

## FEATURES

## Tips and tricks to get thicker eyebrows

We all look back at our photos and realize how horrible our eyebrows were, and how we ever thought over plucking to that point was ever okay or even considered as cute. There comes a point where you've done so

much damage that your hair won't grow back out as it used to and the shape you used to hate is now nearly impossible to achieve again. The thing is, thicker and fuller eyebrows will always be a classic, and myself, I'm as guilty as most of the girls for over plucking my eyebrows! It took me years to have them grow back, and I've tried so many ways to have all that hair back!

I always look up for ways to help me grow back my eyebrows and even my own hair and I've come to realize that there's no other way than to use natural ingredients and oils for your body. Here are a few tips and tricks on how to do so!

The most common and effective way is to shave your eyebrows ONLY in the areas that you feel that you want your hair to grow thicker, and if you're worried that you'll have bad looking brows, you can always fix them up using make up.

**Castor Oil**

Castor oil is one of the most effective remedies to boost the growth of your eyebrows. It contains protein, vitamins, fatty acids and antioxidants that nourish the hair follicles and help with hair growth. Plus, it is helpful in resisting any microorganisms that hamper eyebrow hair growth.

Soak a cotton ball with castor oil, and apply it on to your eyebrows and massage it on the area for a couple of minutes. For the best result keep it overnight and repeat daily for a month.

**Coconut Oil**

For thicker and fuller brows use organic coconut oil for its Vitamin E and iron. It'll help you achieve that full brow look. Apply a few drops to your eyebrows and massage it in every night and keep overnight. Repeat daily for a month or two depending on how full you'd like to go.

**Onion Juice**

If you're willing to go this extreme and don't mind getting your stink on, then onion juice will be your new best friend!

Extract the juice from one small onion and apply/massage it on your eyebrows till it dries up. Do this daily for a few weeks till you notice a difference as it won't be harmful, unless it gets into your eyes!

**Egg Yolk**

Your eyebrow hair is made out of Keratin protein and eggs are the perfect source for protein. All you have to do is separate the yolk from the

white part and beat the yolk till you get a thick creamy consistency. Apply it on your brows for about 15-20 minutes then wash off using cold water. Repeat this once or twice a week.

Always make sure you stop using any ingredient if the area turns red or starts to become irritated.

Keep in mind that every time your pluck/shave/thread your eyebrows your most likely not going to have your hair grow back the same way it used to be. The full eyebrow look has always been a classic and I think it will continue to be a classic as having thinner brows with age can make you look even older, and if you had fuller brows it's known to make you look younger. Other than that, in the fashion industry having strategically fuller brows are always a plus for any model, even in the makeup world! Play it safe and have your brows as natural as you can, unless you naturally don't have thick or full eyebrows, then these tips and tricks are perfect for you!



## A plus-size challenge to S Korea's beauty 'norm'

In a country with beauty ideals that pre-makeover Barbie would struggle to meet, South Korean plus-size model Vivian Geeyang Kim is facing down online trolls in her defiant campaign to persuade curvy women they have nothing to be ashamed of. Kim has modeled for US firms, but at 165 centimeters (5.4 ft) tall and weighing 70 kilograms, she was described as "too skinny" for some full-figure fashion show work in America. But in her looks-obsessed homeland, she is constantly mocked and ridiculed on social networks as "flat-out fat" or "disgusting."

"In South Korea, the ideal weight for women is 50 kilograms, and many women who weigh more than that think they are fat," the 30-year-old said. "That is a ridiculous, impossible standard that cripples many South Korean women's self-esteem. And that has to change," she told AFP after a recent photo shoot. Kim, who is a US size 10, runs an online clothing shop and publishes a fashion magazine specifically for plus-size women in South Korea—a first in a country where beauty is defined by rail-thin teenage K-pop stars and TV actresses whose diets are strictly controlled by their management.

**Radical surgery**

The pressure to conform is such that many turn to the country's \$4.6-billion plastic surgery industry which offers everything from a nose-job to radical double-jaw surgery. In a 2013 study by Samyook University in Seoul that surveyed 154 female university students in the normal weight range—a body mass index between 18-23 — almost 95 percent said they were unhappy with their bodies. More than 60 percent felt they needed to lose weight. The sort of weight-loss advert that was banned earlier this year in Britain for its image of a bikini-clad woman and the slogan "Are You Beach Body Ready?" would barely raise an eyebrow in South Korea.

Similar products are promoted on posters pasted on subway walls and women's toilet stalls, showing models mocking "lazy girls" or asking questions like: "How long are you going to roll around like that?" It is precisely this type of widespread, casual body-shaming that Kim is seeking to tackle head-on.

"People hate it when a 'fat girl' like me parades her body without looking ashamed ... they say I should not be seen in public or on the media," Kim said.

Her public stance has triggered an online backlash that has included death threats and vicious abuse that, in some cases, she has responded to with lawsuits. "Despite all this, I love my job," she said. "I wanted to send this message to girls like me out there that they are not alone and they are beautiful no matter what."

**No opportunity**

After a failed bid to compete in a local modeling TV reality show, she left for the United States in 2010, where she eventually worked a number of full-figured shows. On her return, she searched for similar opportunities in the South Korean fashion scene only to realize that there were none.

According to Lee Chung Chung, a prominent Seoul fashion designer, using models of varying

sizes in magazines or fashion catalogues is still a foreign concept in South Korea. "The beauty ideal among many of our customers is being thin ... and we have to cater to that demand to sustain sales," Lee said. Gong Ji-Woo, head of Seoul-based New Face Model agency, said demand for plus-size models was "non-existent"—with the exception of some TV shopping channels where they are shown eating food products or trying exercise machines. "I do feel the need for more development in plus-size model runways and programs," Gong said. "But in order for this to happen, Korean clothing companies and the fashion industry must change to accept them... rather than for a one time event or our amusement," he added.

**Going it alone**

Shut out of the mainstream, Kim set up—and models for—her own quarterly magazine which offers fashion and styling tips for plus-size women and well as advice on how to deal with bullying. "I hear heartbreaking stories from so-called 'fat girls' all the time—being constantly abused and mocked by their own families, bosses, friends and strangers on the street or on the Internet," she said. "Honestly, some of them are not even that fat. But here, the standard of 'thin' is just way too cutthroat and only women as slim as K-pop band members can satisfy that norm," she added. Among her many fans and clients is Baek Soo-Jung, 31, who said Kim had created a sorely-needed safe refuge.

Also a US size 10, Baek said she had been mocked by her own mother, who once refused to take the same bus with her because of the shame of being called "mom" in public by a chubby daughter. Baek said Kim's store was the first to produce pretty, well-fitting clothes, instead of the "dull, baggy, ill-fitting sacks local brands call plus-size clothes." "Regardless of my size, I am a human and a woman who wants to feel pretty and to love myself...and Kim is the person who started this conversation in this country," the 31-year-old said. "She took a big, brave step for all women like me." — AFP



South Korean plus-size model Vivian Geeyang Kim posing for a photo shoot in order to update her online clothing shop at a studio in Seoul.



## A peek inside the world of color forecasting

Earlier this year, in a Manhattan conference room littered with half-eaten lunches, water bottles, laptops and easels, a group of color forecasters from PPG Brands was wrapping up a week of work. They came up with recommendations that will influence the colors and finishes we're likely to see in 2017 on a wide variety of products, including appliances, cars, phones, airplanes, paints, beverage cans, even holiday ornaments. They also picked a color of the year.

PPG Brands - which makes paint, coatings and materials for industries ranging from architecture and aerospace to automotive and consumer products - is just one of many companies that produce color forecasts. At this Manhattan meeting,

the forecasters were deep-diving into color decks, field research reports, magazines, books and each other's heads. The easels were covered with inspiration swatches, photos and descriptive phrases. One "mood board" listed the words "timeless," "memories," "diamond patterns" and "ticking stripes" under the header "Nostalgia."

Small groups sprawled on the carpet with card-filled recipe boxes. They brainstormed, laying out arrays of coordinating colors that looked like mosaics, or game boards. Cards were edited in and out, until the palettes came together and there was a universal nod of satisfaction. "We start really loose and abstract, then we take those organic concepts and make them

more concrete," said Allison Heape, a color team leader from Long Beach, California. At the end of the session, the group prepared an extensive file of themes, colors and finishes from which designers and manufacturers can draw.

Dee Schlotter, senior color marketing manager for PPG's paint brands, in Pittsburgh, oversaw the forecast session. "We draw inspiration from global influences," she said. "The team considers what's happening in society, fashion, nature and elsewhere, and delves into things that resonate with consumers." For example, did a significant event take place this year, and are there colors that connect with it that capture the feelings it may have created?

For instance, she said, "After 9/11, soft pink, a compassionate color, and chocolate brown, a grounding color, bubbled to the surface in home decor because they resonated with how people were feeling at the time." A few years later, grays became popular and dominated the neutrals category, she said, "because with the state of the economy and of the world, the hue felt right." The forecasters also consider lifestyle and demographics. A Texas Baby Boomer may want different paint colors than a Millennial in Oregon does, for example. The team also develops palettes around popular hues. — AP



This undated photo provided by PPG Paints shows their Violet Verbena color on the wall, which the company chose as their 2017 color of the year.



A color forecaster of PPG meeting in New York, while brainstorming with a mood board for the 2017 PPG color palette for paint, coatings and materials for the architecture, automotive, aerospace and consumer products industries.



This undated photo provided by PPG Paints shows color forecasters Daniella Nicoletti, left, Jane Harrington, Meredith Mullins, Dee Schlotter and Anke Bodack of PPG meeting in New York, while brainstorming with mood boards for the 2017 PPG color palette for paint, coatings and materials for the architecture, automotive, aerospace and consumer products industries.—AP photos