

Tiffany Fluhme Offers Beauty and Wellness Tips on a Budget



Tiffany Fluhme is CEO of Fluhme Beauty, as well as plastic surgery physician assistant. She doesn't believe that women have to deny themselves in order to save money.

Tiffany has always had a passion for cosmetics and created a list of beauty and wellness tips to help women on a budget, but still want to feel better about themselves.

Fluhme was quoted, "Women are very good at denying themselves luxuries, as well as some necessities, in order to make ends meet. The problem is, when a woman cuts out key items of her beauty and wellness regimen – makeup, skin care, her gym membership, etc. – it will definitely have an impact on how she feels about herself.

Tiffany continues, "Her self-confidence can plummet and her sense of well-being can be negatively affected. It can affect her job, her friendships and even her relationships. That's why I think it's important for women to find ways to replace

some of the more costly personal care activities with budget-conscious substitutes.”

Fluhme strongly feels that women take care of themselves on a regular basis, will feel more confident and possess better self-esteem. As a result, they will reflect positively at work and at home.

Below are several of Tiffany Fluhme’s key tips for beauty and wellness on a budget:

* Skincare – One of the first things that people cut out when the recession hit was spending money on cosmetic procedures like botox injections and high end anti-aging creams. However, you absolutely don’t have to spend a fortune on high-end skin care to see results. There are over-the-counter products available that use very similar and just as effective ingredients as those sold at the dermatologist’s offices and plastic surgeon’s offices. When shopping for cosmetics online or from your local representative, look for products that contain ingredients such as Retinol, Hyaluronic Acid, Vitamin C, and Matrixyl, and you’ll see great results without the exorbitant cost.

* Makeup – When using a great affordable skin care line, exceeding your budget on your makeup is unnecessary. Radiant skin calls for light foundations and maybe a great powder to complete your look. Try a great tinted moisturizer with an SPF and a mineral pressed powder. And don’t forget, a beautiful shade of lipstick or lip gloss is an instant pick me up for your look and your mood. There are so many options when it comes to makeup. I recommend never doing without, but spending top dollar on high end names just isn’t necessary.

* Working Out – When the recession hit, many women eliminated their gym memberships, but you don’t need a gym to stay fit. Pop in a workout DVD, take a jog around the block, or work out at home with a pair of dumbbells and a jumprope. Exercise

releases essential endorphins, which contribute to a great sense of well being.

Fluhme added, “Confidence will always work in your favor, in every aspect of life. When you let yourself go without the little things that can help boost your look and your mood, the rest of your life suffers in little, but meaningful, ways. Sometimes that little extra boost of energy and confidence can help you get noticed by your supervisors at work, or by that new guy in accounting with the nice smile.

“Just because you have to cut back on your expenses, it doesn’t mean you have to cut back on your investment in yourself. Getting through the rough economic times isn’t just about the quality of your income, but also about the quality of your life – and you can have both.””

For more info on Tiffany Fluhme and her cosmetics company, please visit: www.fluhme.com