's no reason you can't cut corners and use oil on its own. Take a cotton pad, dip it in some olive or coconut oil and press down on the eye area. Hold for a few seconds and then gently wipe off all

your eye makeup.

Besides quickly removing stubborn mascara, these oils will nourish and condition your eyelashes to help them grow stronger and longer. As well, alcohols in store-bought makeup removers can cause premature aging around the eyes, while the oil will help to keep your skin soft and supple.

Toner

This one isn't so much a recipe as it is a sneaky bargain. Most commercial toners contain the same three main ingredients: alcohol, water and witch hazel. You can actually purchase witch hazel distillate on its own for less than \$5 per 500 mL at most pharmacies, and it's a much better deal than spending \$22 per 177 mL for Murad's Clarifying Toner or \$27 per 400 mL for Clinique Clarifying Lotion. You can use witch hazel as either a spot treatment or a skin toner after cleansing.

In particular, witch hazel's antibacterial properties make it very useful for treating acne-prone skin. You can also add ingredients like dried chamomile flowers, dried mint leaves, grated cucumber or green tea to witch hazel to boost the skincare benefits.



HEATHER RICHARDS



Call for Consultation

By the Dean Selection Committee, School of Public Health

The process for selecting a Dean of the School of Public Health has begun, and in accordance with GFC regulations, a Selection Committee has been established.

At this point, the Selection Committee asks for your opinion on the leadership needs of the School in the years ahead and any other key issues. You are urged to contact members of the Committee, or write to me as Committee Chair, to express your views on the priorities of the School, its current issues and future direction. All feedback may be shared with the Selection Committee. In order to facilitate the Committee's work, please submit your comments by **Monday, February 25, 2013**.

In addition, individuals who wish to stand as a candidate are invited to apply. Individuals may also nominate others who they feel would be suitable candidates.

The selection of a Dean of the School of Public Health is vital to the academic success of the University of Alberta. I therefore ask you to take the time, even at this busy point in the academic year, to give some thought to the future of the School. Your views are important to us. Thank you for your assistance.

Please forward your comments to the address/e-mail below. You may also share your views with any member of the Committee (contact information at right).

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Call for Consultation

By the Dean Selection Committee, Alberta School of Business

The process for selecting a Dean of the Alberta School of Business has begun, and in accordance with GFC regulations, a Selection Committee has been established.

At this point, the Selection Committee asks for your opinion on the leadership needs of the School in the years ahead and any other key issues. You are urged to contact members of the Committee, or write to me as Committee Chair, to express your views on the priorities of the School, its current issues and future direction. All feedback may be shared with the Selection Committee. In order to facilitate the Committee's work, please submit your comments by **Monday, February 11, 2013**.

In addition, individuals who wish to stand as a candidate are invited to apply. Individuals may also nominate others who they feel would be suitable candidates.

The selection of a Dean of the Alberta School of Business is vital to the academic success of the University of Alberta. I therefore ask you to take the time, even at this busy point in the academic year, to give some thought to the future of the School. Your views are important to us. Thank you for your assistance.

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