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Make-up Tips for a Beautiful You

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CONSTANTLY EXPOSED to the world and sunlight, the skin on your face always shows more wrinkling and damage than the skin of your body. Even during winter in the Northwest, protection from the thinning ozone layer is crucial for staving off the signs of aging.

Many of us develop a routine of caring for our faces and applying make-up that we stick with for years. So let us challenge some of those rituals and go slightly "out of order". Begin with applying an eye cream to the under-eye area and a moisturizer to the rest of the face, allowing a few minutes for both to absorb.

Apply a light layer of foundation, where needed. Many women use foundation that is too thick, taking away from their skin's luminosity and aging the face. Sheer up foundation

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and make your own tinted moisturizer by mixing one part foundation with two parts moisturizer. Choose a shade that complements skin color on your face, neck and chest.

The eyebrows define the frame of the eye and well-shaped brows can take years off your appearance. Have eyebrows shaped the first time by a professional and then maintain them yourself with regular tweezing. Choose a brow color that matches or flatters your hair color and skin tone and avoid going too dark as it will create harsh contrast.

Speaking of contrast, it is important to understand that light tones bring features forward and out. Dark tones bring features in and minimize them. This is why dark eyeliner will make eyes look smaller and dark lipstick will cause lips to recede. Similarly, frosty or white colored eye-shadow will cause puffy areas to look more prominent.

Apply a light (matte) eye-shadow to the lids. Then blend a medium shadow into the crease of the eye for depth. End shadow just at outside corner and sweep it up to give the eye a lift. Do not extend any eye-shadow beyond the edge of the eye area, this tends to lower rather than lift the look of the eye.

For beautifully defined eyes, skip pencils and use a deep tone eye-shadow, wet or dry, with an eyeliner brush along the lash line.

Curl lashes before mascara to really open up eyes. Bacteria loves to live in mascara and as it ages, mascara becomes drier. Be sure to replace mascara after 3 months to prevent eye infections and flaking.

Once the eye makeup is done, head for the lips. Liner is great for keeping lip color from bleeding and adds staying power. Again, avoid harsh lines and dark colors, opting for more natural tones with a bit of sheen to give the appearance of fuller lips.

Now is the time for blush because you can see exactly how much color you really need. Crème blush is wonderful for normal to dry skin and tends to be more concentrated than powder; use sparingly and blend well on the apples of the cheeks.

BEFORE YOU GET STARTED



Karen Harris is one of Kristen's clients

Makeup can be a wonderful playground with endless options for creating a more beautiful you, changeable on a whim. Before diving into the how-to's of makeup, we must first talk about taking excellent care of your skin. It is the largest organ of your body and accounts for about 15% of our body weight, so it is important to:

- » Have a regular regimen of daily cleansing and moisturizing.
- » Have a healthy diet and drink 8 8-oz. glasses of water a day.
- » Exercise.
- » Get plenty of sleep.
- » Avoid smoking and keep alcohol consumption moderate.
- » Protect skin from environmental toxins.

The finishing touch is concealer. First, wipe away any shadow that fell under the eyes. Next, with a concealer half-shade lighter than your foundation, use your index finger or a synthetic brush to gently dab concealer into the under-eye area, wherever there is discoloration. Putting too much in the outer corners will make fine lines more apparent. Top it all off with a light dusting of powder and voilà, you are ready to show off your pretty-self to the world!

Kristen Arnett is a makeup artist living in Portland, Oregon with 10 years of industry experience. Having worked on hundreds of faces, one of her specialties is teaching "age-defying makeup techniques". Visit www.KristenArnett.com or call 503-756-6455.