

Welcome to Farmington MOPS!

# THE ADVENTURE GUIDE

"...HOW WIDE AND LONG AND HIGH AND DEEP IS THE LOVE OF CHRIST..."

**Save the Date!**

**MOPS Exercise Class:  
Monday and Wednesday  
9AM**

**MOPS Fund-raiser at Fuddruckers  
April 30**

**Next MOPS Meeting:  
May 14**



**Spa Day Special Edition:  
Prepare to be Pampered!**

**Ten Easy Ways to Minimize Your Stress**

**ISSUE**

**08**

**April 2009**

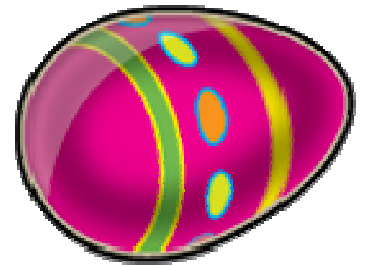
Stress is our reaction to any stimulus (physical, mental, or emotional -- internal or external), that tends to upset us. When the reactions are inappropriate, they can lead to health problems. The diseases most often connected to a stressful environment are heart disease, high blood pressure and cancer. In fact, 75-90% of all visits to the doctor are related to stress.

To deal with stress effectively, identify your sources of stress, either within yourself or your environment, and then plan strategies for coping.

**Ideas to help you relieve stress:**

1. Rise early - reserve an hour before the family wakes to get organized for the day.
2. Share your workload with family and co-workers.
3. Take breaks in the day - even just 10 minutes - to clear your head and catch your breath.
4. Set aside time to exercise.
5. Don't take on too much at once.
6. Give yourself permission to be imperfect.
7. Learn to say "no".
8. Eliminate clutter from your life.
9. Relax with some music occasionally.
10. Develop a forgiving attitude.

~ *Wellness Matters, 1999*



**MOPS Fuddruckers Fundraiser: Help us raise money for our MOPS Charter Renewal of \$159! Be sure to bring your family and friends to Fuddruckers on April 30 for dinner between 5 & 7pm!**

FYI - MOPS membership is open again for next year's MOPS membership, price is \$21.95 until May 29th, thereafter \$23.95. Included in membership is: MOMSense Magazine, *Life on Planet Mom* book, and the Weekly Mom E-Mail.

## Verse of the Week

"If you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved." Romans 10:9

# HOME MANICURES AND PEDICURES

## BY PAULA BEGOUN

When you take the time to indulge in giving yourself a full manicure or pedicure, it is essential to keep it simple. The following is a great system for creating the perfect manicure or pedicure at home:

- First, remove any previously applied nail polish. If a nail-polish remover can remove nail polish it is going to be rough on your nails and cuticles, but that is the price of nicely painted nails. Use as little nail polish remover as necessary to remove the polish. Never soak the nail in it!
- Before soaking your fingernails in water, either cut them or file them into shape. When fingernails are wet, they are more prone to damage than when they are dry. Gently file the nails into the shape you want, using the least-abrasive emery board you can find (avoid metal or extremely coarse files). Fingernails can be given a slightly rounded edge to protect the nail growth or a square appearance as long as it isn't too squared off. Quality nail files can be found in most major drugstores and don't have to cost a fortune.
- Soaking the cuticle is necessary if you plan to remove a bit of excess cuticle but over-soaking the nails can damage them, so immerse your nails in plain warm water for no more than three minutes. Avoid soapy or detergent-filled water, which only dries the skin and damages the cuticle. For your feet, because of the thickness of the toenails and their cuticles, the toenails can be immersed in water for a longer period of time. A warm soak feels wonderful and also helps soften the nail so it can be cut easier with a nail clipper.
- Trim toenails carefully using nail clippers. Nails are definitely easier to trim after bathing or soaking, but if you have soft nails cut them before you soak them to prevent tearing or damage to the nail. Toenails should be trimmed straight across, slightly above the quick. Avoid cutting them too short because doing so increases the chance of developing ingrown toenails.
- Moisturize cuticles with a very emollient, thick moisturizer. Almost any moisturizer or oil for dry skin will do. It is not necessary to purchase special cuticle creams: They contain absolutely nothing special for the nail or cuticle.
- Now is a great time for using a sugar scrub to massage your feet, legs, hands, and arms. Rinse your hands first and then take time to use a metal foot file or flat pumice stone to buff away calluses on the bottoms of your feet. Then rinse the scrub off your feet and legs.
- As an option, you can apply a specialized cuticle remover that actually dissolves excess cuticle skin. One of the more effective ones is Cuticle Eliminator (\$3) available at some drugstores or beauty supply stores. Its high pH level is what makes it work so well, but that also means you don't want to leave it on your skin for too long. Apply the Cuticle Eliminator lotion to the cuticle area and then proceed to the next step.
- Next, very, very gently, push the cuticle back away from the nail but avoid pushing it too far which can damage nail growth or fray the cuticles. Be careful not to pull, lift, tear, rip, force, or cut into the cuticle in any way. Trim only the free edge of your cuticles, avoiding the cuticle area next to the nail bed. Cutting too deep can eventually damage the nail.
- Before you polish your nails, it is essential to remove any remaining oil or moisturizer from them. Moisturizing ingredients of any kind left on the nail prevent polish from adhering to the nail. Use nail polish remover or plain alcohol just over the nail's surface to take off any moisturizer. Avoid getting nail polish remover on the cuticle; that's the area you want to keep the moisturizer on, but be thorough about the nail itself.
- Polish your nails in layers, allowing them to dry between coats. A minimum of four coats (base coat, two coats of color, and a top coat) is standard. If you have weak or brittle nails, place one or two coats of ridge-filling nail polish on the nail as the base coat; this is the best way to shore up the nail. Two coats of a colored nail polish are next, followed by a top coat to add shine and luster.
- Allow plenty of time for the polish to dry. Quick-dry polishes and some quick-dry top coats of polish often contain alcohol, which can cause the polish to peel and chip more easily, so you want to avoid those. Using a quick-dry oil or spray after you're done polishing is a great way to ward off smudges, but these won't prevent nicks or dents in the polish, so be careful.
- Do not dry your nails with a blow dryer or any other heat source. Heat causes the polish to expand and lift away from the nail.
- Once the polish is dry, massage a rich emollient moisturizer or balm onto the cuticle area. This will help encourage healthy nail growth and protect the cuticle.
- Touching up polish every other day with a layer of top coat can help make a manicure last longer. Carry a bottle of top coat in your purse, and when you have a moment or break in your day, do a quick once-over. A single layer dries quickly and makes all the difference in keeping up appearances.

## Makeup Application Step by Step ([www.cosmeticscop.com](http://www.cosmeticscop.com))

Always apply makeup to clean skin (follow the routine appropriate for your skin type).

### Step 1: Foundation

Select a foundation for your skin type that matches your underlying skin tone exactly. Using the flat, smooth surface of a round, nonporous synthetic sponge, pour some foundation onto the sponge, then transfer the foundation in dots and dabs all over the face and the eyelids. You can also use your fingers to transfer the foundation in dots from the bottle to the face. Use your sponge to blend the foundation down and out over the face. Use the edge of the sponge without foundation (or turn the sponge over to the clean side) to dab or buff away any excess product. Do not apply foundation on the neck or under the chin. Your sponge is an exceptional blending tool that can be utilized throughout the makeup application process.

### Step 2: Concealer

Use a concealer that is one or two shades lighter than your foundation. Apply it in a small arc around the inside corner of the eye. Using your fingers or a concealer brush, blend the concealer out evenly by dabbing and buffing. Avoid pulling or tugging the skin under the eye. Be careful not to spread the concealer onto areas where you don't want it. You can also apply concealer to the eyelid if that area is dark or, if your concealer has a matte finish, as a way to help eyeshadow cling better. For concealing facial discolorations such as freckles, blemishes, or red spots, use a concealer that matches or is just slightly lighter than your natural skin tone.

### Step 3: Powder

After you apply the foundation and concealer, dust a light layer of powder over the entire face and eyelids. Apply the powder with a large, full, round brush. Avoid using a sponge or powder puff, which can put too much powder onto the face. Pick up some of the powder on the full end of the brush, knock off the excess, and brush it on using the same motion and direction as you did for the foundation (down and out). Powder is great for touch-ups as the day goes by to dust down excessive shine.

### Step 4: Eyeshadow

Typically, the lightest color is applied to the entire eyelid and to the edge of the eyebrow. (The general rule is that the larger or more prominent the eyelid area is compared with the under-brow area, the darker or deeper the eyelid color can be; the smaller the eyelid area is compared with the under-brow area, the brighter or lighter the eyelid color can be.) Select a deeper color from the same or a complementary color family to shade the crease. Practice your application and blend well; the goal is not to have obvious edges of color. Remember, lighter colors bring things forward and highlight, dark colors recede and add depth and shading.

### Step 5: Eyeliner

Position the brush, pencil, or applicator as close to the lash line along the eyelid as possible. Then draw a line from the inner to outer corner using one fluid stroke, following the curvature of the eyelid. As a general rule, do not extend the line past the outer corner of the eye or hug the tear duct area of the eye. At first, keep the line as thin as possible, and if a thicker line is desired, repeat the process either across the entire lash line or simply on the outer third of the lid along the lashes. Generally, the line along the lower lashes should be thinner and a less-intense color than the upper liner. Make sure that the two lines meet at the back corner of the eye. As a general rule, the larger the eyelid area, the thicker and softer the eyeliner should be. The smaller the eyelid area, the thinner and more intense the liner should be. For health reasons, avoid lining the rim of the eye.

### Step 6: Eyebrow Shaping

Use a color that closely matches the color of your brows rather than your hair color or a color you think would look better than what already exists. Apply powder brow color using a wedge brush, working in the direction the hair grows. Use a light touch, with short, quick motions, and avoid the temptation to exaggerate the shape of the brow by arching it severely or extending the brow into the temple area.

### Step 7: Mascara

If you use a lash curler, it is best to use it before you apply mascara. Squeeze gently with even pressure. Hold for a few seconds as you "walk" the curler along the length of the eyelashes, and release slowly. Apply mascara to the upper lashes using long, sweeping strokes. Be sure to begin as close to the lash root as possible and brush up and out. Use an old, cleaned-up mascara wand to remove any clumping that occurs. Apply mascara to the lower lashes by holding the wand perpendicular to the eye and parallel to the lashes (using the tip of the wand). If necessary, use a tissue to wipe excess mascara off the brush before applying to the lower lashes.

### Step 8: Blush

Using a blush brush, apply blush along the full line of the cheekbone brushing down and back toward the ear. Always knock the excess powder out of the brush to avoid applying too much blush. Use your sponge to soften any hard edges. Do not apply blush to the temple area, chin, nose, or forehead--this tends to make skin look uneven and ruddy.

### Step 9: Lipstick and Lip Liner

A lip brush or lip pencil is an optional accessory. You can use a lip pencil to draw a definitive edge around the mouth to follow when applying lipstick, and a lip brush to control your application. A standard tube of lipstick makes too wide a mark for some lips and too narrow a mark for others. If your lips are small, it is best to use a lip brush; if your lips are large, the only reason to use a lip brush is to improve your accuracy, especially with deeper shades such as red. Line the actual shape of your mouth. Do not use corrective techniques that make the mouth look larger or longer, especially for daytime makeup--it almost always looks like a mistake. If you want your lipstick to last, apply more of it and don't blot; blotting takes off several layers before you've even left the house.

### Important Reminder:

**Good brushes are essential for applying makeup:**

- 1. Use soft, pliable brushes. Avoid hard or stiff brushes.**
- 2. Use a brush that is the correct size for the area of the face you are working on. Avoid brushes that are too large or too small.**
- 3. Remember to knock the excess powder off the brush before you apply the color to your face.**
- 4. Brush on the color gently with short even strokes; avoid wiping or rubbing the brush across the face.**
- 5. Gently wash your brushes every month or so.**

# THE ART OF THE PERFECT SHAVE by Paula Begoun

There is no real trick to shaving. We all know how to do it, but not everyone knows how to get the best results and the softest legs. The following tips are the basics of a great, smooth shave:

- Use a mild scrub (sugar scrubs are great), baking soda mixed with a gentle cleanser, or a daily exfoliant such as AHA or BHA to help keep flaky skin at a minimum (which means you can get a closer shave).
- It is essential for your legs to be wet for at least two or three minutes before starting; wet hair is soft, pliable, and easier to cut. Nothing is as irritating or chafing as shaving dry or slightly damp legs. However, skin should not be soaked (as you might experience in a bathtub) because the skin swells up around the hair follicles, thus preventing a close shave.
- Finding a razor that works well for your skin, given the pressure you use while shaving, the texture of your skin, and the density of hair growth, takes some experimentation. No single type of razor works well for everyone, though the newer triple blades seem to work wonders. After finding the one that works best for you, the main thing is to change the blade frequently—dull razors make for poor shaving results.
- When it comes to shaving creams or gels, for both men and women, those that contain emollients (usually those identified as being good for sensitive dry skin) work perfectly on the legs! There is absolutely no reason to buy shaving gels or creams in pretty pink containers when in truth they are virtually identical to those in more masculine or unadorned packages. The only real difference in products targeted specifically to men or women is the type of fragrance, and fragrance-free is best for the least risk of irritation.
- Avoid shaving products that contain irritants (such as alcohol, menthol, and peppermint). Used over newly shaved skin, irritating ingredients can cause red bumps and ingrown hairs. If you find yourself without shaving cream in the shower, use hair conditioner or body wash instead. This is far easier on the legs than shaving with a bar soap or bar cleanser.
- For best results, shave against the growth of hair using careful strokes and applying even pressure.
- After you are done, do NOT use a loofah or washcloth. The action of shaving has already exfoliated your skin and further rubbing can cause irritation and create problems.
- At night apply a moisturizer, and during the day, if your legs are going to be exposed to sun, apply a moisturizer with sunscreen (SPF 15 or greater) that contains the UVA-protecting ingredients avobenzone, titanium dioxide, or zinc oxide.
- Avoid AHAs after shaving. The glycolic acid in AHA products can be unnecessarily irritating to freshly shaved skin.

## MOPS 2008-2009 Steering Team

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### Old & New World Jewelry

[oldnewworldjewelry.blogspot.com](http://oldnewworldjewelry.blogspot.com)

What's your style? Funky and fabulous? Glitz and glamour? Classic? Contemporary? Whatever it is, Old & New World Jewelry has you covered! They use only the finest products for your unique creations that you and yours will treasure for generations. Enjoy expressing your many styles!

**Meshan Foutz is donating a bracelet for our drawing!**



**Living Water Home Spa Shop**

[www.HomeSpaShop.com](http://www.HomeSpaShop.com)

**Thank you to Lisa Leasure for donating a \$25 gift certificate for our MOPS drawing!**

**Valerie Gordon 320-6815, 326-1633**

Located at Tropical Sun & Images

105 S. Allen, Farmington

Valerie provides all hair services and is giving free trims at our spa day!

**Kerrie Fabian 326-1313**

**Serenity Touchless Massage**

Located at Tropical Sun & Images

105 S. Allen, Farmington

Kerrie is providing a gift certificate for a free massage!

**Dorie Murphy 324-2186**

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**Sense Skin Care Products**

Dorie is providing products for facials at our spa day!

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**Pamela's Purses**

[pamelaspurses.blogspot.com](http://pamelaspurses.blogspot.com)

Pamela is donating a homemade purse for our MOPS drawing!

**Avon Beauty Center**

486-3005, 326-6600

[www.youravon.com/jpayne](http://www.youravon.com/jpayne)

My name is Jacque Payne, I'm a wife, Mom, & Grandma to 5 boys. I have been an Avon Representative for 9 yrs. I opened my dream store "Avon Beauty Center" on November 17, 2008. My goal is to help empower women to live the Dreams they have while also serving the Lord in whatever way they are inspired.

# Better Moms Make A Better World