

Beauty With Shahnaz *The Art of Applying Make-Up*

By: Shahnaz Husain

The secret of good grooming is to adjust make-up to different shapes in the face and to bring out your good features. In other words, you can create an illusion by playing down the minus points and emphasizing the plus points. One can also camouflage defects. First, you need to have a good look at your face, your special features and the shape of your face.

Please send your questions and comments to beauty@citymasala.com.

The natural trend in make-up is a sheer, translucent look, with subtle use of foundation and bases. It is the base of your make-up and helps in making the skin texture appear smooth, with an even color tone that conceals blemishes.

You will have to prepare your face before you apply foundation. First, cleanse the skin and apply a liquid moisturizer. Once this is absorbed, apply the foundation.

SKIN TYPES AND FOUNDATIONS

Choose your foundation according to your skin type.

Water based foundations are suitable for **normal to oily skins**. During summer, you can try pan sticks or cake foundation by adding a little water to them. Dark skin tones tend to look oily because of the way light reflects on the skin, so use a liquid foundation. Try to get a foundation which is as close to your normal skin color as possible. When you apply foundation and powder, you should aim for light coverage. Remember that dark skin shows layers of make-up more than fair skin. Special attention should be paid to how you blend in the foundation.

For **normal to dry skin**, select a creamy foundation. Whatever your skin type or color, you can



add a drop of water to your foundation, mix it with

a fingertip and apply. This gives lighter coverage and also helps to blend the foundation better into your skin. You may find you need two types of foundations - one for the day and one for the night - due to the difference in lighting. Two shades of foundation can also be bought in two shades of color. One should be as close to your skin color as possible and the other should be one shade lighter. The lighter one helps in concealing blemishes, and may also help in achieving a more natural tone by mixing.

Clear skin needs less foundation in order to enhance the skin tone. Use blush to give a healthy glow to the face. If you have **fair skin**, choose a lighter color with a natural finish.

Darker skin needs a soft beige or ochre colored foundation.

A **fair, pinkish** complexion needs a soft pink foundation.

Wheat colored with a pink tone needs a pinkish-beige, rather than pure beige foundation.

Dark skin, with yellow or golden tone needs a biscuit colored foundation.

Always test foundations along the jaw line.

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