

# “Learning to express our Inner Beauty”

Colle Mattia, Italy, 16. April 2016



The meeting, presented by Daniela Cali', started with a welcome address and presentation from the Women's Federations for World Peace where Elisabetta Nistri explained some of their current activities.



Afterwards, there was a video to introduce the central theme of the meeting.

The video showed some normal women who spoke about how they often feel insecure and imperfect, especially if they compare themselves to models and women in advertising in magazines who then posed for professional photographs which were then re touched by photoshop.

Their reactions to their finished photos weren't as positive as they'd thought. None of them could recognize themselves in the finished product and

they all said that their identity had been stripped, together with their imperfections. One of them even commented "As soon as someone does your make-up, or cuts your hair and someone else decides how you should stand and then makes your imperfections vanish...well, at that point there isn't much left of the real you."

At the end of the experiment, the thing they had all understood is that perfection doesn't exist, it's important to accept yourself to be healthy.

This was also the message and goal of our event as explained by Daniela Cali' in her comments after the video. We need to stop aiming to be like those models and stop feeling like we have to, this pressure to always have to be perfect and live in beauty (and everything that comes with that, like make-up) as a pleasure, something that shouldn't be used to cover up but to express ourselves, if and when we want.

However much nowadays they are trying to expand the world of models (lately using plus size models, and models of different ethnicities) the underlying message is still wrong. We need to stop using women as objects and enforce role models and as examples to follow. Society tends to

classify beauty as something ever more specific, with very specific and defined numbers and characteristics, and this is why we automatically exclude everyone who doesn't fit into these measurements. Beauty should be something that starts from within, it should be health and joy, something indefinable and therefore be found within each of us.

After this, Bruna Poperzi spoke about skin care through correct nutrition and lifestyle, after which Anita Di Matteo, a make-up artist, introduced her make-up lessons about focusing on each of our individual personalities and afterwards looking at the facial features and therefore being able to choose the correct type of make-up adapted to your personality, features and event. In this way we remember how each of us is unique with different strengths that should be valued.

After the talk we passed onto the practical side of things. We had the opportunity to be made-up by Anita.

Many guests participated in our event and so we created a fun and relaxing atmosphere.

We hope to be able to continue with this type of event, where there were many positive comments.