

MAKEUP

Makeup is used to enhance your looks. It looks best when it is natural looking and barely visible. Too much makeup can make one appear unnatural and detract from natural beauty.

Choosing and using makeup should be fun, not a chore. A basic knowledge of makeup types will help.

When you use makeup, choose the ones that are most appropriate for your face, your age and your lifestyle.

TEACHING TIP

If your class has a large male population, or if your students have little interest in makeup, you may want to spend more time on skin care and delete lessons on makeup.

MAKE-UP CATEGORIES

FOUNDATION - evens your skin tone and helps hide trouble spots. There are several different types to choose from.

- Liquid foundation provides a light, protective film with fairly good coverage, or hiding quality. Creamier types are good for normal to dry skin. A non-oily liquid or powder is good for oily skin.
- Powder compact gives light coverage with powdered look, is a fast, handy, all in one makeup that's easy to carry.
- Cake makeup gives light to extra heavy coverage. This type tends to be drying, you may choose to use a moisturizer underneath it.
- Medicated makeups come in liquid, tube and cake forms. These protect all skin types, aid problem skin because they include ingredients to help clear up blemishes.
- Hypo-allergenic foundations have common irritants screened out. They are recommended for skin which has allergic reactions to regular makeup.
- Foundations come in many shades, pick one that blends as closely as possible with your skin coloring.

Apply foundation sparingly with a sponge pad to get an even thin covering.

BLUSHERS - are softened tints that add color to your complexion and highlight your eyes. (Yes, eyes!) They come in a range of colors and should be used sparingly to avoid "doll cheeks" or the "clown" look.

EYEBROW MAKEUP - comes in two basic forms, pencil and brush on pressed powder. Choose a color that is similar to your hair color but a shade darker. Use these products to fill out your eyebrows, but avoid too heavy unnatural lines.

EYE SHADOW - may be brushed on powdered, cream or water color make-up used to highlight and shape the the eye. Colors should be natural and complimentary. Too much color can give a "painted" appearance.

EYELINER - serves two purposes, to make lashes seem more lavish, and to make the eyes seem larger and in some cases to give the eyes a more expressive shape. Match eyeliner color to your lashes and draw the line as close to their base as you can, so it will look like part of the lashes.

MASCARA - a touch of mascara may be the only eye makeup you'll want for daytime. Use the kind that is easiest for you to apply.

Color guide: dark brunettes - black
 blondes, fair redheads - brown or charcoal
 everyone else - dark brown

LIPSTICK - for a finished look, all lips should have a soft accent of natural looking color or sheen. Whether you use a lot of color or lip gloss, lip products help to moisturize your lips and many contain a sunscreen to protect your lips from ultra-violet rays of the sun.