

the health and beauty guide.



Cindy Sherman, Untitled Film Still #2, 1977. Photograph. 18" x 10" (45.5 x 25.5 cm).

beauty

bellitas, beauty, from *bellus*, fair, pretty.] 1. the quality which makes an object seem pleasing or satisfying in a certain way; those qualities which give pleasure to the esthetic sense, as by line, color, form, texture, proportion, rhythmic motion, tone, etc., or by behavior, attitude, etc. 2. a particular grace, feature or ornament; any particular thing having this quality; as, the *beauties* of nature. 3. any very attractive feature. 4. good looks **Syn.** - loveliness, grace, fairness, seemliness, picturesqueness, exquisiteness, adornment, embellishment.

all elaborate, old-fashioned definitions aside, what exactly is beauty? How is it obtained? The consistent attempt for beauty - all cultural differentiations aside - has been sought after by (particularly women) for nearly all of civilization. From the use of coal by the Egyptians to rim their eyes to the current use of Lancôme black eyeliner, women have found ways of beautifying, even when notions of beauty differed from time and culture. **the desire for beauty is universal.**

the pictures we have chosen on these pages, from the Cindy Sherman self-portrait above, to those inside, have been picked specifically to counterbalance the images we are constantly bombarded with through the media. The cliché of ultra-thin, tall, pale females with blonde hair is, of course, a contemporary vision towards what the meaning of beauty is ... but with all "truths" the paradigm is never as entrenched as one might suppose.

despite all this, we still live in a consumer-based culture - but here we have chosen to sell, sell, sell with the freedom to use images picked from the archives of art ... post-modern my ass.



who's the fairest of them all?

Harunobu, *Woman with Mirror* (detail), ca. 1770.
Woodblock print; colored ink on paper, 21.3 x 14.7 cm.,
Smithsonian Institution, Washington D.C.

What's good for you

we searched high + low for the best of products new + old. here's

BY TAMI MNOIAN

Our daily beauty regimens have evolved from mere soap and water to become morning rituals almost spiritual in nature. Who really uses soap anymore? It seems we now use "cleansers," which wash away the daily grime that surrounds us. Soap has been found to be drying, and so to compensate, our cleansers are non-drying for even the most sensitive of skins. In fact, lotion is no longer lotion. There are now moisturizers to hydrate skin, and they range from oil-free to those with an SPF. Achieving beauty has become a complicated business. It also has become a billion-dollar industry. Beauty is not just makeup and red lipstick anymore, it's skin care as well. But taking care of our skin is taking care of ourselves, and with the new year only a month past, perhaps it's time to invest in your own beauty. I shopped around town looking for products to try, and found — obviously — that prices ranged from expensive to affordable. I found a couple of fun new items, and also rediscovered a few tried-and-true favorites.

Soap

Bar soap — everyone uses *Dove* or *Dial*, but after scouring *Sav-On* for the new must-have "whatever," I happened upon the *Basis Vitamin Bar*. It's a plant-based soap for all skin types complete with vitamins C, E, and B5. What I enjoyed about this soap was its citrus scent. It gave a clean smell, with no overpowering perfumes, and it didn't dry out my skin. Roommate and guinea pig Evie Smith liked that this soap washed away leaving her squeaky clean. This bar did not leave

any residue. It's texture was nice and smooth. From *philosophy*, a fabulous line of skin care and makeup, we tried *The Health Bar*, a nutty soap for your face. This bar works a good lather and left my face extremely smooth after the first washing. It only got better after the second. Roommate Evie loved it. She was initially skeptical because of its grainy and dense appearance. Its odor was non-inviting; however, upon lathering —

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instant gratification. Not too harsh, and Evie was left feeling soft and clean without irritation.

Skin Care

We tried a *Kiehl's* facial cleanser. *Kiehl's* is a family-owned line of skin care and makeup since 1851. It is based in New York and tricky to find here; however, *Kiehl's* counters can always be found at your local *Sak's*.

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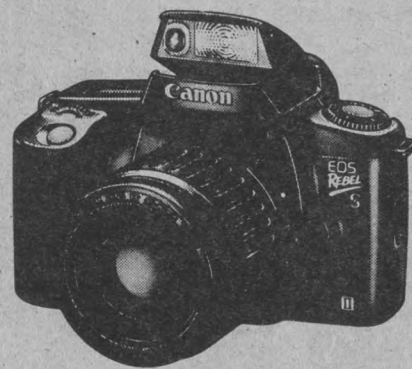
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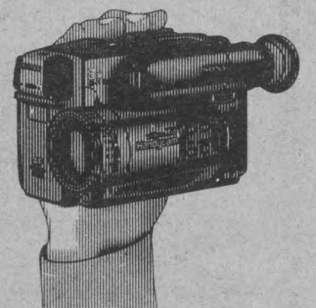
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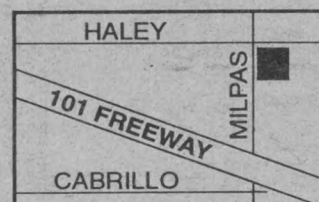
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daily beauty routine. III

what was found, what it's like, + where to buy it. ¡viva consumerism!

Its various products and remedies combine a concern for not only beauty, but health as well. Kiehl's packaging is minimal in an effort to concentrate solely on the product. It has a divine cucumber lotion, and its **Calendula Herbal Extract Toner** works wonders. The cleanser we tried left my skin feeling fresh, however, it didn't remove all my eye makeup. My favorite cleanser eye makeup removal is **Neutrogena's Fresh Foaming Cleanser**. It's a mild soap and takes off all signs of makeup, including mascara.

Another **Neutrogena** product that we love is the **Deep Pore Treatment**. It's a light gel for just before bedtime. It works its magic while you sleep; simply effortless. **Neutrogena** also has a fabulous product called **Moisture** with an SPF of 15. It's perfect to wear under makeup because of its light texture, and we all need to wear sunscreen daily, not just at the beach.

Hair Care

We didn't fully explore the gamut of shampoos and conditioners. The shampoo I adore is the **Bumble & Bumble Gentle Shampoo**. It's mild enough to use daily, and perfect for color-treated hair. It has a clean smell, and you won't suffer from shampoo buildup. As for conditioners, we tried the **Infusium Leave-In Conditioner**. I haven't used this product since 8th grade, and I'm not sure why I stopped.

Body Cleansers

Body washes are always a tricky thing. You don't want to be overpowered by perfumes, and if you're tired of bath gels from **Bath and Body Works**, here are two alternatives. **philosophy** has two cleansers that are actually a shampoo, body wash and shav-

ing gel in one, achieving higher standards than the **Pert Plus** two-in-one. **The Power Shower** has an earthy scent, with a philosophy that reads on the bottle, "i have no divine power ... i make honesty my divine power ... i have no means ... i make understanding my means ... i have no miracles ... i make right actions my miracles ... i have no enemies ... i make carelessness my enemy ... i have no friends ... i make my mind my friend." Oh



yeah, it's deep, and an invigorating way to start your morning to boot.

Makeup

Just a bit mention about fun new makeup. **Chanel** has just come out with **Lip Metal**, a compact of four shades of gloss in gold, bronze, pink and pearl.

Trish McEvoy puts a new twist to tubed lip gloss. Her version, called **Highlights**, comes in a variety of pinks and lasts longer on the lips than my **Bonne Bell Sparklers** lip gloss.

Tami Mnoian is a senior, majoring in beauty. Did we mention she's a major babe??

Dear Karmal,
re: make-up.
please advise.

Karmal has been a makeup guru for the past 10 years. Ever since she received *Seventeen* when she was 13, she has been advising the rich and the poor about beauty techniques and tactics. Here, she shares her invaluable advice.

Dear Karmal,
Sometimes I don't have time to wash my hair but I'll fall madly in love with the style I've done. How can remedy this?

— Greasy in Goleta

Dear Greasy,

Like spray shampoos that work on the particulate absorption theory, the common household good, baby powder, is a simple solution for your problem. Give a light dusting on the greasy parts of your hair, let it sit for five minutes and then brush out thoroughly. Be careful, however, if you have dark hair — it might leave you looking a little older than your years (grey hair is totally passé!).

Dear Karmal,

Since Winter Quarter I've been completely strapped for funds what with book buying and rent and bills and all. The worst part is, I left all my makeup at home! What can I buy that's cheap and will fix this no-makeup emergency?

— Pasty on Pardall

Dear Pasty,

Shlep off to K-Mart and buy one (that's right, *one*) warm, brown pencil. With this — I like to call it my magic beauty wand — you can do your entire face. You can line your lip, beautify your brows, enhance your eyes, and accentuate your apples. With some creative application techniques ranging from pencil-thin eyelining to shading and blending, this one stick can make a whole new you. And on a whole lot less.

Dear Karmal,

I get really cracked cuticles in the winter. How can I prevent this from happening?

— Peeling on Pasado

Dear Peeling,

There's nothing Karmal loves more than good-looking hands, and cuticles is where good nails begin. Therefore, if your cuticles are a-crackin', your nails are probably brittle and dry. The place to begin with good nail care is the shower. First, while you're putting the conditioner in your locks, rub some conditioner into your cuticles. Then after the shower, when your nails are still damp, push back your cuticles with an orange stick. This is also an excellent opportunity to shape your nails with an emery board (only in one direction and towards the center of the nail, sweetie!). Never, ever (I repeat, *ever*) cut your cuticles — this is bad for your nails because it leaves opportunity for infection and increased peeling. Yuck!

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Results As with any temporary colour results can vary. The package notes that the best results are achieved on bleached or lightened hair. The darker red's and blue's also work well to liven up and even highlight darker hair colors. Again these results are the most dramatic on hair that has been chemically treated. The colour lasts between 3 and 10 shampoos depending on the condition of the hair. The lighter and more chemically treated the hair ... the longer it lasts.

Where to buy Manic Panic is unfortunately only carried by beauty supply stores such as Sally's in Goleta.

How much Generally about \$8.

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Ease of Use The best hair dye on the market. Simply apply to wet hair, wait 10 minutes, and wash. Only two bottles to mix together - simplicity!

Results These colours are designed to work within your overall colour range and last for about two weeks. More adventurous individuals can always go darker but the colour may not wash out as quickly. Overall the colors all look great with no need to re-dye because the colours fade gradually with no visible roots. Also check out the new "Exotic" colour line with several more daring variations on the more popular shades.

Where to buy Easy to find at most supermarkets and drug stores

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Results

This is powerful stuff.

Choose your colour carefully because it is going to be yours for a while. Feria produces great colours, the only problem is that the dye is very resistant to hair dye removers and even bleach. Thus changing your mind or adding highlights is basically out of the question. Surprisingly though, Feria is fairly gentle on your hair. The amply supplied conditioner also helps to keep your hair in fairly good shape considering.

Where to buy
markets and drug stores

Easy to find at most super-

How much

\$8

High-Lights

Our Choice

Clairol Chunking Red Highlights

Ease of Use

Budget some time for this.

Highlighting always involves multiple steps. Red unlike blonde highlights require you to not only lighten the desired strands of hair but also to color those strands red. Basically an added round of waiting and washing—invite a friend to help.

Results

Clairol has made a product just

ahead of it's time. Just look around...red highlights are giving a tired look a much needed breath of fresh air. Red chunks give those with dark hair their first chance to just be more glam than the blondes. Who says they have more fun? And if you don't like them once you have them ... dye them away and no one will ever know the difference.

Where to buy

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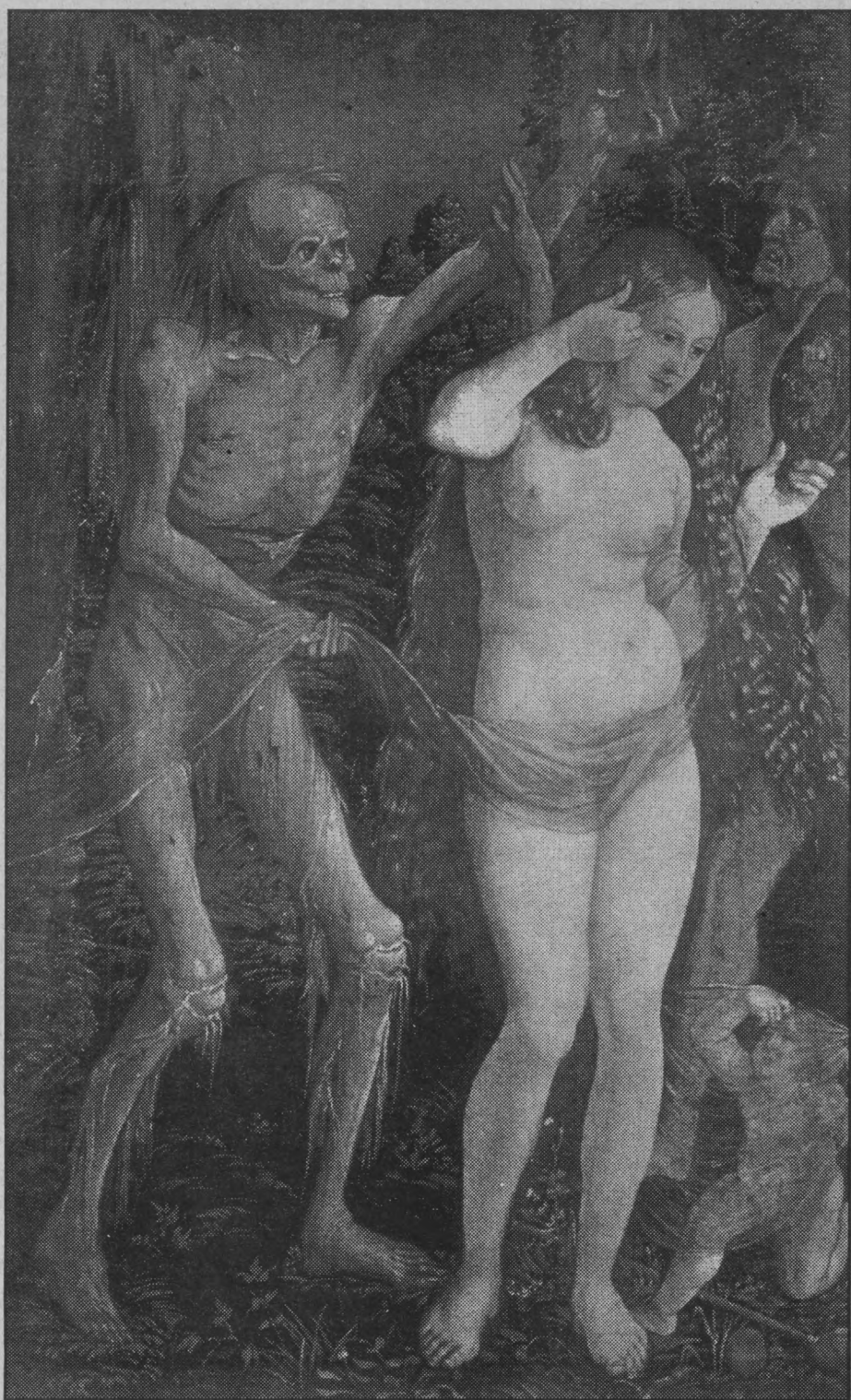


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4. Fold into a paper airplane and compete with your friends for distance - outside of class, of course!
5. Origami, anyone?



adam & eve. beauty & the beast.
life & death.
 Hans Baldung Grien. *Death and the Maiden*. c. 1510
 Oil on panel, 15.75 x 12.75" (40 x 32.5 cm). Kunsthistorisches Museum, Vienna.

www.beauty&health

exploring the world wide web for those interchangeable concepts of

BY JENNIFER RAUB

We all know how the Internet is constantly changing the way we think, research, shop and interact with others — to dwell on this fact would be restating the obvious, no? However, there are still those of us that do not peruse the intricate web of the "Information Superhighway" (to use the once-hip buzzword now relegated to the trash heap of passé computer lingo) on a daily, or even weekly, basis, with the exception of, say, checking out small record labels for new releases. Yet with the advent of extremely popular websites, such as www.amazon.com, the way we buy has changed into a state in which research and purchasing can be done almost simultaneously.

Bearing this in mind, I decided to connect to the Internet in search of two topics used, however ignorantly, almost interchangeably: health and beauty. More specifically, I was looking for information on all those herbal remedies promoted by everyone from the likes of small "chic" make-up lines to big-time magazines like *Mademoiselle*. But more than find some good places to shop and learn, I made up my mind to see exactly how the Internet defined health and beauty, and where in the wide spectrum of possibilities did the two begin and end. I went to Infoseek and the hunt for health and beauty began.

To begin my search, I decided to first explore the possibilities for beauty products on the Internet. My first search brought me to the utterly fabulous online makeup, skin care and fragrance site www.beautycafe.com. With its simple, easy-to-use click-and-spend philosophy, www.beautycafe.com is essentially a distributor of small beauty lines from around the world. Each company and product is explained, and prices range from cheap to more expensive. www.beautycafe.com features products, for example, from Australia's Stila-esque makeup and skin care line Bloom and North Car-

olina's Burt's Bees (producers of the infamous Beeswax Lip Balm). One of the more interesting products comes via Absolute, soap makers who allow you to purchase their uniquely designed glycerine soap by the inch.

Satisfied with finding this wonderful site, I went on to another beauty site, www.beautysoul.com. While the products at www.beautycafe.com were from a wide range of companies (and prices varied correspondingly), the products at www.beautysoul.com were hand-selected by

"Naturally, what [www.beautysoul.com] offered tapped into the **inner health equals external beauty** mantra that is popular in the pages of *Vogue*, *Bazaar* and *Cosmo*."

makeup-purveyor-to-the-stars Wendy. Who Wendy is — or what her background is — was left unexplained and unclear, but as the products were celebrity-quality, they were offered at celebrity prices: exorbitant. Naturally, what she offered tapped the "inner health equals external beauty" mantra that is so popular in the pages of *Vogue*, *Harper's Bazaar* and *Cosmo*. (Of course, such a mantra never prevents plastic surgery, Botex injections or liposuction, but I digress.)

www.beautysoul.com featured all sorts of teas to cleanse the body and soul from impurities through blending exotic herbs and plants. The Chinese Mental Clarity Tea, for example, was a blend of passionflower,

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health and beauty. what was found, where and, most importantly, did it help?

Ho Shun Wu, jujube seeds, camellia leaf, sage root, rose hip, and winter melon seed. According to the site, it had been developed by temple priests centuries ago in order to, well, give the mind clarity. But for \$29.95? I think a nap and a glass of tap water would do better, but far be it for me to dispel any truths of expensive herbal remedies that "temple priests" (of what temple, I'd like to know) had stumbled onto. Other teas were as expensive as \$79.95 and were sort of herbal-diet drinks that claimed through sublime herbalness that antioxidants would be cleansed and one's metabolism would accelerate. Weight would be lost, and, due to these herbs, life would basically change for the better.

After visiting these and other beauty sites with products full of herbs both unheard of and common, I decided it was about time to hunt down some health information. Placing my faith in the government, what with their health care hype, I went to www.healthcare.gov in order to get my questions answered. The site looked promising, but perhaps due to the computer I was using, I was prevented from researching anything — periodicals, scientific journals, etc. — that would have shed light on medical concerns.

So, I headed back into the direction of the herbal world. I found an interesting site dedicated to ongoing conversation about various herbal remedies. At www.algy.com/herb/HERBBOARD/index.html, one can post questions or respond to questions. Whatever information comes back is completely arbitrary, of course, but it is interesting to regard the sharing of information. Most people, when responding to herbal remedy questions, cite the books

they've consulted. You can't rely on the information at this site, but it is a place to go when you have questions like, "If I'm pregnant, can I drink kava?" (The answer, not surprisingly, was, "Consult your physician.")

After many failed attempts at finding a site that was truly able to answer my questions — most were simply too flaky or New Age to be able to shed much light on the "herbal remedy" questions — I finally stumbled upon one that best fit my needs. The site, www.herbweb.com/herbage/A.htm featured (finally!) a good, old-fashioned index with pertinent information about a wide variety of foods, plants and herbs. These ranged from the mundane (such as coffee, almonds and lettuce) to the obscure (such as pipsissewa) to the infamous (such as kava and yarrow). Unfortunately, it did not provide much information on the remedies most commonly mentioned nowadays, such as ginkgo, ginseng, and St. John's wart; however, www.herbweb.com does indeed provide an easy-to-use index for those curious about the helpful (and harmful) properties of various plants.

Yes, my search had finally come to an end. At this point, all links were leading me to books on the human evolution of consciousness and the power of dreams — all with covers that rivaled Grateful Dead posters.

So where does health and beauty lie? As I ended my search it seemed evident that somewhere between dreams and dolphins the secret to "beauty" exists. While lipstick provides concrete evidence for the promise of beauty, the key to the secret of beauty and health is about as elusive as www.beautysoul.com's "Temple Priests," even with the help of the Great Information Network that is the World Wide Web.

what people have said about beauty.

"When the candles are out, the women are fair."
- Plutarch (46? - 120?)

"Beauty is the promise of happiness."
- Stendhal (Henri Beyle) (1783 - 1842)

"Beauty — the adjustment of all parts proportionately so that one cannot add or subtract or change without impairing the harmony of the whole."
- Leon Battista Alberti (1404 - 1472)

"Then of thy beauty do I question make,
That thou among the wastes of time must go."
- William Shakespeare (1564 - 1616)

"Gather ye rose-buds while ye may,
Old Time is still a-flying:
And this same flower that smiles today,
Tomorrow will be dying."
- Robert Herrick (1591 - 1674)

"I'm tired of all this nonsense about beauty being only skin-deep. That's deep enough. What do you want — an adorable pancreas?"
- Jean Kerr

"It's such a gorgeous sight to see you eat in the middle of the night."
- sighs Robert Smith

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David Gregory

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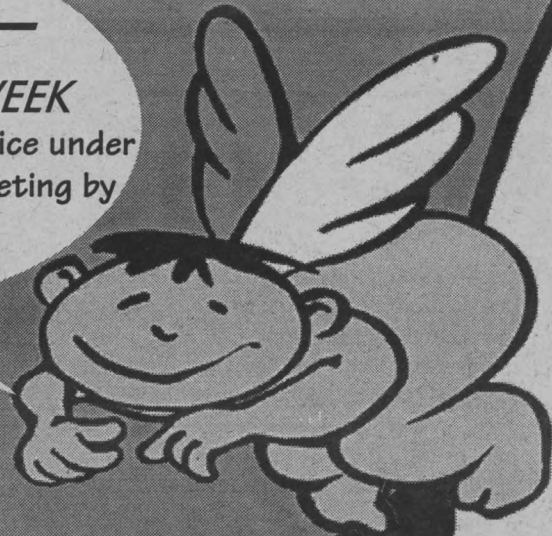
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