

TAKE A TIP FROM BARBIE

Barbie likes a soft, natural look. She wears very little make up and keeps her long hair shining and well conditioned. But she knows that it's just as important to smell nice as to look good, and to make herself feel extra special she loves to spray on her favourite perfume. Here are some of Barbie's tips for smelling good.

Rule number one is to make sure you bathe and wash regularly. After a lovely soak in lots of scented bubbles you'll not only look fresh and clean but feel wonderfully relaxed, too. After bathing use a deodorant if you need it and lots of talc, then for a final touch of luxury, splash on some of your favourite perfume. Barbie knows it's best not to mix fragrances so if she is going to wear perfume she either uses unscented soap, bath stuff, deodorants, etc., or goes for the same fragrance as her perfume. And remember, if you use hairspray go for an unscented one, too, as this can destroy the lovely smell of even the most expensive perfume.

Some people get confused about where to actually spray perfume. Barbie recommends spraying it on the pulse points, such as the nape of your neck, behind your ears, inside your wrists and knees and even onto your ankles. But remember not to spray perfume directly onto your clothes as this could stain them.

Never hoard perfume, it doesn't last forever. Perfume deteriorates if

it's exposed to air, moisture or heat so store it in a cool, dry, dark place and be sure to replace the stopper firmly after use. When your perfume starts to darken in colour you will know it is 'going off'. Barbie likes to use up her old perfumes by spraying them in the water when she's rinsing her hair (after shampooing) or to scent her bathwater.

With so many lovely fragrances around it's hard to know which perfume to buy, and mistakes can be expensive, so be sure to buy the scent that really suits you. Most chemists and department stores have plenty of testers for you to try and the assistants will be only too willing to give you advice. Resist the temptation to spray lots of different perfumes over yourself because you'll only get confused about which was which and probably forget the name of the one you really like. Barbie always tries out a perfume by spraying some on her wrists then leaving it for about twenty minutes so that the true fragrance can develop. And

remember, perfume doesn't smell the same on everyone so don't buy a brand just because your best friend uses it.

Barbie likes her clothes to smell nice so always lines her drawers with scented lining paper. This is available from most large chemists or department stores but as it is a bit expensive you might like to ask your mum or an aunt to buy some as a birthday or Christmas present. Another tip is to keep some scented soap in the same drawer as your undies. Barbie always hangs a pot pourri sachet in her wardrobe to make her clothes smell fresh, and even slips one into her case when packing clothes to go on holiday. These are very cheap and simple to make so why not have a go at making one yourself? You can use the flowers and herbs that are readily available in your garden and Mum's spice rack (ask permission first to make sure you're not using Dad's prize roses or the last of the nutmeg!). The other ingredients can be cheaply bought from a chemist or herb shop.