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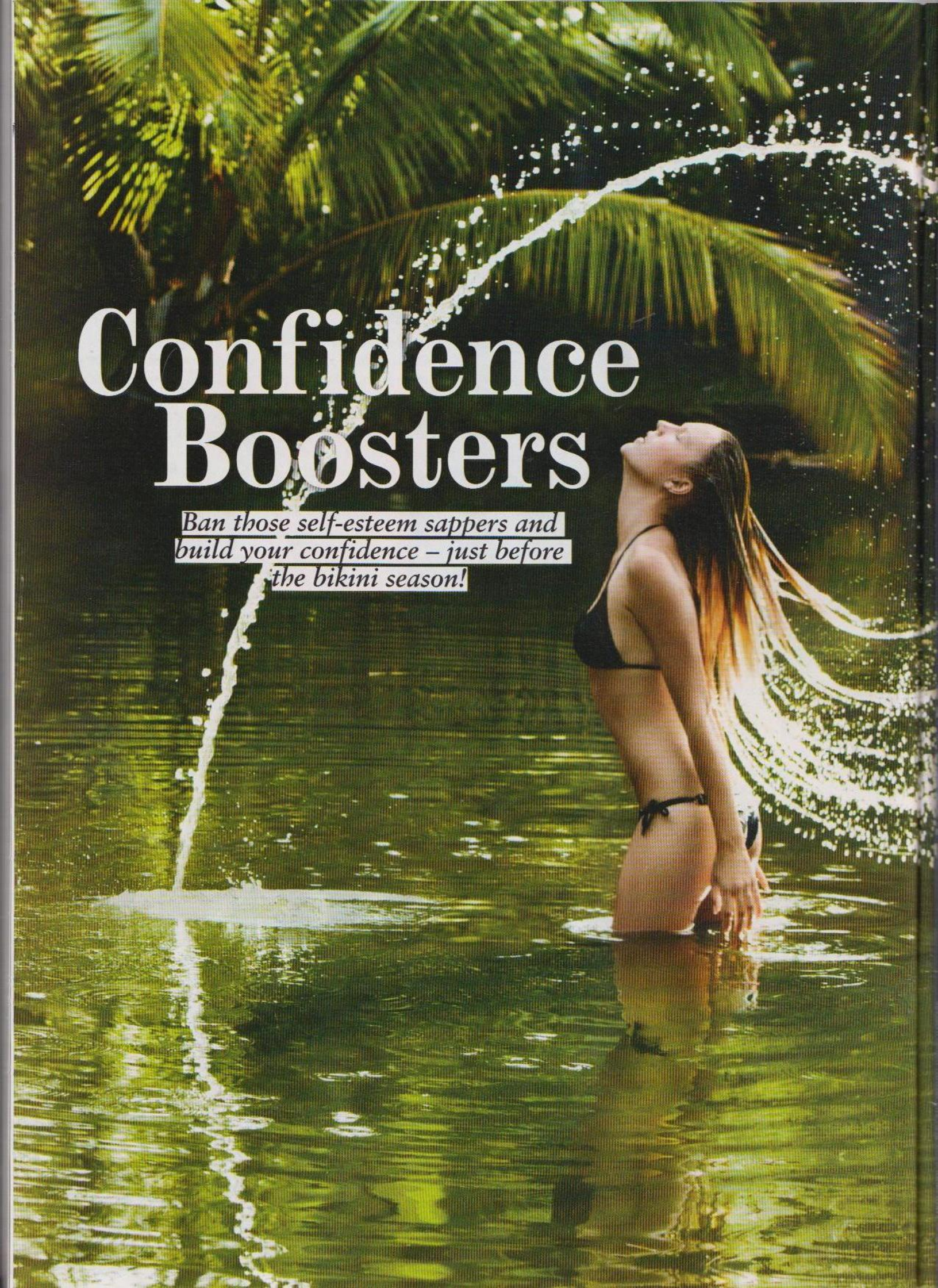
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# Confidence Boosters

*Ban those self-esteem sappers and build your confidence – just before the bikini season!*

**Top hypnotherapist, Caroline Carr, who has appeared on ITV's This Morning and BBC Radio 4's Woman's Hour gives her tips on achieving inner confidence...**

- \* Give yourself a boost by recognizing your best qualities, and the things you are good at, and remind yourself of these often. (If you are not sure what they are, ask someone you trust for feedback.)
- \* Make a decision and stick to it, even if you decide to do nothing. That way, you feel in control. If the outcome of your decision is not what you expect, avoid beating yourself up – make another decision instead.
- \* Laugh and smile, and watch others warm to you!
- \* Fill your life with things that inspire you. Having uplifting quotes and affirmations dotted around can work wonders, and gently nudge you into feeling more confident and strong.
- \* Make an effort to look your best, paying special attention to your hair, face and nails, and only wear colours that suit you. People will notice how lovely you look, and you'll feel good about yourself.
- \* Take regular exercise. It boosts your own personal feel-good factor, as well as enabling you to get or stay in shape. The key thing is to do exercise you enjoy, because if it becomes a chore, you are less likely to continue, and then will probably feel bad about that. Any aerobic exercise, such as a brisk walk in the fresh air is great, as is dancing, hula hooping and bouncing on a rebounder. You don't have to jog for miles, or join a gym. Yoga or tai chi really promote inner strength too.
- \* Avoid dieting in order to fit into a bikini. Just be sensible about the food you eat - keep to wholesome, unprocessed food, and eat small amounts regularly. It is really bad to go without food, as you need to keep your blood sugar levels up. And drink plenty of water. If a bikini is not for you – so what? There's loads of stylish beach and swimwear out there, so choose something that suits you, so that you feel good.
- \* Avoid comparing yourself to others. Everyone is different, so celebrate your own uniqueness.

Caroline Carr offers a range of talks, workshops, tips and strategies to help you to create and boost your confidence. She is a hypnotherapist and the author of *How Not To Worry*, how to stop anxiety spoiling your life, *Living With Depression*, how to cope when your partner is depressed, and *The Menopause*, a guide for Real Women. Her clinic is in Harley St, London.

## Five image confidence boosters

**1 A tan always makes us feel more confident!** You look instantly slimmer with a fake tan; it evens out your skin tone and can disguise cellulite. A lovely summer glow to give you a boost! Top tip - Airbrush for the most even and natural results.

**2 Even out your skin texture or tone** - Large pores can affect how make up sits on your skin - use a silicone based primer to instantly smooth the surface to make your skin radiant.

**3 If you don't like strong make up** - experiment with bright colours on your hands and feet to make you feel instantly glamorous. Short squoval nails are always on trend. Top tip for the summer - red based corals.

**4 Have an eyebrow shape and tint** - Eyebrows frame the eyes and with the right shape and colour they can make your eyes look brighter. All the Hollywood greats had eyebrows groomed

to perfection; it pays to get them done professionally.

**5 If you have never had a professional blowdry this is something you must try** - you will feel polished and chic. Why not change your parting slightly, for a subtle change of image?

**One extra**  
**Hair removal** - Whatever method of hair removal you use - defuzzing will make you feel sleeker and smoother.