

# It's Easy Being Green

10 tips for getting your Green on this holiday

BY: GINNY PEAGUE | MARCH 17, 2010 | [LEAVE A COMMENT](#)



SOURCE: LUSH

Eat, drink and steep in everything green today, or any day.

Today's moment of Zen brought to you by the color Green:

**What does Green mean?** The color can be a little schizophrenic. On the one hand, it represents growth, health, and love (see below). On the other, it can mean mold, sickness, envy and inexperience. It can also mean money.

**Wearing o' the Green** – Tradition has it that you must wear green on [St. Patrick's Day](#). Problem is, according to NYC stylist and Fashion Institute of Technology adjunct

professor Lynda Johnson, not everyone looks good in the color. Especially Kelly green which is the traditional hue. You can opt for olive, forest and other greens that are more flattering. But it's a tough color and can make mature skin look sickly indeed. Better to opt for accessories, she says: earrings, a scarf, maybe even those green carnations they sell everywhere on the day -- with a shamrock of course.

**Getting Pinched** – Tradition has it that [if you don't wear green](#) on St. Patrick's Day, you get a pinch. There are [strategies](#) of course, but it might not be such a bad thing. First of all depending on where you're pinched, it might break up a little cellulite. And furthermore, [nonverbal communication](#) in the form of touch can be powerful. So a little pinching, as long as it's not too hard, might be a nice thing.

**Green Makeup** – Marlene Katz, founder of [ISS Intelligent Skin Sense](#) had a midlife makeover and now provides ways for others to do the same; a quick way to "green" up your makeup bag, she says, is to weed out products containing [petroleum](#) with its heavy carbon footprint, and go for products that are formulated with [essential oils and other natural alternatives](#).

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