



ELLE
INSIDE
WORD
Top up your life skills with savvy tips from those in the know

RELATIONSHIPS

How to break up with someone gracefully

WITH LIDIA SMIRNOV,
 RELATIONSHIP COUNSELLOR
 AT CLINTON POWER
 AND ASSOCIATES

Wipe the “It’s not you, it’s me” cliché from your script – it only makes a difficult conversation worse.

DO IT WITH DIGNITY This means not firing off an email or text. Make the effort to meet up with your partner in person, preferably in a place where they feel secure, such as their place or yours – public bust-ups can get ugly. It also gives them the chance to voice their opinions on the situation.

DON'T SHIFT THE BLAME Take responsibility for your decision to end the relationship and face it head on. Don't pull away physically or emotionally in the weeks or days before pulling the plug. Your partner will sense the distance and feel they need to try harder to make things work.

DO BE FIRM AND CLEAR Breaking up with someone takes courage, but it's important not to sugar-coat things – it'll only give your partner false hope of a reconciliation later on. Make it clear you've fully evaluated the relationship and its potential, and that it just isn't for you because of X, Y, Z.

DON'T RUB IT IN Showing up at a mutual friend's event with someone new can do major damage to your ex's self-esteem. It's all about empathy. Keep a respectful distance while they get over it.

BEAUTY



How to clean your makeup brushes

WITH MAX MAY, MAKEUP ARTIST, MAXMADE.COM.AU

You probably use them daily, which makes makeup brushes a haven for dirt, dust and bacteria. Give them a little TLC and your skin will thank you.

STEP 1 Squeeze a small amount of shampoo into a bowl or glass.

Be sure to avoid a cleansing shampoo or anything heavily conditioned as this can irritate the bristles; baby shampoo is great.

STEP 2 Lightly dip the tip of the brush into the shampoo and lather it up in the palm of your hand, massaging the bristles.

STEP 3 Rinse the brush thoroughly under a tap or by swirling it in a bowl of water. It's crucial all shampoo is removed from the brush – if it dries on the bristles, it can affect future application.

STEP 4 Let the brush dry flat on a towel, rather than standing up. This stops the water sinking into the handle, where it can mix with the glue and cause the bristles to fall out.

STEP 5 Repeat once a week, especially if you're using your brushes to apply oily products, like concealers.

best before

Your favourite beauty products have a shelf life, too

MASCARA **THREE MONTHS**

EYELINER **SIX MONTHS TO ONE YEAR**

CONCEALER **ONE YEAR**

LIPSTICK **TWO YEARS**

POWDER BLUSH, BRONZER AND EYE SHADOW **TWO YEARS**

