

**T A R T A R**



## **Fashion wedding dress 2016**

*We have to note from the start that traditionally, wedding dresses keep their style with each passing season, although there are some trends, elements, details and fashion updates, that definitely worth your attention.*



### **Bared back – the more bared, the more stylish**

*Although the bared back is on top of the list of most requested and most fashionable items, the 2016 wedding dresses are intensively using this trend, bringing more news and juicy details. This season, they will delight those passionate of bare outfits with indiscreet portions in various regions of bride's body, this does not look vulgar but rather creating the feeling that designers are playing hide-and-seek with lace. Therefore, you will see and admire beautiful dresses with bare back, daring necklines; will be fashionable also the laced back, dresses with slits and other details that spicy lay the bride's bare body parts.*



*Every lady wants her wedding dress to be very beautiful and fashionable. Sometimes it is very difficult to choose the outfit: stores offer a wide range of products and girlfriends come with many tips. However, the wedding dress is chosen only by personal preferences and tastes as the wedding celebration is only yours. But still, do not forget to take into account the fashion trends.*



## How to bake cheesecake?

This **chocolate chip cheesecake recipe** is one of the richest, most luxurious cheesecake recipes. This is an indulgence worth every calorie!

### Ingredients:

#### **Crust Bottom:**

2 cup graham cracker crumbs  
6 Tablespoons butter, melted  
1/4 cup sugar

#### **Filling:**

2 1/4 lb. cream cheese  
5 eggs  
1 2/3 cup sugar  
1 Tablespoon vanilla extract  
1 cup bailey's irish cream  
1 cup semisweet chocolate chips

#### **Topping:**

1 cup whipping cream  
1 teaspoon instant coffee powder  
2 Tablespoons sugar

#### **Garnish:**

chocolate curls

### **Chocolate Chip Cheesecake Directions:**

1. Preheat oven to 325 degrees F. Coat a 9 inch springform pan with nonstick vegetable spray.
2. Combine crumbs and 1/4 cup of sugar in the pan, stir in the melted butter. Press mixture into bottom and 1 inch up the sides of the pan. Bake for 7 minutes.
3. In a food processor, beat cream cheese, add 1-2/3 cup sugar and eggs and mix. Blend in the vanilla and Bailey's.
4. Sprinkle half of the chocolate chips over the crust and spoon in the cheese mixture filling. Sprinkle with the remaining chocolate chips.
5. Bake for 1 hour and 20 minutes. Cool cake completely.
6. Beat whipping cream, coffee powder, and 2 tablespoons sugar until peaks form. Spread mixture over cooled cake and garnish with chocolate curls.



## Ombre on hair

- Ombre color is definitely not something you want to try at home! Finding the perfect two tone shades of color for your hair is as simple as making sure to visit a professional stylist with expertise in this latest coloring trend. Leave highlights and color to the professionals, and get ready to kick back for a relaxing experience as you take your locks from drab to fabulous. For a natural glowing look, consider only coloring your hair a few shades lighter at the ends.



This reverse ombre with patterns stamped or painted on is a fresh take on this new trend. Let your stylist get creative! Try leopard print, flowers, patterns, hearts and more. Everyone will be jealous of your fabulous 'do!

One of the hottest trends within the ombre trend is to add bright vivid colors! Blonde looks amazing with ribbons of pink twisted within beautiful curls. Not a pink fan? Try lavender, mint green, coral, baby blue or pale yellow.

Soft fluffy curls paired with a honey toned ombre leaves you feeling like you're walking up in the clouds! A soft transition is key with this color.

# What is Body Sugaring?

- Sugaring is the ancient art of hair removal, a manual technique that has been practiced through the centuries by Egyptian women.
- Sugar paste is massaged into the skin by hand at lukewarm temperature. It is environmentally safe and is the purest and most natural way to remove unwanted hair for today's women and men.
- Due to the gentleness, sugaring paste can be applied more than once to the same area; it exfoliates only dead skin cells, which then results in a more thorough removal of the hair, leaving the skin feeling silky smooth and soft. There is a greater diminishment (permanently) of hair growth because the hair is removed completely with the direction of the hair leaving no broken hairs in the follicle.
- Products are 100% natural consisting of sugar and lemon juice and water. They are hypoallergenic, and excellent for eczema and psoriasis!
- We generally recommend to get sugared once in 25 days, but depending on your skin and hair type it can be up to 5-6 weeks. The general rule is – the more often you do it, the thinner and more invisible your hair becomes. Ask your Sugaring Esthetician about your skin type and how often you should get sugared.



# Dating: What to Do and What Not to Do

- Dating is not just an art. It is an event. Dating can be a very special time for two people who have an interest in each other.
- Dating begins as a "search and seek out mission" before it can evolve into something else. Both parties agree to look into who they are with to see if it goes any further.
- Below are some does for dating;
  - 1) Commit to having fun - be ready to laugh, smile and have a good time. A date can only get better if you both enjoy where you are and each other's company. At the end of the date it would be great if you both could smile and be glad you were together.
  - 2) Commit to keeping it light - stay away from heavy discussions (so what happened to cause your divorce? How did it feel losing your parents in that car accident?). The reason you want it light is you are still feeling each other out. You have not invested enough into your date's emotional bank to make a heavy emotional withdrawal. The only way to get into deep conversations is to invest time. Take it slow.
  - 3) Show yourself - Here is the time to start letting the real you out. People who date tend to frown upon being with people who seem one way and over time realize they are someone else. Be yourself. Not too wild and crazy but the real you.
  - 4) Talk about yourself and listen - When it comes to having a conversation with a new person there are two things to keep in mind; can you talk to them and will they listen to you? Talk about yourself a little bit first and monitor how well they listen. Then flip the script and listen as they tell you about themselves.

Here are a few don'ts;

- 1) Be boring- Talk. Engage. Interact. Nothing is worse than being on a date that is so boring you can't stay awake yourself. If that happens, cut it short. Do both of you a favor.
  - 2) Being preoccupied- Stop texting, playing games on your phone or talking to others when on a date. They deserve your undivided attention so give it to them. Pay attention.
  - 3) Using vulgar language - We all know grown people can cuss. But ladies and gentlemen are above such petty behavior and can speak without resorting to swear words. Show off your wide vocabulary.
  - 4) Pushing excessive physical contact - Make each touch light and non threatening. I know I want my personal space protected so strangers cannot come in and make themselves at home. Surest way to end a date early. Getting too close too fast.
- Let dating be an enjoyable experience.

# How to Build Self Confidence

A person with self-confidence generally likes herself, is willing to take risks to achieve her personal and professional goals, and thinks positively about the future.

**Turn your negative thoughts to positive thoughts.** As you pay attention to your negative thoughts, turn them around to positive thoughts. This may take the form of positive affirmations, such as "I am going to try it," "I can be successful if I work at it," or "people will listen to me." Start with just a few positive thoughts a day.

**Identify your talents.** Everyone is good at something, so discover the things at which *you* excel, and then focus on your [talents](#). Give yourself permission to take pride in them. [Express yourself](#), whether it's through art, [music](#), writing, or dance. Find something you enjoy and cultivate a talent to go with your interest. Adding a variety of interests or hobbies to your life will not only make you more confident, but it will increase your chances of meeting compatible friends as well.

**Stop comparing yourself to others.** If you want to build your self-confidence, then you have to focus on improving your own life for the better, not on making your life more like your best friend's, your older brother's, or like those of the celebrities you see on television. If you want to build up your confidence, then you need to know that there will always be someone who is prettier, smarter, and richer than you, just like there will always be someone who is less attractive, less intelligent, and less wealthy than you are; all of this is irrelevant, and what is relevant is caring about advancing your own goals and dreams. You may lack confidence because you're convinced that everyone else has it better than you do. However, at the end of the day, it only matters if you're happy by your own standards. If you have no idea what those are, then it's time to do some soul searching before you move forward.

- Additionally, studies have found that spending time on social media often encourages people to compare themselves with others. Because people tend to post only their triumphs and not their realities of daily life, it can seem as though the lives of others are more wonderful than your own. This is likely not true! Everyone has ups and downs in their lives.

**[Seek to help others.](#)** When you know you're kind to the people around you, and are making a positive difference in other people's lives (even if it's just being kinder to the person who serves you coffee in the morning), you'll know that you are a positive force in the world — which will boost your self confidence. Find a way to make helping others a part of your weekly routine, whether you volunteer at your local library or you help your little sister learn to read. The act of helping will not only benefit others, but it will build your confidence because you'll see that you have a lot to offer. You don't have to help someone in your community to feel the benefits of helping others. Sometimes, someone close to you, such as your mother or your best friend, will need your help as much as anyone.

