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Top tips for always looking good by Sean Burke

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Ever wonder how some girls manage to look gorgeous all the time, without fail? Whether itâ€™s for that special someone or for yourself, you too can always look good, whether rain, hail or shine with these top tips.

Think of your skin as a canvas and unblemished, clear skin is the first step in always looking gorgeous. Ensure you drink 8 â€“ 12 glasses of water a day and adopt a cleansing routine using a good quality cream or milk cleanser. Treating yourself to a facial every now and then gives your skin a boost.

A sun-kissed tan can also give you a healthy glow, but the sun is not good for your skin. Always wear a sunblock and cheat that â€˜just back from the Balearicsâ€™ look with a fake tan. Be careful not to go over the top and apply it correctly, you want it to look natural.

Your hair frames your face, as can be one of your biggest assets. Have your tresses cut and treated to a deep conditioning regularly to keep them in top condition. Donâ€™t overuse heat styling tools and when you do, use a heat protective product. Also invest in frizz-fighting products that help battle moisture or harsh sun to keep your hair-do tame.

Dressing for your body shape is the best way to ensure your outfits work for you every time. Whether shopping for an everyday pair of jeans or trawling through going out dresses going out dresses for a special occasion, understanding what works for your body type will help you make the best decision. Understand how different items, necklines, hemlines, waistlines, accessories, patterns and colours can enhance your best assets and downplay your trouble spots. Stick to these styles and you will never go wrong.

In the same sense, knowing what colours work best with your complexion will also help you choose the right clothing for you. Learn to avoid colours that wash you out, and opt for colours that complement your skin, eyes and hair colour.

While fashion can take a girl so far, the best way to look good come rain, hail or shine, is to feel good about yourself. Eat a healthy, balanced diet packed with plenty of fresh fruit and vegetables, drink plenty of water and exercise regularly. A healthy lifestyle will help give you colour and a clear complexion, keep your hair healthy and shiny, brighten your eyes and help you maintain a great figure, and no bad weather can take that away from you!

A dazzling smile is without a doubt one of the best accessories a girl can have. Even if itâ€™s pouring rain and your hair does frizz or your new heels get wet, smile widely and have a laugh and your whole look will benefit.

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