

Makeup guide for hooded eyes

There are deep set eyes, protruding eyes, upturned eyes — all which are great for displaying your eyeshadow looks. And then there are hooded eyes.

You know you are a hooded-eye person when you have an extra fold of skin that covers the crease of your eyelid, making it appear smaller. Hooded eye lids are easy to identify. It's when you put your favourite eyeshadows on your lids and they magically disappear when you open your eyes wide.

Winged eyeliner is also a challenge for the hooded eye family, a thick line can cover most of the lid.

Young entertainment icons Jennifer Lawrence and Taylor Swift both have hooded eyes. Not to mention Renee Zelleweger before her eyelift. Celebrities like them have a team of makeup artists and the finest surgeons to take care of their hooded eye needs, but with the right makeup techniques, even we can make our eyeshadow and liner stand out, sans the cosmetic surgeon.

USE AN OPAQUE EYESHADOW BASE

Like your entire face, your eyes too need a proper foundation to build your eyeshadow look. Given your eyes don't pop naturally, you have to cover your lids with a base that gives life to your eyes. Use a base lighter than your skin tone. This highlights your eyes so the colours you apply reach out to the people looking at you. You can use super opaque eyeshadow primers, or even a concealer a shade or two lighter than your skin tone.

EYESHADOW COMMANDMENTS

Although hooded eyes are constrained to give your eyes a peek-a-boo effect, there is

definitely a way around it. As the natural panels of the eyes are hidden by the hood, you have to design an illusion.

This is only possible by using two colours of shadows with the exception of transition colours. It's best for hooded eyed people to keep away from smudging a single colour on the lids.

Because the upper part of your lid is the most visible, you want to accentuate it as



much as possible. You actually need to create a contour with a darker colour on the upper lid, and a lighter colour on the lid covering your eyeballs.

Highlighting the brow bone is a must for hooded eyes. From far, this method will make your eyes look deceiving.

For any look whether floral, nude, shimmer or smoky, the following simple steps can help give the illusion of lifted eyes.

Before applying the eyeshadows, note that if you apply the colours with the eye closed, it's going to look different when you open them. So try to apply your makeup with your eyes open.

We know that the upper lid is the most visible, so start with that panel first. Create a linear smudge on the upper lid with a warm and dark colour of your choice. Once you feel that the pigment is enough, re-

can be applied before or after, but make sure it's not a powder formula that spreads everywhere.

SLAY THE WING

Similar to how it's best to apply eyeshadow with the eyes open, you want to do the same for the eyeliner application. Gel liners are best for hooded eyes because kohl or pencils require you to stretch the eyes to an extent.

With hooded eyes, if you stretch the eyelid to apply the liner, it will look very different when you open your eyes and release the stretch. Try to open your eyes half way, or as much as possible. Start by lining only your lash line. When creating the tip, you will notice that your eyes are actually curved downwards, so follow the curve however it goes, and stretch out the line close to the end of your brows.

You almost have to create a swooping motion. You want to keep your eyeliner thin because you do not want to hide all the eyeshadow, however the edges could be bolder.

FALSIES

False lashes and circle lenses work perfectly for hooded eyes. False lashes weigh down your lower lid, stretching a little bit of the extra hooded skin, making your eyes appear bigger. However, you do not want lashes too thick as it will cover most of your makeup. And add that in with coloured circle lenses, and you will look like a different person. It sounds like a lot of gear for delicate eyes, but it's the extra mile we have to take to display the rainbow in our hooded eyes.

By Sanumkia Siddiqui

Photo: Collected

A smart workout

Amidst the get-togethers, coffee breaks and ice-cream phase we create a rather unbalanced diet where every day is a cheat day. However, the challenge is when you stand on the weight machine, only to realise that you have gained more weight than you could have imagined.

Exercising is the healthiest choice to cut down excess weight carbs, relieve stress and have a healthy workout for a sound sleep. Different exercises carry different benefits and it is essential to know which exercises carries your suited advantages and need.

AEROBICS

These are exercises which helps the cardiovascular system to regulate the heart rate. Jogging, swimming, Pilates and Zumba are some types of aerobic exercises. The benefits of these are reduced risk of cardiovascular diseases including strokes, lowered risk of Type 2 diabetes, lowered blood pressure and improved blood fat levels. A 1½ hour bout of exercise per session is very necessary for these types of exercises.

FLEXIBLE EXERCISE: YOGA AND MEDITATION

While many believe that yoga and medita-

tion are as similar as they can be, many of us fail to understand what they help us to regain individually. The practice of yoga makes the body strong and flexible whereas meditation is considered a part of yoga where one practices to focus up on sound, object, visualisation, the movement breath or attention itself in order to promote relaxation and reduce stress.

Yoga improves the functioning of the respiratory, circulatory, digestive and hormonal systems. However, before practicing yoga successfully, it is essential to learn the right way to do yoga through a trainer or a friend who has been practicing it for quite a few days.

STRENGTH EXERCISES

Strength exercises are the kind we usually go for in order to cut down weight faster. However, strength exercises are the kinds, which are difficult but not impossible to do. Regular crunches, leg squats, push-ups, lifting weights and many more helps to increase metabolism, muscle mass, body intensity and helps to cut down the chunk of fats you have in your body bit by bit.

A regular one or two hours of exercise is necessary for successful results. Both home

apply the concealer only on the lower lid portion. You can push the concealer a bit to the upper lid to create a wider lower lid creating a cut crease, but do not get too carried away.

The reapplication of the concealer to the lower lid will really make the hidden parts pop. Now you can apply the lighter shade of shadow, or a bright shimmer shadow on your lower lid. The brow bone highlight



and gym can be options for strength exercises but it is necessary to do the workouts correctly without being injured or having a week of sore muscles.

BALANCE EXERCISE

Balance exercises improve your ability to control and stabilise your body's position. This type of exercise is particularly impor-

tant for older adults because as we age our idea of where we are in space called proprioception gets worse, which declines balance.

However, these kinds of exercises are applicable for any age and are recommended during pregnancy as well. Lifting weights from side to side, using a stability ball, doing Tai Chi etc. are considered great balance exercises.

Exercise might be the key to stress relief and losing weight but we also have to make sure that a healthy diet and sufficient amount of water intake is in our daily routine. Exercise works wonders when you have the accurate knowledge to give your body and mind a spin of relief!

By Sumaiya Tasnim

Photo: Collected

Contact info:

Zumba Fitness Club, situated in Dhanmondi 12/A might be the answer for a fun way to exercise in groups. For details and registration, call 01715-143719.

Yoganika is a place in Banani, which could be the safe haven for enthusiasts. For registration or questions, call 0173186124.