

Your perfect lips

Love your lips? You're not alone. According to a poll sponsored by SoftLips Lip Conditioning Balm, most American women are perfectly happy with their own lips and wouldn't trade them for anyone else's. Only 21 percent would swap them for a celebrity pair like Angelina Jolie's or Julia Roberts'. If you want your lips to be picture-perfect, love them the way they are but give them plenty of pampering. Celebrity makeup artist Belinda Moss, who has worked on the high-profile lips of Beyoncé Knowles and Scarlett Johansson, offers up this no-fail recipe for luscious lips:

- Step one**
Exfoliate regularly.
- Step two**
Apply concealer to prevent feathering.
- Step three**
Dust lightly with powder to set lips.
- Step four**
Line (don't outline) lips with a nude-colored liner.
- Step five**
Seal with SPF conditioning balm.
- Step six**
Apply your favorite lipstick or gloss with a lip brush for long-lasting color.



Want your lips to be this kissable? Follow these six steps.

Did you know?

According to a recent Harris Interactive Poll, approximately 33 million U.S. adults admit that they've been a victim of domestic violence.



Dental phobia: nothing a day at the spa can't cure!

Your date with the dentist is approaching — and aren't you lucky! The latest boon to patients everywhere is the dental industry's understanding of how unpleasant a typical appointment can be. Many dentists have turned their offices into the equivalent of a relaxing day spa. The Sutra Dental Spa, a cosmetic dental practice in La Mesa, Calif., uses a day spa as a model for its office setting. Adorned with Buddhist statues and Asian art,

the office offers unique amenities including a Zen oxygen bar, virtual reality movie glasses, aromatherapy pillows, an ambient recovery room equipped with a full-body massage chair, wireless intra-oral cameras and soon, an on-site massage therapist. Maybe a little drilling isn't so bad if the room is steeped in lavender!

Emergency? No problem!

Not to spoil your mood, but let's face it: Natural disasters are a reality and can strike when you least expect it. According to a poll conducted by the American Red Cross, 67 percent of Americans know that it's important to be prepared for events like hurricanes, wildfires and terrorist attacks, but only 16 percent believe they're prepared for this kind of emergency. Instead of waiting around with your fingers crossed hoping that nothing will happen, pick up a First Aid and Emergency Preparedness Starter Kit from Target (\$30, target.com). The kit, which was developed with the help of the American Red Cross, is packed with more than 14 essential emergency items, including flashlights, batteries, blankets, a radio, an emergency preparedness guide, bandages, tape, scissors, tweezers and a thermometer. It may not ward off danger, but it'll definitely give you some extra peace of mind.

You do that, too!?

"I am sad to say that on more than one occasion, I have gotten up in the middle of the night and eaten almost an entire bag of chips. I would never do that in the middle of the day!

Got a secret habit you want to share? Send an anonymous note to whfeditor@futureus-inc.com!