

Makeup for women

When you are dressed well, you need to complete your look with good makeup. As my grandmother used to say "Women are lucky, they can make themselves look better. Men have to settle for the way they look!" However, sometimes we look worse because we don't know how to apply makeup.



This article is for those women who want to know about their makeup. As a nutrition and lifestyle coach, I always have to keep up to date. So, let me share some makeup tips with you.

- Keep makeup light and as natural as possible - don't overdo it.
- At work, use foundation, a little blusher, eyebrow liner (if your brows are blonde), mascara and lipstick. Too much makeup worn at the office can look tacky because of the unflattering lighting conditions.
- In the evening, add eye colour. You can get away with heavier makeup, but be cautious. Get an honest opinion from someone you trust when you try a new makeup technique.
- On weekends, wear eyebrow liner, mascara and a natural lipstick or gloss for a clean, fresh look.

Here are some tips in detail:

FOUNDATION

- CONCEALER - A concealer for under the eyes and around the nostrils lessens the dark shadows on your face.
- COLOUR - Make sure the foundation you use looks as close to your skin colour as possible. Test the colour on your jaw line, not hand. (The colour of your hand is very different from your face.)

- **SPONGE ON** - Use a small makeup sponge to apply foundation and blend it well. Sponges can be bought in packets and are inexpensive.
- **BLEND** - Blend the foundation over the jaw line towards the neck in a circular fashion. You'll look "made up" if you can see the line where your foundation ends and your skin colour begins.

POWDER

- **POWDER BRUSH** - Apply enough powder with a good quality powder brush to take the shine off your skin. The brush will ensure that you don't apply too much and get a "powdery" look.
- **REAPPLY** - Reapply powder throughout the day to keep looking fresh and not greasy.
- **WEEKENDS** - On weekends, if my face is shiny, I apply powder without foundation for a more natural look, sometimes using baby powder. It takes away the shine but doesn't give me a made up look.

BLUSHER

- **BLENDING** - Make sure you use it sparingly. Don't make a dark line in the hollow of the cheek going out to the hairline. It looks too obvious.
- **SHADE** - Pick a natural-looking shade - nothing too pink, red or otherwise dark.
- **WHERE?** - Smile while you apply it. Dust only the part of your cheek that the sun would touch if you were outside.

EYEBROWS

- **FASHION** - The fashion for eyebrows changes each season - from bushy to sleek to wide to narrow. Don't fall victim to trendy styles. Instead, keep your eyebrows trim but natural. If you must re-shape, find a professional do this for you.
- **PLUCKING** - If you have bushy eyebrows or they meet in the centre, have them professionally plucked, and then do them yourself. Keep your brows neat but don't over-pluck.
- **BRUSH** - A good eyebrow brush for application is important. A pencil can be too harsh and not shade properly. Only fill in the gaps of your own natural eyebrows. A different brush softens the look. Inquire at the salon.
- **COLOUR** - Choose a colour that looks natural on you.

EYE SHADOW

- **COLOUR** - Avoid blue or green eye shadow and try a gentle brown or grey that suits you. Again professional help can help you choose the shade that brings out the colour of your eyes.

- **SHADING** - Use a brush to shade the colour on your eyes. Depending on the shape of your eyes, use the shading to enhance your features and hide others.

MASCARA

- **PURCHASE** - Experiment with different kinds. Buy a new one every three months. Don't let your mascara get to the stage where it's clumpy.
- **APPLICATION** - Apply three thin coats and remove clumps with an eyelash comb.
- **EYELASH CURLER** - This is quite a luxury. If you have the time, hold your eyelashes in a curler for 20 seconds each - the effect is longer eyelashes, which also make your eyes appear bigger.

LIPS

- **DRY LIPS** - Don't ever let your lips get dry or chapped. Always have a lip sealer handy if you don't wear lipstick.
- **PREVENT SMEARING** - Before applying lipstick, powder your lips well so that your lipstick doesn't smear.
- **LIP LINER** - Outline your lips with a lip-liner pencil. It makes such a difference and gives you a more finished look.
- **CHANGE YOUR LIP SIZE** - Although large lips are beautiful, if you feel yours are too large, outline your lips on the inside of the lip.
- **LIP BRUSH** - Fill in the centre using a lip brush with a slightly lighter coloured, but matching lipstick. Lip brushes give your lips a richer look. Try it and you'll be amazed at the difference.