

A SIMPLE RECIPE FOR SUCCESS FROM BORIS ENTRUP IS: “A CONSISTENT COMPLEXION, LIGHT BLUE EYELINER, SHARPLY DEFINED EYELASHES AND A PINK LIPSTICK.” THEY WOULD BE THE SECRET INGREDIENTS FOR THE PERFECT MAKE-UP THIS YEAR



FRESH AND NATURAL

Make-up this year highlights healthy skin

● TERESA TROPP

Fresh is the watchword in make-up trends in 2016. “The best thing is to have make-up that is practically invisible, as well as clear, healthy skin. Less is more,” says make-up artist Iris Martin. “The undone look that we know from hair styling has now made its way over to make-up. Cool and restrained is the way to go,” advises another make-up artist, Boris Entrup, who advises Germany’s version of the Next Top Model reality TV series. To get this look right it’s essential for skin to look transparent and fresh at all times. “A really hot topic at the moment is contouring and shaping,” says Entrup. This involves using dark and light coloured make-up to optimise the shape

of a face. The very latest trend is called strobing, which uses highlighting for the same effect, and is done with a good highlighter that is slightly lighter than your natural skin colour. Highlights are applied to the cheeks, brow, the bridge of the nose and the bow of the lips or the chin, according to make-up artist Ronald Bauer. This way you will draw more attention to the flattering parts of your face. There are a range of new colours that are perfect for getting the “not-made-up make-up” look. “Tone-in-tone colours that are lightly applied, and hardly noticeable, are great for this look,” says Martin. Pastel tones fulfil this role perfectly. “If you use too much intensive colouring you will not get the look,” says Entrup. If you do like deeper colours then try an extravagant colour such as purple or grey matched with a matte or metallic colour.

Metallics such as gold and silver are themselves a trend in make-upright now, according to Martin. If you want to go this way you need to think about contrasts. Matte lips combined with a metallic eyeshade, for example. Compared to last year, this year’s cosmetics trends are much softer, less sharp and precise. A couple of years, ago a shimmering complexion was the ultimate goal but his year matte and soft are back. Another element to the look is highlighting the eyes. Classic eyeliner in all its varieties is playing a major role. “Applied small decorations around the eyes such as tiny pearls, rhinestones or other ornamentation can add very exciting details,” says Entrup. White eyeliner is also extremely attractive, while eyeliner applied to the lower eyelid is another way to create a splash. This year will also see more attention applied to eyebrows. Unplucked eyebrows can be kept in shape with

special eyebrow gels and brushes. “The eyebrows are combed upwards in a ‘boyish’ fashion, which gives the look a rather earthy touch,” says Entrup. If you really want to attract a lot of attention, you might want to try colouring your eyebrows. For lips, the key to success is keeping them low key and avoiding strong colours during the day. Red lipstick remains a classic, however, and never goes out of fashion. But pink, dark orange ones and ox-blood red are also trend colours this year. Topping them off are matte and berry colours. One tip to follow is: if you plan to highlight your eyes, choose a more restrained look for your lips. A simple recipe for success from Boris Entrup is: “A consistent complexion, light blue eyeliner, sharply defined eyelashes and a pink lipstick.” They would be the secret ingredients for the perfect make-up this year. — dpa

Why female heart reacts more sensitively to stress

While the number of men dying from a heart attack has been constantly decreasing during the past twenty years, the fatal risk particularly in young women has increased significantly, finds a study. The study showed that stress in the daily routine has particularly adverse effects on the feminine hearts. The multiple stress factors due to job, household and domestic care of relatives cause the stress symptoms, which may manifest organically in the heart. Every year, 47 per cent of the women and 38 per cent of the men die from heart disorders, the findings revealed. Smoking, increased blood fats, low HDL

cholesterol, high blood pressure, diabetes, stomach fat and lack of exercise are known risk factors that are responsible for the increased mortality rate. In addition, gender-specific risks such as irregular menstrual cycles, early menopause, and pregnancy complications such as gestational diabetes or preeclampsia and the pill or hormone replacement therapies also worsen the heart condition in women. Also, diabetes is often an underlying condition for women with heart diseases, which significantly increases the risk of a heart attack than in the case of men. Further, following menopause, blood pressure generally increases and blood fats and body fat distribution are tendentially subject to adverse

changes, which also increases the risk, the researchers explained. “In case of cardiovascular disorders, women have a different age distribution, other clusters of risk factors and the vascular changes in the heart also differ morphologically,” said Alexandra Kautzky-Willer, professor at Medical University of Vienna in Austria. The diagnosis and therapy for women are often more difficult. Examinations such as ECG or ergometry are less conclusive; even the heart attack blood markers in women could be improved with new, specific limit values and new gender-specific biomarkers could be established.

HEALTHY EATING

YOGHURT MAY HELP WOMEN FIGHT HIGH BLOOD PRESSURE

Five or more servings of yoghurt a week are likely to help women in reducing the risk of having high blood pressure, finds a study. Women who ate five or more servings of yoghurt per week, compared to those consuming one serving per month, had a 20 per cent reduction in the risk of having high blood pressure, the results of the study showed. Adding yoghurt to an otherwise healthy diet seems to reduce the long-term risk of high blood pressure in women. “Our study shows that daily intake of dairy products, particularly yoghurt, lowers the risk of developing high blood pressure, which is a key risk factor for the development of heart diseases and strokes,” said lead author Justin Buendia, doctoral

student at Boston University in US. Moreover, several servings of milk and cheese each day can also have beneficial effects on blood pressure “although the effects of yoghurt seemed stronger than other forms of dairy”, Buendia noted. To examine the long-term effects of yoghurt on high blood pressure in middle-aged adults, researchers analysed data of participants in two Nurses’ Health Study cohorts (NHS and NHS II), on women between 25-55 years of age, and the Health Professionals Follow-up Study on men between 40-75 years of age. The authors also evaluated whether the effects of consuming larger amounts of yoghurt were different among subjects with a healthy overall diet. To do this, subjects were given a score to reflect how closely their diet

matched that of a DASH (Dietary Approaches to Stop Hypertension) diet, intake of fruits, vegetables, nuts and beans to lower blood pressure. The benefit of five or more servings of yoghurt on the risk of high blood pressure was stronger than the DASH diet. In the pooled analysis, men and women who had a higher DASH score and who consumed yoghurt five or more times per week had a 31 per cent lower risk of developing high blood pressure compared with those who had the lowest yoghurt intakes (one time per week) and the lowest DASH scores, the researchers claimed. The study was presented at the American Heart Association’s Epidemiology/Lifestyle 2016 Scientific Sessions in Arizona.



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