

Self-Care MegaThread!

May 12, 2016 | 25 upvotes | by [BeautifulSpaceCadet](#)

Ok everyone, /u/eliza_schuyler, /u/MsSadieDunham, /u/sariaru, and myself have assembled the skeleton and beginning content of a Self-Care MegaThread...but we want *everyone* to join in!! **This is a Super MegaThread** (: If you have something to say, or multiple somethings to say, or even a new section to add that we may have overlooked -- go for it! Here are the quick rules of engagement so it flows in a cogent manner:

- Top level comments are section headers *only*. There is also a [“General Discussion”](#) section, so use that as the normal comment area! Please don’t respond directly to the thread, but please do add as many tips as you can think of under their respective sections! And feel free to comment on or add more info to any other tips provided -- the more chatter the better (:
- There are also sub-sections (see [“Food”](#) as an example)! Add more of those if you think of any other themes and any tips you have for those too! And maybe in the actual tips let’s italicize instead of bold for visual clarity d:

That's about it, now go go go! - BSC

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Any more sections that y'all add will get put on the list! (: (:

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Comments

BeautifulSpaceCadet[S] • 5 points • 12 May, 2016 10:37 PM

Hair

[deleted] • 3 points • 13 May, 2016 03:55 PM

Body Hair

[deleted] • 3 points • 13 May, 2016 04:02 PM

Hair removal from the body comes in several forms.

Waxing

Usually done at a waxing place, spa, salon, or nail salon. There are several kinds of wax that they use. I prefer hard wax. This is a type of wax that they place onto the area you wish to remove hair from and then peeled off. No cloth is needed for removal. I have found that it is less harsh on my skin.

Threading

For those who are too sensitive to waxing this is an option. I have found that it hurts a lot more so I couldn't actually finish one session but the results are amazing. The arches that can be achieved with this method (to me) are way more dramatic than what you can achieve with just waxing.

Sugaring

Similar to waxing but without the heat. I have not personally done this or know anyone that has done it but there is a ton of information out there. From what I gather, women prefer this method for larger areas to reduce the risk of burning which can sometimes happen with wax due to it needing to be heated up. This can also cause skin irritation since it is a paste that is going on your body.

Lasers

For permanent hair removal, you can find great deals on Groupon in major cities for laser hair treatments. I have done the brazilian and underarms and have had great success with this. The treatments usually require about 6-12 treatments depending on how stubborn your hair is. Also, due to hormonal issues, you may never be **FULLY** rid of your hair. However it will decrease and lighten up what you do have significantly. Also. Do your research on the type of laser that they use. There are some lasers that are diode lasers that don't actually kill the follicle. They just remove the hair.

roboticyogi • 3 points • 13 May, 2016 08:31 PM

I did brazilian waxes for years and have recently (in the last year) switched to sugaring (brazilian). I love it! It's way less painless for me and I got few to no ingrown hairs (my skin is very sensitive).

BeautifulSpaceCadet[S] • 1 point • 15 May, 2016 07:15 PM

Can you get Brazilian sugaring done in a salon??

roboticyogi • 2 points • 16 May, 2016 11:17 PM

Yep, that's where I do it. :)

[deleted] • 3 points • 13 May, 2016 09:38 PM

I just got sugaring done for the first time... was not horrible. You just have to distract yourself and my

girl basically kept me talking. It was a really odd experience because... you know... she's down there. But I would totally recommend!

Additionally. My sis does traditional waxing and takes some Motrin prior to her appt. I did not, it hurt but was fine by the time I left.

BeautifulSpaceCadet[S] • 2 points • 13 May, 2016 05:36 PM

For those who are too sensitive to waxing this is an option. I have found that it hurts a lot more so I couldn't actually finish one session but the results are amazing.

Just to throw out an alternate perspective, I used to wax exclusively and now I thread and I find it *waayyy* less painful and *waayyy* more accurate. It doesn't hurt me almost at all and never really has. My eyes water and stuff but it's really not a huge deal at all. I freaking love threading.

[deleted] • 3 points • 13 May, 2016 05:41 PM

Good point. My problem is that with waxing is just one and done. The threading is like plucking for me. Ugh my eyes water and so much pain. Haha.

BeautifulSpaceCadet[S] • 3 points • 13 May, 2016 06:19 PM

For shaving my legs, I use dollar store conditioner instead of shaving cream. So much thinner and smoother and I just really prefer it. I've been thinking of switching to coconut oil to see how that goes! Seems like the water would not wash it off so well.

For my baby mustache and chin hairs, I unapologetically just shave them like a man. I used to do waxing but honestly it was unnecessarily harsh, then you have to wait for it to grow out enough to do it again..and I just don't like that. Also I waxed my lip after years of not doing it and it baby broke me out): it was tiny but sad. Just..get over the shaving stigma and go for it lol.

Some girls like to shave their entire face, and they say a lot of good things about how their makeup goes on, etc. I did it once and didn't notice anything...anything. So it's not worth it for me, it totally wasn't bad, it just wasn't good either. But it may be worth trying!

You can buy an at-home laser hair removal thing. I can't imagine using it all over because it's so tiny (the area it zaps is smaller than a penny, so doing that all over would take hours). But my friend has one and does it for her underarms and it totally works! This is the one she has...his name is Doug.

I shave my arms. Just throwing it out there. I hate body hair and remove everything from below the eyebrows lol. I know not everyone needs to or wants to, but I know I was afraid to try it before starting so just in case anyone needs a motivational nudge. I love it. Omg it's amazing. My biggest fear before starting was dealing with more stubble and having to be on top of yet another thing, and it's not like that at all. I can let it grow out as much as I feel like and it never looks noticeable or weird. I honestly just do elbows to wrists maybe 1-2 times a week and it takes just a few quick swipes, and then I do from elbows up to shoulders only before like nice nights out where my arms are being shown off or something. It isn't at all the commitment I thought it would be and its *soooo* nice rubbing coconut oil all over freshly shaved arms. Mmmm.

[deleted] • 3 points • 13 May, 2016 06:39 PM

Oh I am a huge fan of shaving my legs with a safety razor. I love shaving my legs now outside of the shower. I get to use all sorts of cool soaps. I just bought a lime, Amber, almond, and bayrum variety pack of col.conks shave soaps. Love love love it.

lackadaisicalily • 3 points • 16 May, 2016 01:44 AM

I am using Tria right now, I'm three weeks in. I've started noticing a difference.

lady_baker • 3 points • 16 May, 2016 01:53 PM

I shave my arms, too. I've got dark brown hair naturally, and am a hairy person, and I found I basically HAVE to shave my arms to avoid giving that "hairy woman" signal.

Unlike all other shaven hair, it never thickens (or appears to thicken) or grows in coarse.

[deleted] • 1 point • 13 May, 2016 06:42 PM

I don't shave my arms, but I *do* use the St. Ives Apricot Scrub on my arms and legs. It makes a *huge* difference in terms of 'softness' - using lotion afterwards really helps too.

There's another exfoliating line I really like, but haven't used in years...I think this is the one.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:37 PM

Hair Health

[deleted] • 4 points • 13 May, 2016 01:52 PM

I am semi no-poo. I only use conditioner to wash my hair as sulfates will dry my hair out. This isn't for everyone but for a lot of women who struggle with dry hair, I totally recommend this. You also can't just stop using shampoo. You have to ween yourself off of the sulfates because your scalp over produces oils just to compensate for stripping them out. So there is a yucky adjustment period but well worth it if done correctly. Over time, i have found my hair more bouncy when I style it, more full when I leave it down, and more compliant when I need to put it up. /r/curlyhair has a great wiki and information on the curlygirl method.

NOTE I have wavy hair so don't let the term curly throw you off.

BeautifulSpaceCadet[S] • 2 points • 13 May, 2016 05:27 PM

I tried no poo and did it like....all kinds of wrong. Allllll kinds of wrong (stopped pooing cold turkey - ___ - my poor hair).

How do you suggest weening off and those initial crappy phases??

[deleted] • 5 points • 13 May, 2016 05:38 PM*

So I did it by starting out one day a week just using conditioner. (I used to wash my hair every day yikes!!) Then I went to one day shampoo and conditioner. One day just conditioner. Then I went to one day shampoo conditioner. One day nothing. One day just conditioner. One day nothing..

Just go slow. The process took me months!! There are some days I feel like my hair needs to be clarified so I still use shampoo but that's like once month now. Go slow and watch out for any products you put in after you wash your hair cause they may contain Silicones and those you do need to use sulfates to wash out.

[deleted] • 2 points • 13 May, 2016 06:47 PM

Also just thought of dry shampoo. If in between washings you find that your hair looks too oily, you can put on some corn starch before bed. It makes you look like a crazy lady but when you wake up you start out again with fresh hair. They also have some lavender scented baby powder

I'm on the hunt for but right now I have like a lb and a half of corn starch I need to work through and that will take a year. SO for now just cornstarch. I would totally visit /r/curlyhair and read up on it. I found it so helpful.

BeautifulSpaceCadet[S] • 3 points • 12 May, 2016 10:37 PM

If you use heat products on your hair -- *use a thermal protectant!* They come as gels or aerosol sprays (I prefer the spray). Just apply before straightening/curling and it will take the brunt of the damage for your hair. Instead of trying to repair damage, prevent what you can first!

[deleted] • 3 points • 12 May, 2016 11:44 PM

I am a fan of coconut treatments. Melt some natural coconut oil (wait for it to cool a bit) then work into your hair. Get a plastic shower cap, and beanie/ski cap over (especially if you move around a lot at night) and go to sleep. In the morning, shower and rinse it all out, shampoo. I do this once every 2-3 weeks generally and always notice an increased level of softness. I also have an argan oil leave in conditioner spray. Sometimes I use a dry shampoo spray as well (I'll have to look up the brand). I don't shampoo every day, I can generally go 2 or 3 days between.

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:38 PM

Coconut oil and Argan oil are great moisturizers for thirsty hair. Just get enough to coat your palms and lightly tease through the ends of your hair and the shaft. Avoid the roots if you don't want greasy looking hair, but if I do it at night and know I will be showering before going anywhere then I put it all over. Someone add more tips for thirsty hair if you know any! My hair looks like straw sometimes):

LauraXVII • 1 point • 13 May, 2016 09:42 AM

Following on from /u/BeautifulSpaceCadet's heat protection tip - when you're straightening/curling your hair put a spray of leave in conditioner just on the tips. It stops the ends looking and feeling too straggly and straw-like :)

BeautifulSpaceCadet[S] • 2 points • 13 May, 2016 05:29 PM

I am permanent Ms. Straw hair so thank you for this d:

sthutton • 1 point • 21 June, 2016 07:11 PM

I know this is an old thread, but I came back looking for any tips for my own straw hair!

Last night, my hair was its usual crazy poofy self while it was air drying, and I jokingly asked hubby "how you like my hair?" with a dumb grin on my face. He responded with "it looks itchy". :(*Let me go sob in the corner, haha.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:38 PM

Hair Styling

[deleted] • 3 points • 12 May, 2016 11:46 PM

Some tutorials

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:38 PM

I am an absolute gimp when it comes to hair styling so this will be my only tip for this section haha. I always tell my hairdressers "I own a blow dryer, a curling iron, and a straightening iron and I know how

to use none of them". Ugh.

Anyway here is a quick-styling tip that is impossible to mess up! Here is an album showing the basic principle -- easy, eh? Well that quick trick can be used so many ways it's amazing. First, it totally classes up your standard ponytail just by itself, as you can see. But second, here is another way I use it! I pull small strands of hair from the temple area, and then do 3-4 moving down and band and flip them in the back. I use those baby bands that match my hair colour so you can't see them. Then I adjust the bands up and down and tuck each one into the last so you can't see them. I finish it off by doing one last flip with the remaining main ponytail Here is a picture of what it looks like on my hair -- kind of like a ghetto braid of sorts! Total cheater move but I'm not apologizing or messing with success here.

sthutton • 3 points • 16 May, 2016 02:21 PM

This is going to show my age here - but that's Topsy Tail minus the 80s era gadget! I totally remember being upset with my mom for not buying it and just doing it with her hands, haha. "It's not the same, mama."

BeautifulSpaceCadet[S] • 3 points • 16 May, 2016 02:54 PM

Hahaha I saw one of those like yesterday and the consumer in me came *this* close to buying it...and then I was like 'wait...but I already can do it...."

eliza_schuyler5 points 12 May, 2016 10:40 PM **[recovered]**

Mental Health/Relaxation

raisin_warlord • 4 points • 13 May, 2016 05:08 AM

Keep a journal!

Great way to get all your feelings out when you don't have someone to vent out to or if you don't feel comfortable sharing them with anyone else (family or friends), since your diary won't judge you. Be honest with yourself, you have full permission to write out what your feeling/thinking and don't judge yourself for feeling or thinking this way. Then have a good nights rest and maybe revisit the entry next morning and figure out why you were feeling this way.

[deleted] • 1 point • 13 May, 2016 06:00 PM

I love jounaling. I haven't in about a week because I've been carrying so much stuff with me in my purse I just forget it is there. I usually do a conscious stream of thought. Just barf out everything and anything that comes to mind so that I can shut my brain up. It is a good practice to have.

[deleted] • 5 points • 13 May, 2016 02:33 PM

when i am really stressed or anxious, i go through this list of questions to see if it's worth the stress:

Will I care in 1 week? 4 weeks? 6 months? A year? If no, then I stop caring (as much, at least) as it's not a long term problem.

Do I care about this or do I care that others care about this? If it's proxy feelz, I get over it.

Does it cost money? Do I owe anyone? If no to both, then I let it go. There are no financial repercussions.

BeautifulSpaceCadet[S] • 1 point • 13 May, 2016 05:41 PM

I like this, a more rudimentary thing that I use to keep things in perspective is "hey remember that thing you were upset about 5 years ago?....nope". Then try to remember this is that same thing 5 years from now. I like yours more, it's more analytical but does the same thing.

[deleted] • 1 point • 13 May, 2016 06:02 PM

Will I care in 1 week? 4 weeks? 6 months? A year? If no, then I stop caring (as much, at least) as it's not a long term problem

I'm going to try this this week. I find that I can get stuck on the little things sometimes and that kills me with time wasting. I hate wasting my time on nonsense.

eliza_schuyler4 points 12 May, 2016 10:43 PM **[recovered]**

Read, read and read some more. Get off the internet. Train your brain out of its “instant reward”, skim reading habits. Start off with a magazine, poetry anthology or book of short stories. Work your way up to some full length non-fiction or novels. Check out the wiki for some RPW essentials. Relearn to focus deeply.

[deleted] • 5 points • 13 May, 2016 05:59 PM

This is going to sound dumb. But I cultivated my daughter to love books through anime. I wouldn't let her watch them dubbed. Only with the subtitles. I always read to her as a kid but when she wanted to watch TV I still made her read. LOL. She loves to read now. I think she goes through a book a week and absolutely destroys any books that are assigned for school.

classy_lassy23 • 3 points • 14 May, 2016 08:11 PM

I've heard that reading to children when they are young greatly improves their vocabulary and reading comprehension skills when they start to read on their own. You are an awesome mom for teaching your daughter to love books! :)

starista • 2 points • 16 May, 2016 11:32 PM

We've been reading to our now five year old since he was in my belly. Story time routine is our favorite part of nighttime.

BeautifulSpaceCadet[S] • 1 point • 15 May, 2016 07:44 PM

My parents started teach me to read out the womb. I swear, I could read before I could talk. My grandma made an alphabet chart with a pointer stick (my most prized possession haha) and by the time I was 18 months I knew all the letters, their names and sounds, as well as 'ph' 'ch' 'sh' etc. They had me doing little baby books before I was 2, and by the time I was 3-4 I could read full kids stories (Boxcar kids, etc.). This trend carried me through all of my pre-university education and there are absolutely no words for how much it helped me in life. I can't believe it even occurred to them to do that but I'm the best reader I've ever met. Doesn't mean I always understand what I'm reading and I know plenty of the women here could run circles around me with theory-based books, but when it comes to basic reading comprehension and speed...I'm pretty much superhuman and I accept virtually no credit for that at all. It's an awesome thing for a parent to encourage!

eliza_schuyler3 points 12 May, 2016 10:42 PM **[recovered]**

Yoga is also super good for your mental health, as well as your physical! There's some awesome starter yoga videos out on the wide wide interwebs. Check out Yoga with Adrienne's 30 day starter course.

[deleted] • 3 points • 13 May, 2016 03:46 AM

DoYouYoga and DoYogaWithMe are also excellent resources with at least some free material available. DoYouYoga has some paid programs, but they're designed as followable programs. DoYogaWithMe is a

little less structured (although they do have some recommendations for program ideas you could follow) but has more free material available.

[deleted] • 2 points • 13 May, 2016 06:01 PM

I love yoga!!! I am doing p90x right now to take a break from it though. I needed something more physically challenging for myself. But I'll be going back to it once it is done. Plus p90x has a yoga video that is super hard. So I love it!

[deleted] • 3 points • 13 May, 2016 01:46 PM

Meditation is one of the most important parts of my day. Each morning I set aside 10 minutes to meditate. I use a meditation book that has a new mantra for the day. So I will read that and then think about the mantra for about 10-15 minutes depending on how flustered I woke up.

I set up a yoga mat right next to my bed so there is no excuses about me forgetting. I hit the deck immediately after rolling out of bed. Sit cross legged. Back straight. Breathe in through my nose and sigh. Then shut my brain off. I notice patterns of where my consciousness goes.

Am I listening to the sounds around me? Refocus on the mantra.

Am I feeling the mat beneath me? Refocus on the mantra.

Am I thinking about what I've got going on during the day? Refocus on the mantra.

Am I focusing on the blacks behind my eyes? Refocus on the mantra.

When I finally am ready to start my day, I will say the mantra out loud but consciously. Then I go about my day. I find that I can remain more grounded on days where I don't just roll out of bed and head out the door. It is a good practice.

littleteafox • 3 points • 13 May, 2016 03:30 PM

Which book are you using? I really like the idea of having a mantra for every day.

[deleted] • 3 points • 13 May, 2016 03:48 PM

I read Each Day a New Beginning: Daily Meditations for Women by Karen Casey. It is a daily meditation sort of designed for women in AA but they don't reference the program too often. I'm sure there are plenty out there though.

[deleted] • 3 points • 13 May, 2016 03:53 PM

Actually, I just spoke with my friend who also does meditation books. She uses this one. Says it isn't religious or anything but more based on the philosophy of Taoism.

This is the blurb on it

365 Tao is a contemporary book of meditations on what it means to be wholly a part of the Taoist way, and thus to be completely in harmony with oneself and the surrounding world.

littleteafox • 3 points • 13 May, 2016 03:58 PM

Yess I love the Tao te Ching, in fact I have a pocket edition that I carry around with me. I think this will be perfect, thank you :)

BeautifulSpaceCadet[S] • 2 points • 13 May, 2016 05:39 PM

Stupid question, how to you sit and keep your back from fucking hurting? I have pretty decent discipline when it comes to posture but it sure doesn't come naturally. Sitting in the meditation position is really hard for me to focus on not slouching into myself *and* keeping my mind off focussing on that lol.

[deleted] • 2 points • 13 May, 2016 05:43 PM

Well you don't HAVE to sit. You can also lay on your back with a rolled up blanket/bolster/pillow under your knees and do that. You just have to be comfortable so as not to focus on how uncomfortable you are. So if you aren't comfortable sitting up, I'd suggest laying down. You wanna take away any external stimulation as much as possible.

BeautifulSpaceCadet[S] • 1 point • 13 May, 2016 05:48 PM

Like this? Also, would child's pose work?

I mean I want to sit up because I want my posture to be well and good but right now it's way more of a pain than it should be and super frustrating. Like is my core that weak? I really actually don't think so, so I'm not sure. Gah.

[deleted] • 1 point • 13 May, 2016 05:53 PM

Exactly like that. I wouldn't do child's pose only cause it is still an asana that has pressure points that could draw your attention (knees and lower back). I also wouldn't recommend working on your posture while meditating. Working on your posture requires exercises that will develop not only the core muscles but also the back muscles that hold up the spine. You def don't wanna do that while meditating. I saw a great post on /r/lifeprotips that had a video on how to improve posture. I'll see if I can find it and send your way.

BeautifulSpaceCadet[S] • 1 point • 13 May, 2016 06:04 PM

Oh good point, I don't yoga so I wouldn't have thought about pressure points, which totally makes sense. I'll try the lying down one (:

[deleted] • 1 point • 13 May, 2016 05:56 PM

Here is the video that was posted.

BeautifulSpaceCadet[S] • 1 point • 13 May, 2016 06:04 PM

Thank you!!!

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:31 PM

Skin Care

BeautifulSpaceCadet[S] • 6 points • 12 May, 2016 10:32 PM

Sunscreen, wear it every day, and thank me in 20 years (many of you do this but it can really never be said enough). Also, make sure you're wearing enough. Make sure you cover sufficiently too and not just sparsely dab.

raisin_warlord • 2 points • 15 May, 2016 02:19 AM

Do I have to wear it even if I don't leave the house?

BeautifulSpaceCadet[S] • 2 points • 15 May, 2016 03:10 AM

I think it's arguably overkill and not a huge deal if you skip those days, that being said I just put it on every day without thinking about it because even spending time near windows is UV exposure to avoid. Going to be young forever!

tintedlipbalm • 1 point • 15 May, 2016 03:22 AM

You don't 'have' to do anything, but as long as you can see sunlight, UV rays are present. There are many sunscreens designed for interior use (mainly Japanese, like the famous Biore Watery Essence) that are light enough and comfortable for daily use.

That said, it's really about how anal you are about the whole thing, some people won't really care that much, and others go to great lengths to minimize UV exposure.

BeautifulSpaceCadet[S] • 3 points • 12 May, 2016 10:31 PM

Keep it simple. Don't get a gimmick cleanser...Cetaphil or CeraVe are 2 good brands to start with. Only use your finger tips. Never scrub with a wash cloth (just stopping that cleared my skin up so much). If your skin feels dry and tight after washing, that isn't clean -- that's your skin stripped of oils and it's bad. I like a light cleansing in the morning and a more thorough one at night. Though just one at night and a splash of water in the AM may be good for you.

lo_andbehold_ • 1 point • 15 May, 2016 08:55 PM

I double cleanse at night to remove sunscreen/any make up, but in the morning all I do is a splash of water and some alcohol free witch hazel on a cotton round before starting my morning skincare routine. Sometimes less cleansing is more; try both and see what works for you.

BeautifulSpaceCadet[S] • 1 point • 15 May, 2016 10:41 PM

Oh I have been wanting to try witch hazel! I don't know much about it. Do you have a brand you suggest and then just swipe in the AM?

lo_andbehold_ • 2 points • 16 May, 2016 07:07 PM

I use Dr Thayer's Rose Petal witch hazel, but there are tons of other varieties by them (lavender, cucumber, etc) that are all alcohol free. In the morning I use to freshen up my skin from the night before (rather than cleansing again) and in the evening, I sometimes use it after cleansing as a toner.

[deleted] 17 May, 2016 01:09 AM

[permanently deleted]

lo_andbehold_ • 2 points • 17 May, 2016 01:41 AM

Alcohol can be overly-drying depending on your skin type. Followed with a good moisturizer, the witch hazel you have now could still be a good toner. I used to add lavender oil to your run of the mill drug store witch hazel (which probably had alcohol in!) it and suffered no ill effects.

BeautifulSpaceCadet[S] • 2 points • 17 May, 2016 03:46 AM

I saw a lavender and I think rosemary one, but I wasn't sure about gimmicks and went with the unfragranced safe option.

lo_andbehold_ • 2 points • 17 May, 2016 07:46 PM

No gimmicks! It was probably the Dr Thayer's line, and they're pricey, but worth it imo. The rose petal is my favorite, but the lavender smells amazing too.

BeautifulSpaceCadet[S] • 3 points • 12 May, 2016 10:32 PM

I love a chemical exfoliant. I suggest Paula's Choice but whatever works for you is fine. AHAs do my skin some serious good, look them up!

BeautifulSpaceCadet[S] • 3 points • 12 May, 2016 10:33 PM

Wait a minimum of 1 week in between start products. It's really hard taking crap care of your skin, researching how to take better care of it, and not being able to do that all at once. But be patient and introduce one product at a time and change nothing else about what you already do. If you use everything at once and then either have luscious skin or totally break out...you won't know what caused what and back to square one.

Kittenkajira • 3 points • 12 May, 2016 11:34 PM

If you have body acne, change your sheets a couple times a week. Works for face acne too, only change your pillowcase every couple days. I cleared most of my face acne by training myself to not sleep with my hand under my face.

raisin_warlord • 5 points • 13 May, 2016 02:03 AM

I put a clean t shirt on my pillow everynight, no more acne :)

[deleted] • 3 points • 13 May, 2016 01:47 PM

Coconut oil!! I'm talking about using it for the whole body. This stuff is amazing. I love it. I can't get enough of it. Typically I will warm it up and put it into a small squeeze bottle and keep it in the shower so that it'll warm up while I'm in there. Then squeeze it over my body when I'm done in there. Keeps my skin silky smooth.

[deleted] • 2 points • 13 May, 2016 11:55 PM

Well now I want to try this!

lo_andbehold_ • 1 point • 15 May, 2016 08:50 PM

I keep a small jar of it in the bathroom and use a spoon to scoop it out. I love it for everything, but my favorite use is as a body moisturizer instead of lotion. It just melts in your hand!

sthutton • 3 points • 13 May, 2016 06:20 PM

Cold cream! I love my "old lady cream" and my skin has never looked better since I ditched traditional face wash for it!

BeautifulSpaceCadet[S] • 4 points • 13 May, 2016 06:24 PM

Oh I don't know anything about cold cream! Tell me more!

sthutton • 2 points • 13 May, 2016 07:49 PM

I don't know much about the science part of it, but I can tell you what I use and how I use it! haha.
I use Ponds with the green lid (I think I've seen a blue lid one also?). You just rub it on a dry face, straight on top of your makeup, and rub rub rub until it turns from white to clear and seems like it's

slightly absorbed into your skin, and then I rub some more, cause I'm weird and feel like I should. Then I wipe it off with a Kleenex or a warm damp wash cloth. It takes off all my makeup, including the stubborn waterproof mascara and lip stains, and it's very hydrating and seems to help calm my sensitive skin. I've never had issues with it burning my eyes (and I have definitely gotten it in them!) or breaking me out. It's totally my skin care love :)

[deleted] • 2 points • 13 May, 2016 07:54 PM

I do the same thing with Coconut oil. I love how it takes off makeup.

sthutton • 2 points • 16 May, 2016 01:17 PM

Ooooooh! I wish my face liked coconut oil. That smell! YUM :)

MrsLabRat • 2 points • 14 May, 2016 03:29 PM

I think I've seen a blue lid one also?

I'm pretty sure that one is a regular moisturizer. The green one is the cold cream.

sthutton • 2 points • 16 May, 2016 01:18 PM

Oh nice! In that case, I might just have to get a blue lid jar too.

MrsLabRat • 3 points • 16 May, 2016 01:21 PM

I like the cold cream, but something in the moisturizer made me itchy. Depending where you look I think they come in two sizes if you want to try the smaller first and see whether you like it.

sthutton • 2 points • 16 May, 2016 02:44 PM

Aw shoot! Thanks for the warning. My skin is pretty sensitive, and I've noticed certain things make me itch too. In fact right now I have an itchy eyelid. Rabble :-\

[deleted] • 2 points • 13 May, 2016 09:40 PM

TAKE YOUR EYE MAKE UP OFF EVERY NIGHT! Keeping it on really ages the skin around your eyes. Take it off every night. Get a quality oil free eye makeup remover. (Personally I'm a Mary Kay lover but there are others out there) you should not have to scrub your eye or skin around your eyes. Very very gentle.

BeautifulSpaceCadet[S] • 3 points • 13 May, 2016 11:17 PM

Yes!!! So huge!!!! I can't even believe it needs saying but it does. I don't know why a person would even want to sleep with any gunk on their face..there is absolutely no benefit and only potential detriment.

TAKE YOUR MAKEUP OFF EVERY NIGHT. I think you made the point but I thought I would emphasize again haha.

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:31 PM

Moisturizer. Always moisturizer, if you have dry skin - moisturize. If you have oily skin, it's likely your skin overcompensating for dehydration - moisturize. I like CeraVe in the tub (but I am on the market for a new one to see how my skin might like it...any suggestions??). Any time you cleanse, moisturize right after.

somedayimight • 3 points • 13 May, 2016 12:35 AM

I love the cerave in the tub and that's all I've been using on my face at night for years. However, now that

I'm in my thirties I think it's time for some anti aging lotion. Any suggestions?

[deleted] • 2 points • 13 May, 2016 12:46 AM

Not in my 30's yet, but I have been using L'oreal Collagen. It's cheap, not too heavy, doesn't make me break-out, or irritate my skin. Next time I may try something a bit more expensive, but I'm not sure.

BeautifulSpaceCadet[S] • 1 point • 13 May, 2016 12:42 AM

I sure don't have any but I'm hoping someone else might. I think I recall /u/Camille11325 say she had switched to an anti-aging regimen so she might be able to chime in!

BeautifulSpaceCadet[S] • 1 point • 13 May, 2016 01:06 AM

I also found this thread last night. I'm not sure there is anything specifically anti-aging but it's still a pretty awesome resource!

Kittenkajira • 2 points • 13 May, 2016 04:06 AM

A few IRC ladies kept recommending Nivea creme, so I tried it and my face seems to really like it.

[deleted] • 2 points • 13 May, 2016 06:49 PM

I like Cerave but I also use a lot of products. I am a huge /r/asianbeauty fan so I have like 4 products just to moisturize my face :)

[deleted] • 2 points • 15 May, 2016 06:57 AM

Asian beauty and my new skincare routine has changed my life. my skin look like it did i'm in my late teens (without the pimples).

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:33 PM

For non-facial hair I use two things that are quite different (I'm admittedly awful at remembering to lotion myself): Coconut Oil or Amlactin. The coconut oil is just luxurious, it's a shame my face skin hates it /: That guy speaks for himself, but Amlactin is a nice lotion with a light chemical exfoliant to help clear dead skin cells -- so much healthier looking!

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:36 PM

Sleep & Bedtime Routines

[deleted] • 3 points • 12 May, 2016 11:39 PM

There are special light filter apps that you can install on your phone, tablet etc.

Recent research suggests exposure to blue light produced by LCD screens before sleep may distort your natural circadian rhythm and cause inability to fall asleep

I use an app called Twilight. You can customize the 'color temperature,' 'intensity,' 'screen dim' and set designated filter times (my filter turns 'on' after 8PM and switches 'off' after 6AM).

Have a standard routine that you go through every night, and make sure you allow enough time to get everything done at a semi-leisurely pace. This can be hard when you have a busy schedule, but it's worth it in my opinion. I start 'getting ready' for bed about an hour and a half before I plan to sleep. I take the time to stretch, shower, lotion/fuss with my hair, then I read/or play a game. We have some portable speakers, so if I'm cooking or in the shower, I can listen to either pandora, or one of the podcast shows I enjoy.

lo_andbehold_ • 2 points • 17 May, 2016 01:45 AM

Seconding Twilight! My phone's latest update included a blue-light filtering element, but I like the color and adjustments on Twilight better. I run a program called f.lux on my computer to do the same thing.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 11:42 PM

Ooooo are those apps for Android or iPhone? I know Android had some cools ones Apple didn't offer...I would think there are more options now but I haven't looked at all.

I start 'getting ready' for bed about an hour and a half before I plan to sleep. I take the time to stretch, shower, lotion/fuss with my hair, then I read/or play a game.

This sounds really, *really* nice. I bet it does wonders for your ability to fall asleep and head straight into quality rest

[deleted] • 2 points • 12 May, 2016 11:58 PM

It's great, and relatively recent. I always had the "30 minutes before bed start settling down" part, but I recently switched from showering in the morning to showing at night (I love hot showers and hate feeling rushed). As an added bonus I now also have time to fully lotion (it's annoying trying to wait for lotion to dry in the morning before I get dressed so I almost always skipped that step).

I also make sure I have at least one outfit picked to wear (no wondering if I cleaned a specific cardigan) - and it's made my morning routine a lot more relaxing as a result.

BeautifulSpaceCadet[S] • 2 points • 13 May, 2016 12:12 AM

Oh! I have another tip you reminded me of. I keep an over the door hook and lock and load at least 3 outfits there at all times. They might not be my favourites but at least in a pinch I can grab something fully assembled that's a total no brainer.

Also I bet showering at night keeps your sheets cleaner for way longer!

[deleted] • 2 points • 13 May, 2016 12:57 AM

Yes that's a great idea. I have several casual dresses that serve the same purpose.

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:36 PM

Sleep is often underrated, and there are many things you can do to ensure you are getting both quality and quantity. Make sure you are getting a consistent number of hours each night. There are few things so powerful that they can enhance both your physical and mental health, and sleep is one of them (exercise is another). 7-8 hours a night is a good goal, and try to make it the same 7-8 hours when possible (even weekends!).

starista • 2 points • 16 May, 2016 11:38 PM

What technology, if any, do you and your significant other have in the bedroom? My husband and I are working on not having our cell phones in our bed beside where we sleep at night any more. Thoughts?

BeautifulSpaceCadet[S] • 1 point • 17 May, 2016 12:11 AM

Huge IMO. My SO is not distractable in the slightest. Kind of like a robot? Not kidding haha. He is the most habitual person I know so he just closes his eyes and falls asleep, then opens them and get out of bed. I, however, am hugely susceptible and have started charging my phone on a dresser by the door instead of by the bed. It's a big help not messing with it at night, and an added bonus is that I physically

have to get out of bed to hit the alarm which helps to wake me up. I'm the worst sleeper ever though, like every bad habit you can have, so each little tip is really helpful to me haha.

starista • 1 point • 17 May, 2016 12:12 AM

I love this idea. I recently started charging my cell in the bathroom. Like you said my husband is not distracted by his phone as I can be. I am ok with reading in bed but the constant scrolling mindlessly is not good.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:36 PM

Really odd personal anecdote...but I am a lifelong tummy/side sleeper. Sleeping on my back has always been out of the question. However, I read a comment a few years ago by a Reddit user who switched to back sleeping and found it improved the quality of his rest immeasurably. I tried it myself...and it worked!!!! It was hard to get used to, but oh my gosh I wake up feeling so much better. It's a bizarre suggestion that I can't back up with any real science...but I encourage anyone to try it for a week and see what happens.

eliza_schuyler2 points 12 May, 2016 10:39 PM **[recovered]**

Misc. Tips/Information

BeautifulSpaceCadet[S] • 3 points • 12 May, 2016 10:41 PM

"Consistency Beats Intensity". I think that speaks for itself, but no matter what you are doing just remember that self-care is a marathon and not a sprint. Don't sweat the small stuff and remember it is what you do MOTT that counts (Most Of The Time!).

Motivation is doing what you need to do because you want to do it; Discipline is doing what you need to do even when you don't want to do it. It's okay to feel lackluster, just try to keep moving forward. Again, don't sweat the small stuff (:

eliza_schuyler2 points 12 May, 2016 10:40 PM **[recovered]**

Homemaking

BeautifulSpaceCadet[S] • 5 points • 12 May, 2016 10:40 PM

Do not underestimate how much a well-kept home is really a part of self-care. Nothing influences my mood more strongly than my environment; if I get home and everything is a royal mess I quickly become a high-strung ball of anxiety. If I get home and all is in its place, I feel like I'm in my sanctuary and can allow myself to unwind.

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:40 PM

I don't have kids, but I've read this tip and liked it for keeping your house clean and keeping your sanity: Set a generic timer to a reasonable amount for your child to clean their room; this way they are racing an inanimate object and not an exasperated mom. You can go take care of other things, then at the end of the timer come collect any toys left out. These go into a bin that are confiscated for 24-hours, and if he/she wants a toy out of the bin they can perform a chore or similar to earn it back.

eliza_schuyler2 points 12 May, 2016 10:45 PM **[recovered]**

Fashion

sthutton • 6 points • 13 May, 2016 06:25 PM

Show your husband pictures of different styles of clothing (I removed heads so there would be less biased answers), and ask him to pick out the ones he finds most attractive. You might be surprised; I certainly was! For nine years (Nine!!) I thought he liked an edgier look. Turns out, he only likes the edgier look for the bedroom.

BeautifulSpaceCadet[S] • 4 points • 12 May, 2016 10:50 PM

I find it really helpful to just have a colour palette that I generally stick to. It makes my wardrobe more cohesive and shopping much easier (anyone else despise shopping??) -- for me it tends to be black, black, and more black haha, but I have began working on expanding my options to include olive greens, wine reds, and dark blues. I find having a baseline increases the functionality of a lot of my clothes and avoids the whole "well x matches with y but not z , and z can only be worn with *this* accessory unless the sun is at a 45 degree angle"...okay that was a little sarcastic but y'all know what I mean d:

[deleted] • 3 points • 13 May, 2016 06:52 PM

I refuse to wear workout clothes/sweats around the house... unless of course I am actually working out. i use soft cotton stretchy mini dresses around the house and I don't take my face off til I shower before bed (its just eyeliner and lipstick). I like to look good at home for my man.

[deleted] [score hidden] 12 May, 2016 11:52 PM stickied comment

General Discussion Section

BeautifulSpaceCadet[S] • 3 points • 13 May, 2016 12:44 AM

It didn't seem topical in the body but a HUGE HUGE thank you to the women who agreed to help me with this madness (: It was a week and a half group effort collaborating on a Google Doc and I seriously appreciate all of their awesome contributions, and Eliza for being such a beast helping to build the whole thing. /u/eliza_schuyler, /u/MsSadieDunham, and /u/sariaru are the bees knees <3

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:34 PM

Fitness

sugarrush1994 • 3 points • 13 May, 2016 02:08 AM

I am a total workout novice but YouTube has been my best friend recently! There are tons of different videos for all types of endurance a levels. Lately I have been loving Fitness Blender and more specifically their 100 squat challenge. Even if it's just 20 mins a day of their squat and ab workout I definitely feel the burn the next day.

throw_the_switch • 2 points • 13 May, 2016 12:54 PM

Youtube Videos! There are, no joke, youtube videos for every possible type of workout at any length. I often struggle with motivation with going for a run or going out/paying to exercise, but I can always make time for a 20 minute video at home.

I especially love Yoga with Adriene and Fitness Blender (I think they have 1000+ videos!!) but you can find almost anything tailored to your taste and fitness level.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:34 PM

There are *so many* different ways to exercise. There is SOMETHING you will enjoy. Experiment until you find that something, then do that unapologetically. It's alright if it's not the most efficient workout, just get

moving and feeling good.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:34 PM

Here are some of my suggestions...comment more if you love some I missed!!

Weightlifting, Running, Stairmaster (my favourite! no shame!), Zumba, Pole Dancing, Swimming, Jump Roping, Rock Climbing, Rollerblading, Biking, and good old fashioned Walking

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:52 PM

/u/Sariaru:

"Yoga, Belly Dancing, HIIT (High-Intensity Interval Training"

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:35 PM

Workout notebooks may work for you (or not). I tend to oscillate between strategies that I love and then suddenly change to hating them haha (and then with time I go back the other way again). I used to use notebooks to track every detail and it made me feel great and loved being able to visualize my progress and success. Then one day it became too structured and daunting and I liked to be loosey goosey. Using them to stay accountable and be proud of your work may be worth considering though!

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:54 PM

/u/Sariaru:

"Progress photos can also be very motivational. If you're a visual person who is more motivated by aesthetics than by numbers, then taking weekly or monthly photos can be a good way to see the progress you're making and help you keep on track to more and more progress."

[deleted] • 1 point • 13 May, 2016 01:57 PM*

I started p90x. I find that a lot of women are put off by the thought of using weights for exercising. They thing they are going to wind up like this. That could not be further from the truth. This woman lives and breaths body building which I'm sure most of you aren't going to start taking supplements and eating some ridiculous diet to bulk. What you can expect are these kinds of results .

BeautifulSpaceCadet[S] • 3 points • 13 May, 2016 05:26 PM

Hahaha I used to be hardcore into bodybuilding. I always told girls "1) looking like that takes hard work and years, it's really insulting to the people who *try* to look like that if you think it can happen on accident; and 2), thinking if you start weightlifting that you'll look like that is the same as thinking if you go for a light jog you'll accidentally be able to run ultra-marathons. Get over yourself."

[deleted] • 3 points • 13 May, 2016 05:40 PM

Yes!! My cousin started doing insanity and freaked out at a little bit of muscle tone. She didn't wanna wind up like that first pic... I'm like in what world do you really believe you are going to get like THAT doing insanity?

crimsonswitch • 3 points • 14 May, 2016 01:56 PM

I agree (woo weights!) however I do think some fitness girls end up bulkier around the traps/shoulders/upper arms than they want following typical dude weight programs, depending on how fast they put on muscle. A program like Strong Curves is likely to fit their aesthetic goals better.

[deleted] • 2 points • 12 May, 2016 10:39 PM

[permanently deleted]

smallpeach • 2 points • 12 May, 2016 11:31 PM

Maybe a nutrition/supplements section? For example I love gelatin/collagen powder and I swear by cod liver oil!

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 11:39 PM

You add it! :D Just add it with the bolding and then reply to your own comment with all your suggestions! That's not something I know anything about at all and would love to learn! Maybe another category under "Food"?

BeautifulSpaceCadet[S] • 1 point • 13 May, 2016 12:20 AM

I just added it to the main post! Tell us all about your magic oils and gelatins :D

[deleted] • 2 points • 12 May, 2016 11:53 PM

I made a general discussion section (I can only sticky comments I make)

BeautifulSpaceCadet[S] • 1 point • 13 May, 2016 12:12 AM

Thank you!! I will delete mine and redo the link in the body (:

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:39 PM

Talk here with the normal chatter that would be in the comments section! This will help keep the sections easily visible and prevent them from getting broken up by generic discussions (: (PS mods, could we perhaps get this section stickied pretty please?)

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:42 PM

Dental Care

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:42 PM

Seriously this section is the most straightforward: brush your teeth twice a day, floss every day, and after you floss rinse with a mouthwash. That's it. Your teeth will never be so beautiful/healthy. Also, don't neglect your tongue. That's where bacteria really settle in, brush that guy too.

littleteafox • 2 points • 13 May, 2016 03:04 PM

Sonicare <3

BeautifulSpaceCadet[S] • 1 point • 13 May, 2016 05:42 PM

Yes! I have one. Freaking love love love it.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:42 PM

You only have to floss the teeth you want to keep. I don't care if you've heard it -- it's true. And when it says floss, it does mean floss and not just brush. Floss your teeth by making a C-shape around each tooth, not just bring the floss straight up and down. You want contact on every surface of your tooth.

smallpeach • 2 points • 12 May, 2016 11:27 PM

Or, invest in a Waterpik! It's so much easier than flossing, and you can really get into those tiny nooks and crannies.

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 11:37 PM

I have heard about those! But never done any real research (which now that I think about it...is freaking weird because I work in marketing for dentists hahaha) -- you would recommend over flossing?? I *love* clean teeth feeling and having a healthy mouth omg

sthutton • 3 points • 13 May, 2016 06:44 PM

I might recommend it in addition to flossing, but definitely not instead of. I got a Waterpik maybe a month ago and used it before brushing. One night I decided to "test it" and I flossed after brushing...yea...sadness. It did not pass the test. So now I use it periodically as a pre-brush floss/gum stimulation but I continue to use floss for the real cleaning. Maybe it's just the way my teeth are shaped/spaced, but honestly it was a big let down.

BeautifulSpaceCadet[S] • 3 points • 13 May, 2016 07:12 PM

I work in dental marketing so I'm going to go do more research and then pitch doing a promotion on waterpiks to my clients (dentists) and see how well-received it is. I'll report back if they are for it or against it!

smallpeach • 2 points • 12 May, 2016 11:46 PM

Flossing is great on the go! But I love using my Waterpik before I brush my teeth. It's fast and thorough! My dentist was the one who said it was good for getting in between the gums and teeth.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:42 PM

Time Management

BeautifulSpaceCadet[S] • 7 points • 12 May, 2016 10:49 PM

If you leave town for more than 4 days -- clean everything. Everything. Wash sheets and towels, clean bathroom, the whole shebang. So nice to walk into...so nice.

sugarrush1994 • 2 points • 13 May, 2016 02:12 AM

Nothing beats coming home after a long tiring day of travel to a beautiful clean home!

BeautifulSpaceCadet[S] • 2 points • 13 May, 2016 02:25 AM

Omg you're telling me. It's one of those things my mom used to do and I hated it. Once before a 10 day trip I mouthed off to her during cleaning time and she full-on slapped me -- and she only did that twice my whole life. So it's serious business haha.

I made so much fun of her until I left college for spring break and found myself washing sheets and dusting. That was my "oh my god I am my mother" moment.

sugarrush1994 • 2 points • 13 May, 2016 02:19 PM

My mom was a cleaning-nazi right before we left on trips too! Once she told me I would miss out on Disneyland if I didn't finish cleaning my room so I stayed up almost all night cleaning! It's totally worth it though!

BeautifulSpaceCadet[S] • 4 points • 13 May, 2016 12:19 AM

I keep an over the door hook and lock and load at least 3 outfits there at all times. They might not be my favourites but at least in a pinch I can grab something fully assembled that's a total no brainer before I leave for work. Awesome for if I hit the snooze a few too many times!

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:49 PM

Each time you cook (cook, not make a bowl of cereal) -- *first* wash the dishes, *then* wipe the counters, *then* sweep the floors. Wiping cleans crumbs plus splashes caused by dishes, then sweeping cleans debris plus crumbs knocked on floor from wiping counter. It takes 30 seconds and keeps you so far ahead of the messes.

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:49 PM

Keep a cute mess box somewhere accessible. When you are in an "I can't even" kind of mood, throw it in the mess box. Just don't allow the mess to grow beyond the box.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:44 PM

Food

smallpeach • 2 points • 12 May, 2016 11:47 PM

Nutrition/Supplements

smallpeach • 3 points • 13 May, 2016 01:03 AM

For beautiful skin and healthy joints, add grass-fed gelatin or collagen powder to your diet! (Great Lakes is a good choice and is available on Amazon.) You can make sugar free or fruit juice sweetened jello or gummy snacks with the gelatin, or add collagen hydrolysate to liquids or smoothies. Of course, bone broth is super nourishing and rich in gelatin, too!

Cod liver oil is another fantastic skin supplement. Besides omega-3 fatty acids and vitamin D, it is also rich in biologically active vitamin A, a crucial nutrient that's hard to come by if you're not a fan of organ meats. CLO is great for alleviating skin issues such as acne and keratosis pilaris, as well as providing a host of other health benefits. The best quality CLO I've come across is EVCLO by Rosita Real Foods. It's fresh and cold-pressed. Be picky when choosing a CLO brand - you want to make sure it's pure, safely extracted, and without added synthetic vitamin D. Carlson and Nordic Naturals are ok choices you can find in your local health food store.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:44 PM

Principles of Food

BeautifulSpaceCadet[S] • 5 points • 12 May, 2016 10:46 PM

This was posted in another thread by /u/SuperSlavisWife -- so all credit to her: "Try removing common allergens like dairy, eggs, legumes, nuts, and seafood from your diet temporarily, one at a time. If any bother you when you reintroduce them, quit eating them. Sometimes an underlying food intolerance can go undetected a whole lifetime and mess with your digestion!"

BeautifulSpaceCadet[S] • 3 points • 12 May, 2016 10:45 PM

Sugar is the devil. Some people process it better than others (from a purely aesthetic point of view), but frankly I would call it the worst thing for you in terms of health. Fruits and such are fine, but refined and processed sugars. Avoid. In all honesty, it's my greatest addiction and I suck at dealing with it sometimes,

but it's a very important one.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:44 PM

On the food you purchase, the ingredients label should look like a recipe and not a science project. If you wouldn't keep sodium nitrate in your pantry, you don't need it in your chicken. Prioritize quality when you can.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:45 PM

When ordering a salad out, dressing on the side always. Restaurant dressings are often filled with more useless sugars and unhealthy fats than if you had just got the burger. Where possible, order a straight olive oil and balsamic vinaigrette or similar.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:46 PM

'Thinside Out: Have your cake and skinny jeans too'. -- this is a great book. Calorie trackers can be helpful or harmful. Weighing yourself can be helpful or harmful. It all depends on how you do it and this book is well-written and an easy read and it does a lot for me about breaking down the psychology of poor eating habits and emphasizing balance above all else.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:47 PM

Cooking

BeautifulSpaceCadet[S] • 2 points • 12 May, 2016 10:54 PM

/u/Sariaru:

"Slow cooking can be a great time saver and a way to make healthy meals with little or no effort. Make traditional oven recipes can be converted to a slow cooker, which allows you to start dinner in the morning, and have a delicious meal done by dinner time, with exactly one cooking dish to wash. It's also good for making large quantities of a meal at once, which you can then refrigerate or freeze for later use. "

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:47 PM

For regular meals, I try and stick to things that live or grow (aka meat or veggies) and their 2nd or 3rd degree byproducts (aka yogurt, eggs, bread). Once you get beyond those (cereals, meal replacements) it's mostly crap with few exceptions.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:55 PM

/u/Sariaru:

"Similarly, if you're chopping veggies or doing other menial prep work, do enough for another meal all at the same time and save it in containers in the fridge. By doubling or tripling the work you do one night when you're already doing it, you make the next two or three meals super easy to make by eliminating all the mundane chopping/peeling/etc. For example, I always keep half an onion, a carrot or two, and some courgette (zucchini) chopped and ready to go in the fridge. You can also do this with rice and pasta; make enough for two meals, then save the rest."

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:56 PM

/u/Sariaru:

Smoothies: Maybe this is my former Smoothie King retail showing, but honestly, there's so many amazing ways to make veggies and fruits drinkable. I love using yogurt, plain rolled oats, peanut butter, banana, protein powder (for workouts), milk, and loads of baby spinach. You can't taste the spinach, and it's an easy way to get 2 servings of amazing veg in. It's so easy to find a mix that you love, and have it around to drink throughout the day. Make a huge batch and put it in a pitcher in your fridge so you don't keep having to wash your blender."

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:48 PM

Recipes

sthutton • 2 points • 13 May, 2016 06:35 PM

The Marlboro Man Sammich -- I make it without onions (cause hubby and I do not like onions), and I add sliced provolone and get it all melty while toasting the bread in the skillet. Hubby requests it all the time. And it's surprisingly quick to throw together if you have the butter warming on the counter before dinner time.

BeautifulSpaceCadet[S] • 3 points • 13 May, 2016 07:17 PM

Holy shit. I'm going to make this for HB and then he is going to propose. We will be engaged the night off, mark my words. You are a goddess.

And he hates onions too so provolone it is for me as well!

happyhomedino • 3 points • 14 May, 2016 08:36 PM

I've made this sandwich 2-3 times for my fiance and he loves it! My tip would be adding a green like spinach or thinly sliced veggies. You can really pile on the veg on this meaty sandwich without affecting the flavor

sthutton • 2 points • 13 May, 2016 07:51 PM

Haha! Sounds like an amazing plan! I will be congratulating you on your engagement on Monday!

[deleted] • 2 points • 13 May, 2016 07:59 PM

Buffalo chicken dip

3 lbs of shredded chicken (just boil 3 lbs of chicken breast and shred with fork)

1 bottle Franks Red Hot Sauce

1 bottle Ranch Dressing

1 brick of cream cheese

1 bag of shredded cheddar cheese

Combine all ingredients except for the cheddar cheese. Put into a casserole dish. Top with cheese. Put into oven at 400 for 10-15 minutes (until cheese melts). Serve with celery stalks or tostitos.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:48 PM

Easy Broccoli Salad -- *so* simple, *so* healthy, and *SO* delicious: Finely, finely chop raw broccoli florets with raw red onion and tomatoes (and black olives if you like them). Dress with a homemade garlic

vinaigrette that you make to your taste preferences, and let it marinate! That's it! Just make a huge batch and watch it disappear throughout the week. Mmmm.

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:48 PM

Baked Mozzarella Chicken -- Does it get any easier? Also pretty darn healthy as long as you don't go crazy with the sour cream when you serve yourself. Can also be substituted for cream cheese (and for real health I bet Greek yogurt would actually work pretty well too).

BeautifulSpaceCadet[S] • 1 point • 12 May, 2016 10:49 PM

Makeup

[deleted] • 3 points • 12 May, 2016 11:50 PM

Don't be afraid to go to a make-up store (with a clean/no make-up face) and tell a consultant what you're interested in. Generally they will show you a lot more than you expect, and they'll be willing to answer all your questions *especially* if you go during a relatively 'dead' time of day and things aren't too busy.

I asked one consultant about brow pencils and a light foundation, and she ended up giving me a full face look, which I didn't expect at all. I was impressed with the store overall, and fully intend to be a repeat customer the next time I want to buy something.

[deleted] • 2 points • 13 May, 2016 12:15 AM

This is a good idea. I would love a customized look. Do they do that at Sephora?

[deleted] • 2 points • 13 May, 2016 12:23 AM

I'm not sure, I went to an Ulta store, and I was really impressed in general (disclaimer: I'm not a huge make-up person). It was really nice to have someone look at me, and then start grabbing an appropriate foundation, eyebrow pencil shade, mascara, blush etc. I'm very picky about certain things (I *hate* feeling like my face is covered). I'm very happy with the products she picked (she was a consultant that worked for a specific make-up brand that was featured in the Ulta store.

[deleted] • 2 points • 13 May, 2016 12:32 AM

Got ya. I'm like you, not super into it. Luckily I have a sister who should probably be doing YouTube tutorials with make up. I usually ask her lol.

[deleted] • 2 points • 13 May, 2016 12:39 AM

I'm currently doing a personal experiment of sorts. I am wearing make-up every day for two weeks straight. I never had a problem with make-up, I just only wore it for special occasions and was really slow. I'm just in a 'play' mind-set...though my looks are never really outrageous or dramatic. Every day I get a bit faster, and feel more comfortable with trying things. The foundation I use...it's a CC cream with SPF - so very light *and* I don't have to put anything else on after.

BeautifulSpaceCadet[S] • 1 point • 13 May, 2016 01:15 AM

Sephora is amazing. They will give you samples of almost anything to take home and then make a decision later on. I think that's amazing service.

[deleted] • 2 points • 13 May, 2016 01:33 AM

My foundation dries my skin out, especially around my nose. Do you have any suggestions about

moisturizers?

[deleted] • 3 points • 13 May, 2016 04:19 AM

I swear by noxema and aquaphor (from Eucerin). Noxema soothes your skin (great for sunburns) and aquaphor is a heavy duty and thick (think petroleum jelly). A little goes a long way and it will completely transform any dry skin you have. I use it on the heels of my feet, and legs, and a bit on my nose and lips. Leave it on over night and be amazed. Put on a pair of socks over your feet and wear pants so the aquaphor doesn't get on your sheets or rub off entirely.

[deleted] • 2 points • 13 May, 2016 11:43 AM

Thank you for your input! I need to go shopping I think!

BeautifulSpaceCadet[S] • 1 point • 13 May, 2016 02:19 AM

Do you use a powder or liquid foundation? I have recently switched to cushions which are lesser known but I'm really fond. They go on pretty sheer but are also buildable, I tend to do just one layer.

Underneath that, after cleansing I first put on a Vitamin C serum. It *feels* like it will keep you young forever haha. Then I do the CeraVe in the tub, and then I follow it with sunscreen. Finally, I move onto the cushion. I do a light dusting with a setting powder because my makeup likes to move, but that's pretty optional. Having all those on my skin tends to keep a lot of moisture on my face all day and I don't have a problem.

And totally unrelated to that part of my routine, two things I swear by: this sleeping mask, it's really amazing and I use it every night, hands down my favourite product; and then on days when you *really* need it, a layer of Aquaphor before bed. Mmmm. That'll just soak all kinds of into your skin.

littleteafox • 2 points • 13 May, 2016 02:44 PM

Ooh that mask looks interesting.. I might have to try that!

BeautifulSpaceCadet[S] • 2 points • 13 May, 2016 05:20 PM

Dooooo itttttt! It is my skin's very best friend in the world. It helps so much!

littleteafox • 2 points • 13 May, 2016 02:46 PM

If anyone knows how to do a nice winged eyeliner on hooded eyes let me know, haha. I've tried youtube tutorials and they always just come out wonky.

tintedlipbalm • 3 points • 13 May, 2016 02:50 PM

Have you seen missmai27's videos? I'd say hers because she actually has that sort of lid (many of these tutorials don't even feature a hooded eye person). The trick is to draw it with your eye open because it doesn't look the same as when you blink.

littleteafox • 2 points • 13 May, 2016 02:53 PM

missmai27

Oh I'll have to check her out. Yeah, a lot of other youtubers will show you their hooded eye "look"

but they won't have hooded eyes. Eyeshadow completely disappears on me when my eyes are open :/
Thanks for the suggestion!

tintedlipbalm • 4 points • 13 May, 2016 03:21 PM

Yes I have very little lid space and understand your frustration. I guess the upside of this is I don't need more than a neutral quad for my eye looks, so my wallet is not suffering every time there's a new palette out there!

littleteafox • 3 points • 13 May, 2016 03:42 PM

That's true.. I'd probably be spending more money too if I could play with all the different colors :) Also, less storage space needed :p

BeautifulSpaceCadet[S] • 2 points • 13 May, 2016 05:44 PM

Look at Blake Liveley for inspiration! Her eyelids are super hooded and her makeup is always perfect.

BeautifulSpaceCadet[S] • 3 points • 13 May, 2016 05:18 PM*

Okay I don't know anything about hooded eyelids (I mean I know what they are but not the logistics of working with them) so maybe this is useless but maybe not?

I stick a piece of scotch tape from the outside of the outer corner of my eye, and angle it however I want my wing...usually it's to the tail end of my eyebrow. Then I either use my liner or just some eyeshadow real messy like, peel away the tape and voila -- perfect wangs d: