



PROM GUIDE

Prom Beauty Timeline

Going to prom takes some attention to detail if you don't want to be a ball of stress at the last minute. Adopt the following beauty timeline, and get to your big night hassle-free (and enjoy the extra pampering).

TWO TO THREE MONTHS PRIOR

This is the time to start thinking about and looking at prom hairstyles, getting makeup inspiration and booking your appointments.

Booking any appointment early is advantageous because soon every girl in your area will be filling their calendars within the same appointments you need. Waiting until the last minute means you could be stuck with an inconvenient time — or worse, without one at all.

ONE MONTH PRIOR: BEGIN FACE MASKS

Applying rejuvenating masks to your face one month prior to the big day gives you some wiggle room in case your skin has an adverse reaction.

When you find one that works, repeat once a week. Remember, you don't need to spend all your hard-earned summer cash in the beauty supply store. Many facemasks can be whipped up using ingredients from your kitchen cabinets.

SEVEN TO 10 DAYS PRIOR: WAX YOUR EYEBROWS

You need to give yourself a few days to allow the skin around your eyebrows to return to normal. If this is your first time getting your eyebrows waxed, you will notice the skin becomes red and swollen — and stays that way from anywhere from a few hours to a few days.

If you have really sensitive skin, you may even see small red bumps, which take several days to go away completely. If you only plan to tweeze, you can



move up the timeline by five days.

FOUR DAYS PRIOR: APPLY SUNLESS TANNER

DO NOT use a tanning bed. Ever. According to the Melanoma Foundation, your risk of developing melanoma increases by 59 percent from using a tanning bed before the

age of 35.

Sunless tanner has come a long way (it is now much easier to avoid looking like an Oompa Loompa) and is often more cost-effective than tanning beds. It comes in the form of sprays, lotions and tanning towelettes so you can pick what works best for you.

DAY BEFORE: GET A MANICURE

Call your local salon for an appointment, research what shade and type of polish will best suit your needs.

Remember that practice makes perfect. Well prior the day before, grab your favorite brand's over-the-counter gel polish and gather your friends together for an at-home manicure.

The Dress for Your Figure

Picking out a dress is tough stuff. And honestly, what makes it so hard has less to do with money and more to do with your body type and skin tone.

The following is meant as a guide to take you through the most common body types so you are well equipped to make sure you (and not your dress) are the star of the night.

Apple: You carry your weight in your mid-section, with an undefined waist and slim legs. You will want to draw attention to your upper body, and legs. An embellished neckline or empire waist naturally brings the eye up. A-line skirts soften the waistline, bringing less attention to it. Steer clear of belted dresses.

Pear: Your hips are the widest part of your body, and your frame narrows at your bust. Your waist is your asset. Add volume to your upper body with a strapless neckline or V-neck to create the illusion of a balanced silhouette. Full skirts look great on you, and there is no better occasion than prom to play the princess.

Slender: thin frame from top to bottom. You will want to create curve and dimension where you can. Fitted dresses, dresses with belts or ruching or a slit up the side will all look fantastic.

Busty: Your bust is the widest part of your body. Strapless and sweetheart necklines soften a full bust, while providing ample coverage. Also keep an eye on styles that add volume below the waistline. Hemlines are your frenemies. A short dress can look phenomenal at the right length. Go too short and you will draw the eye back to your bustline.

Petite: You are less than 5 feet 4 inches tall. Don't be afraid to show a little leg. Short dresses, or dresses with an asymmetrical hemline, will make you appear taller. Anything slim fitting or with a vertical print will elongate your profile. Beware of full skirts.

Hourglass: Your bust and hips are proportionate to one another. Almost every dress shape is flattering, but accentuating your slim waistline is where you really shine. Consider fitted tops, V-necks and wrap-dresses.





Have a Safe Prom

Safety is a key concern when it comes to prom. Don't just roll your eyes and tune out the safety talks. Your decisions have real consequences, and they can either keep you safe, healthy and successful, or they can damage you in one way or another.

Here are some guidelines to having a great night minus the bad choices:

- Remember that almost everyone has a camera, and almost everyone also has at least one social media profile. You do not want to behave publicly in any way that you would be ashamed for the rest of the world to see.
- Universities can break

their promise if you break yours. If you have been fortunate enough to be accepted into college, make yourself familiar with their honor code and code of conduct. While you may not be a student yet, colleges don't want prospective students who break the law or disgrace themselves, and they've been known to revoke acceptance.

Most schools now offer some sort of after-prom event to encourage safe and responsible fun. However, if your school doesn't offer an after-prom event, consider the following options to keep the fun (safely) going all night:

- **Late night movie:** Most proms occur on a Saturday, so there is a good chance there is a midnight showing of some-

thing. Wind down by seeing a late-night flick in your ball gown. Gather a large group and take up an entire row.

- **Be uptown, downtown:** Just like seeing a movie, there is something fun about doing something casual while you are dressed very NOT casual. And after all that dancing, you will be more than a little hungry. French fries and milk

shakes could be just the ticket.

- **House re-hash:** Ready to get out of those fancy clothes? Have an old-fashioned slumber party with pajama sets and sleeping bags in someone's living room. You can re-live each great moment (and laugh at the cringe-worthy ones) over a shared gallon of ice cream until you fall asleep from pure exhaustion.

What's In Your Bag?

You've bought the dress and planned a beauty regimen. You know exactly how you want to look on the big night. But what should you bring with you? What might you need?

What you pack in your evening bag can make a big difference later in the night. Keep reading for the secrets to planning the perfect prom clutch.

Blotting paper: Blotting paper is great for reducing shine. They are slim and can take the place of a bigger pressed powder. You also can use them to blot your eyes, to prevent or reduce creasing eye shadow.

Lipstick: Pick one that is long-lasting and not too sticky. Not a lipstick kind of girl? Pack chap stick. It goes on clear, and after all that dancing, your lips will thank you for the extra moisture. This, along with the blotting paper, should be all the makeup you need with you. You don't want to be in the bathroom all night re-applying lipstick — just touching up.

Bobby pins: It doesn't matter how secure your hair is at the beginning of the night. By somewhere in the middle, you will need one of these bad boys. Or a friend will. The more the merrier as these little life-savers take up next to no space.

Safety pins: You don't want to be the one with the broken strap or loose lining. It's also the perfect moment when you are the one holding the crown jewels when someone



frantically calls out in the bathroom, "Does anyone have a safety pin?"

Breath mints and trav-

el-sized deodorant: Always a good idea.

Cellphone: For taking photos of all those great

moments (and calling for a safe ride home, if one is needed). Don't be the friend on your phone all night. You

came to prom to experience prom — not everyone else's live social media feeds of prom.

Prom Myths

Prom gets built up to us by movies and TV shows, producing high expectations and stereotypes that start to wiggle into our brains and whisper in a voice comprised of blind indulgence and secret aspiration, “This is how it should be. ...”

This, coupled with the fact that prom is the first formal event not centered around someone else (a family wedding) that most high school students experience, can lead to a senseless amount of anxiety.

Here are five myths about prom you shouldn't lose sleep over:

You need to have a date. You don't need to have a date.

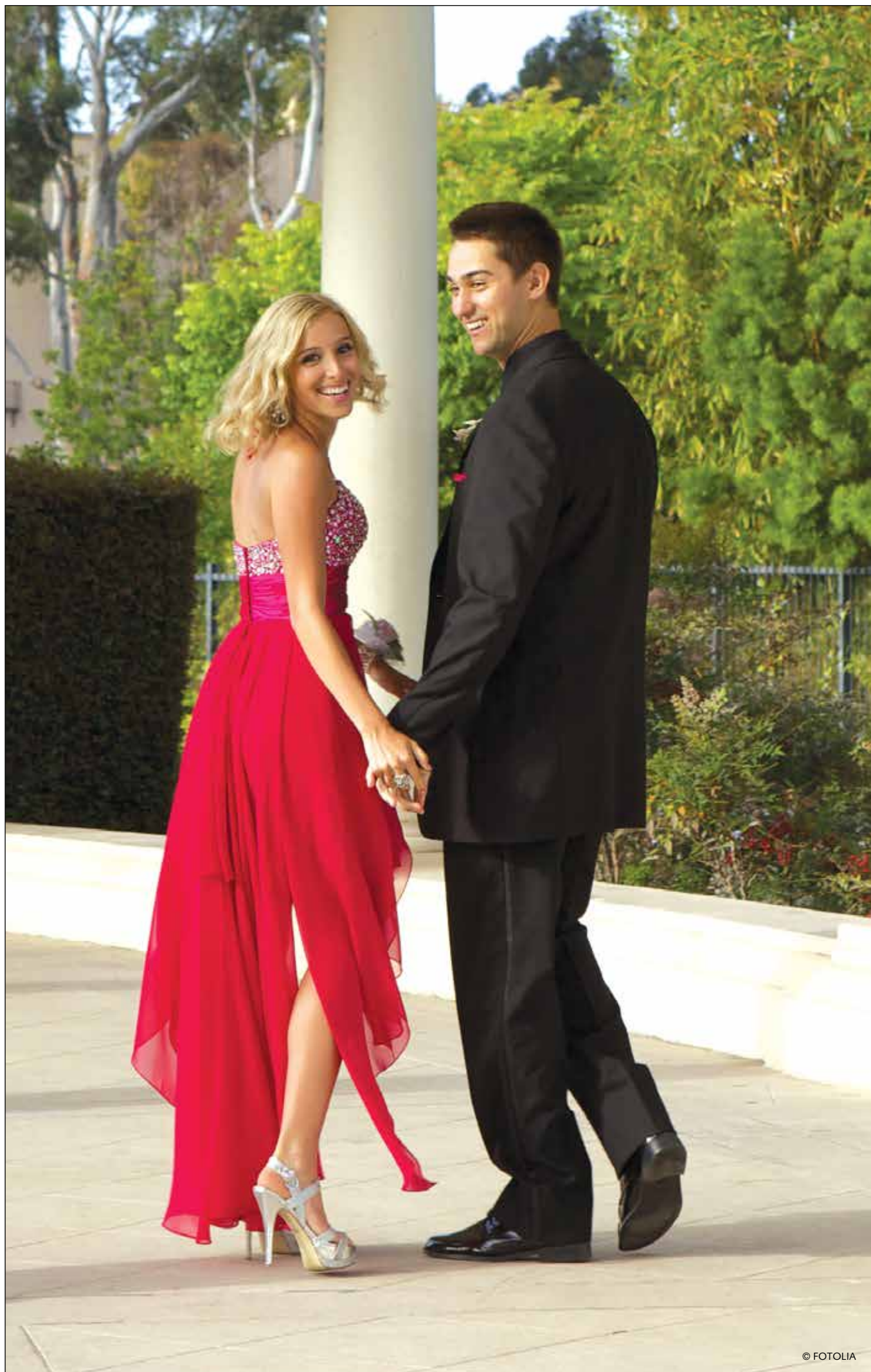
Sometimes, having a date can make the evening feel more complicated. (Do I have to only dance with my date? What does it mean that he asked me to prom?) Gather a bunch of friends together and go as a group. This also takes the pressure off of having exclusive plans after prom.

You need to spend a lot of money. Prom can turn into a costly endeavor. In most cases, there is no need to “keep up with the Joneses” in order to have a great time. So many prom dresses get retired to the back of the closet after one night of fun. Check in with your local thrift shop or dress store for cost-effective options. Plan an awesome dinner party with locally grown ingredients instead of going to a fancy restaurant. Ditch the limo and embrace your mom's minivan. Money is never the reason not to go.

You need to wear a dress. Dresses are great, but they aren't the end all, be all of formal wear. Wear a suit. Or a smashing romper. Or ditch the formal duds altogether and wear jeans and sneakers. The most important thing is that you dress in something you are comfortable wearing. If you are uncomfortable, it will be noticeable to everyone around you. Confidence trumps all.

You need to be “promposed” to. “Would you like to go to prom with me?” Asked sincerely, this is all you need.

You need to rent a limo. Shout out to those of us who traveled to prom in a 17-year-old Bonneville (NOT the cool vintage kind) with only one working headlight and a window that wouldn't roll all the way up. Embrace your youth. It makes for a great story later.



Prom Memories

For some, prom is something that is looked forward to for months before it happens and is something to be remembered long after.

If you feel the pull to preserve your prom memories, consider one of the following ideas.

JOURNAL

Put pen to paper and write down your prom experience. Buy a pretty journal and start your entries months before prom happens, when you are starting to plan. You will appreciate having your thoughts prior to prom written down after its over, so you can compare your expectations to what really happened. It might also give you a good laugh, to see what you worried needlessly over.

SCRAPBOOK

Do something with all those amazing photos you took. Create captions for each photo with your friends. This is also a great place to write down stories, or funny things people said. Include your ticket stubs and the lyrics to songs you danced to. Press the flowers from your corsage in the middle. The best aspect of scrapbooking is that you can't mess it up. Anything goes.

SCRAPBOOK 2.0

Creating a personal website for your prom adventures is not only a great way to digitally display all your memories but can be interactive. Your friends can view your scrapbook and comment, sharing their own stories. If you want, make your memory gathering even more collaborative.

With today's social media, it is easier than ever to connect with people and collect their memories. Create a prom hashtag, if your prom committee didn't do so already, and make sure your friends have it. You can easily multiply the number of photos you have of your prom by including others.



Prom by the Numbers

- Prom can be an expensive night out. In fact, according to Visa's 2014 Prom Spending Survey, the national average a family spends on prom is nearly \$1,000.


- A Seventeen magazine poll found that while more than \$200 of that prom total is spent on the dress, it is the extras that add up. Namely, more than \$500 for shoes, a clutch, jewelry, makeup, hairstyling and mani-pedis.

- The newest prom trend to up the ante is promposals — an elaborate invitation to prom. While asking someone to prom has been a long-standing tradition, promposals have exploded in the digital age. The invite has turned into an extravagant event that requires detailed planning and inevitably lots of cash — an average of \$324, according to Fortune.com.

- However, just over half, at 53 percent, of Americans polled did not attend their prom, according to Yougov.com

- Parents have a right to be concerned come prom night. According to the CDC, the most common cause of death for teens ages 12 to 19 is motor vehicle accidents, accounting for more than one-third of all deaths to teenagers.

- Making sure teens feel comfortable calling home for help has never been more important. In a 2014 AAA survey, 41 percent of teens aged 16 to 19 said they would probably use drugs or alcohol on prom night, and 84 percent



Prom is an important night for many teenagers. While prom culture has changed through the decades, the end goal has remained the same: Have a great time.

said their friends are more likely to drive under the influence than call home, if they

thought they would get in trouble.

- This might be because only

29 percent of teens believe that driving on prom night comes with a high degree of danger,

according to a report by Edgar Snyder & Associates, a personal injury law firm.