



Makeup Mayhem

Don't jump the gun and blame hormones for your recurring bouts of acne, and wait a moment before you blame your perpetual eye infection on the pollen in the air — expired beauty products can cause these problems as well. Shirley Mistry tells you about the shelf life of some commonly used beauty products, so that you can keep your skin safe

When it's past its expiration date, makeup can damage your skin. From pimples and irritated skin, to more serious problems such as eye infections, you put your health at risk when you use makeup that is past its prime. Take a look at the average shelf life of commonly used beauty products to get the most out of them without damaging your skin.

LIPSTICK & LIP GLOSS

If the product feels gloopy, tugs on your lips or makes your lips sting and feel itchy after application, it is a sign that your lipstick or lip gloss is past its prime. Another indicator of spoilt lip products is a strong, oily smell that resembles cooking oil and streaky application of the product. Although they usually last a year, exposure to bacteria and moisture can speed up their expiration.

FACE POWDER

Compared to other beauty products, face powders last the longest. With a shelf life of around 1½-2 years, pressed powders and compacts are worth their price tag. You will know that it is time to toss them out when you notice them changing colour and/or developing a waxy film, making application difficult.

EYE PENCILS

Whether you use eye pencils on your waterline or on your eyelid, you are dealing with one of the most delicate parts of your body, so it's wise to be extra cautious. They usually last a year, but



EXTEND THEIR SHELF LIFE

Here are a few tips to extend the shelf life of makeup.

- **Dry is good:** As far as makeup is concerned, keeping it away from any external moisture is a good idea, as this prevents the growth of bacteria. So, if you are used to storing and applying your makeup in the bathroom, we suggest you switch to a dressing table, or apply your makeup in front of another mirror and store your makeup in your closet. It may be inconvenient, but it will help extend the life of your products.
- **Keep it cool:** Extreme weather, especially heat, can cause makeup products to spoil quickly. Store your makeup in a cool, dry place, as heat can cause germs and bacteria to breed faster and can even affect the texture of your products, making them split or separate.
- **Muscle power:** Ensure that you screw on the lids of all your makeup containers really tightly, so as to prevent them from being contaminated by dust, bacteria and moisture.
- **No cushioning:** While it is great to wash your makeup brushes regularly, don't dry them on a towel, as this makes them prone to mildew, which will eventually get transferred into your makeup and skin.
- **Use & throw:** If you use sponges, which we recommend, purchase them in bulk from wholesale dealers and dispose them after one or two uses. This will ensure that your skin and products both stay free of bacteria and germs.

EMMY STYLE

Rhea Dhanbhooora takes a look at what some leading ladies wore on the red carpet at the 66th Primetime Emmy Awards this year

EMMYS

NBC



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KELLY OSBORNE

We loved Kelly's look in 2012 so we were looking forward to seeing her this year. But, for someone who's on a style police team, Kelly does not do very well. Sure, she's still rocking her chic lavender hair, but the dress fails somewhere between the goth inspired lace, mid-length sleeves and the tablecloth inspired, high-low bottom.

Photo by Evan Agostini/Invision for the Television Academy/AP Images



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SARAH HYLAND

We know a lot of people are going gaga over Sarah's outfit, but we're going to go ahead and give the *Modern Family* star's get-up a thumbs down. The crop top is surprisingly pretty, even though we're so over the trend, and orange seems to suit the star, but the look is a little too dressed down for an Emmy event. While her toned midriff adds a youthful touch to the look, the billowing, slightly creased orange skirt ages her — and so does her severe top knot.

Photo by Evan Agostini/Invision for the Television Academy/AP Images

TOP 5: SPORTS BRAS THAT WE LOVE



1. FIERCE SUPPORT

The Nike Pro Fierce bra is lightweight and offers medium-to-high support through a blend of compression and part-moulded construction. The slight moulding in the cups provides shaping and support.
Price ₹2,095

2. IMPACTFUL

Enamor's three layered sports bra is a must-have for all your high impact activities. The straps of this non-padded bra are detachable and can be adjusted to give you different levels of bounce control. The broad panel in the centre enhances support.
Price ₹1,150

3. PADDED COMFORT

This sports bra from Triumph available at www.mynta.com is designed for a comfortable and customised fit. The bra is padded and has a double hook-and-eye closure on the back for an adjustable fit.
Price ₹1,339

4. CASUALLY, YOURS

This low-impact sports bra from United Colours of Benetton, available at www.jabong.com, is an ideal option for a yoga class or for a casual stroll in the park. The mix of nylon and spandex adds a bit of stretch to the bra.
Price ₹499

5. PRINTED LOVE

Reebok's multicoloured sports bra, available at www.zivame.com, is an ideal option for a yoga class or for a casual stroll in the park. The prints give the bra a sleek, sporty look and its polyester spandex fabric provides comfort, lift and support.
Price ₹2,500



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THE 66TH PRIMETIME EMMY AWARDS AT THE NOKIA THEATRE L.A. LIVE ON MONDAY, AUG. 25, 2014, IN LOS ANGELES

STAR did the first ever live simulcast of the 66th Primetime Emmy® Awards across five channels: Star World, Star World HD, Star World Premiere HD, FX and Fox Crime on August 26, 2014. The repeat of the three-hour 66th Primetime Emmy® Awards was showcased at 8 pm on August 26, on English entertainment channels including Star World, Star World HD, Fox Crime and FX.

