

Helpful Hints

- If needed- Wax your face, upper lip and/or peach fuzz along the jaw line.
- Wax your arms (or use cream hair remover), it creates a smooth look on stage.
- Spray Shine; (silicone) for your hair, gives it a silky appearance on stage
- Use an oily lotion (but NOT baby oil) to give a sheen on stage in swimsuit, ex: Johnson's creamy baby oil or a regular extra moisture lotion for smoothness.
- Tape breasts for cleavage effect, use duct tape or masking tape, 3 inches thick. (In my experience duct tape works best, but be careful when taking it off, your sweat should make it easy to remove.
- Gel Breast inserts, to round out your bust line after you taped.
- Butt glue: roll-on or spray. Apply to your swimsuit the night before and hang suit inside-out on hangar, glue keeps your suit from riding up and if you apply it to the suit, your booty does not get sticky (i.e. your gown won't stick to your butt!)
- Vaseline on teeth; helps you smile naturally without your lips sticking to your teeth.
- Contour cleavage for stage enhancement. (Optional)
- Shave privates, completely if necessary.
- Preparation H, gets rid of water. Good for under eye bags, and for getting rid of extra water in problem areas.
- Vagasil powder prevents face from looking oily on stage after sweating under the lights, mix a little with your face powder.
- Derma Blend is a great cosmetic to cover bruises. Basically, anything that will cover a tattoo, will cover a bruise.
- False eyelashes; should be cut to fit you, and only on stage (not interview).
- White eyeliner; makes eyes look bigger and brighter on stage. Apply to lower, inside eye and corners.
- No perfume!
- Natural length nails, French manicure, American manicure or natural looks great and natural.
- Place clear nail polish on the cut ends of your ribbon sash so it does not fray during the pageant week.
- Do not make drastic changes in your diet right before the pageant. For example, if you drink lots of soda and suddenly stop, you are risking a break-out. Instead, begin changing your eating habits slowly and well in advance (at least a month).
- Fitness is important, **START NOW!** 30 minutes of cardio at least three times a week. The closer you get to competition the more often you should work out. Personal trainers can tailor the workout to your goals and body type. Cardio will melt the fat and keep you tone. Your goal is NOT to get skinny, because that isn't pretty, your goal is to get toned and healthy!
- Break in new shoes before the pageant. You need to look comfortable on stage, high heels take practice and you need to break in new shoes. Remember, you will

be standing on stage for approximately an hour (intermittently) while they announce awards and finalists.

- Practice Walking Naturally: especially in your swimsuit heels, the judges can see your legs and if your legs don't extend naturally or your arms swing too much trying to keep your balance, you will look awkward.
- High Heels take practice- First walk normally, with no shoes, and then try to emulate that walk in your heels. To prevent an embarrassing fall, try using a non-slip grip on the bottom of your shoes. (You can get these at Payless for \$2.00 a pair, HEB, and I have even seen them in downtown McAllen!)
- Practice Smiling! If you smile too hard or too long it will look forced. Try smiling at yourself in the mirror for one full minute, watch what happens. Don't be afraid to relax your smile, it will look more natural.
- Practice Posing- Your body should make an "S" curve; if you lean too far in one direction it won't look natural. Be sure to keep good posture with your shoulders back. Practice in the mirror. And Keep your head straight! Some girls will cock their head to one side or the other thinking it makes them look cute, instead, they just look shorter.
- Make a Pageant Day Kit - Think of everything you will need on the day of the pageant, and try to get it together a week in advance, so if you discover you need something, you'll have plenty of time to get it.
- Bring Bite-Sized snacks to fight off the hunger during rehearsal and before the show. The size prevents damage to makeup! I have found that grapes work best, you need to eat on Pageant Day to prevent passing out. Remember, junk food will only make you tired.
- The bright lights on stage will wash you out so use darker shades of base, eye shadow, blush and lipstick. Make sure to completely cover with translucent powder to avoid shininess.
- Do not distract the Judges- Wearing a watch or rings will distract the judges from YOU. However, you should wear earrings because they bring attention to your face.
- Put your Gown on Last! After the makeup and hairspray, so nothing can get on it! Avoid sitting in your gown, it could wrinkle, sequins or beading could come off, etc.
- Present a Complete Package to the judges. Make sure they do not focus on any one element, but on the entire package, You!

Please Take Note of the Following WARNINGS!!

- Do not lock your knees on stage! (You could pass out)
- Breathe! Some contestants have passed out from holding their breath and not realizing it. Do not be afraid to breathe through your smile.
- Do not diet, but change your eating habits. Its a mental thing, no one wants to be on a diet, but if you simply watch what you eat, (i.e. change your eating habits), you are more likely to stick with it and succeed at your nutrition goals!