

THE BEAUTY REGIMEN THAT COSTS NOTHING

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Tired of fairness creams, YouTube tutorials and internet remedies that gets you nowhere to being the lustrous, flawless, model like beings you want to be? Perhaps you've been looking at beauty the wrong way all along. Since all your tiresome efforts at it only go so far to make your fragile shell 'beautiful', and plastic surgery is far beyond your budget, your inner beauty is something you should rather focus on. Learn to embrace the elegant divas within with these simple approaches.

Jealousy is not a good colour on anyone

No matter how fussy you get about your complexion, no concealer in the world can hide that horrid shade of jealousy in you. Envy comes from anger, anxiousness, suspicion, and feelings of inadequacy – traits that contradict a beautiful person. Everyone is unique in their own way. There will always be people exceling beyond you at lots of things, and comparison will only drain your spirit. Instead, focus on finding and honing your talents. Be your own kind of beautiful. As opposed to jealousy, uniqueness and being appreciative do wondrous things in making you attractive.

Be sassy, not salty

A great sense of humour with a can-do attitude is guaranteed brownie points. Who doesn't like witty and sassy? But it's important to recognise the line between sassy and salty. Excessive sarcasm and offensive jokes may get you a few laughs but won't win you friends. Humour is a great way to ease tension and lighten you up. Go ahead and make people's day with those clever comebacks and witty jokes. Just be careful to not

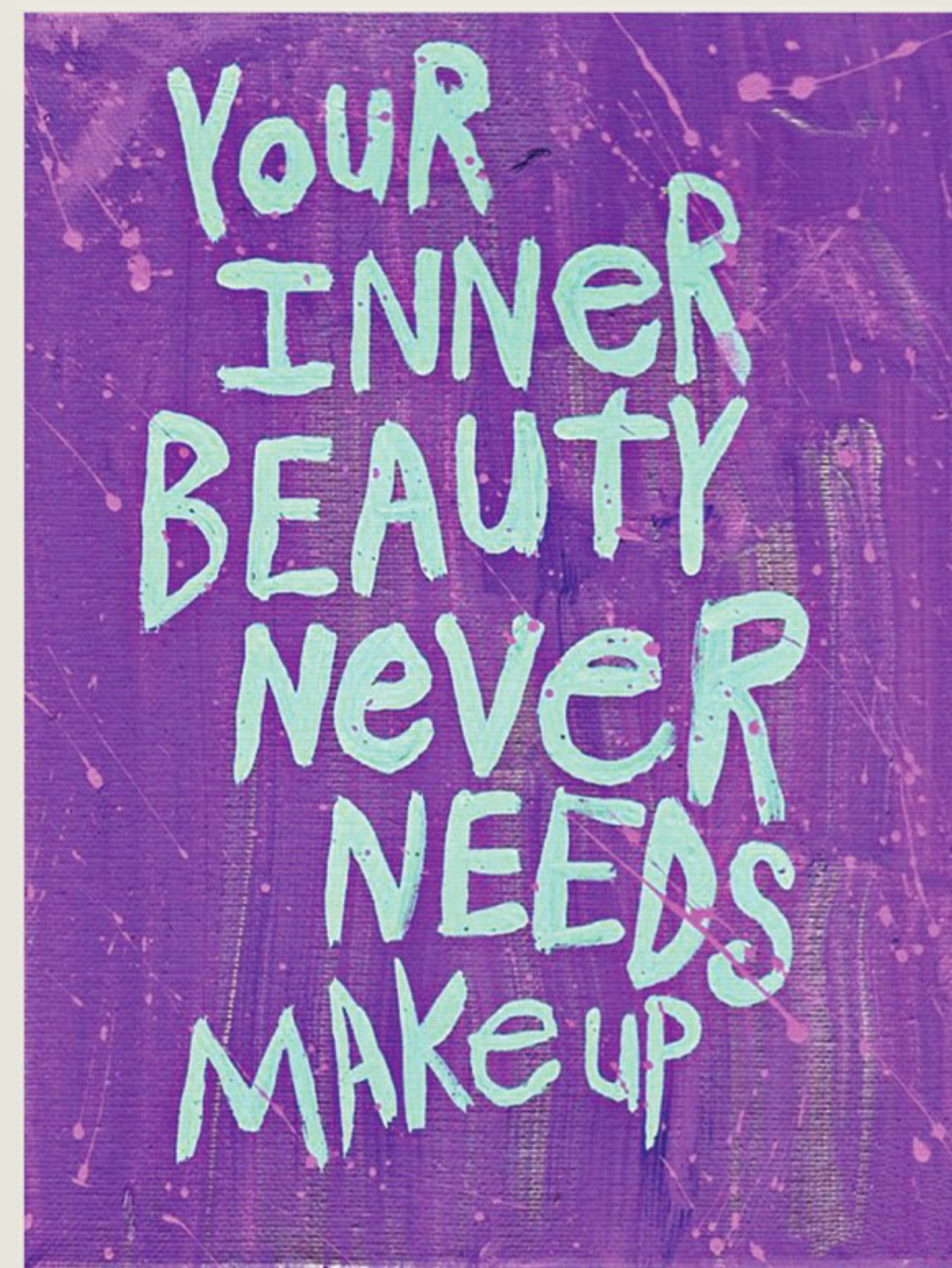
make it personal. Be sassy but classy.

Arrogance and beauty are inversely proportional

If you truly wish to be a graceful person, its time you tone down the cockiness. Unless you are Sheldon, Sherlock or House, arrogance won't work for you. It makes you downright annoying and terrible company. Arrogance is insecurity and weakness covered in delusion. No matter how good looking someone is on the outside, once they open their mouth and start blabbering endlessly about all the attention they receive or how their shelf can't hold any more medals, all you'd want to do is staple their mouth shut. And there is nothing beautiful about that.

Optimism gleams

You know that girl who lights up the room as soon as she walks in? That's how optimism works. There is something very beautiful about someone who is optimistic. They carry light and joy wherever they go. Having positive thoughts automatically brings happiness into your life. Smiling, friendly and happy people are attrac-



tive. You know that old adage that goes "You can catch more flies with honey than with vinegar"? [Of course, human beings are not flies, but you get the gist.] With climate change and pandas moving towards extinction and what not, who would want more negativity in their lives?

Confidence rocks

Those Jimmy Choo stilettos are no match for how high your self-confidence can hold you up. Insecurity and a low self-esteem will gain you pity while confidence will get you respect and admiration. Once you start loving the skin you are in and poised with the way you are, you will become far more attractive. Beauty is confidence at work. It honestly does not matter if you're not blessed with thigh gap or your mother frowns at the pimples on your face. Confidence is the ability to feel beautiful without someone having to tell you. And once you feel beautiful, you begin to radiate it outwards.

Flash those pearly whites (or those buttery yellows, we don't judge)

Honestly, it's that simple; just smile. Smiling exhibits an amicable and approachable aura which makes a person ten times more attractive; frowning only gives you creases on your forehead. Unless you're being Barbie-fake or a creep, keep smiling and be cheerful. People can spot a fake smile and that can quickly make them distrust you so please smile and mean it.

Spread the love around

There's nothing more beautiful than a person with a heart of gold. Mother Teresa was no prima donna, yet she is far more beautiful than any Victoria's Secret angel. Generosity is the most pure form of beauty.

Beauty comes with acceptance. Believe you are beautiful and you will be beautiful. Outer beauty is only skin deep, while inner beauty costs you nothing.



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