

PrettyMePink.com
SKIN CARE MANUAL



In association with

AnuMalhi.com &

The Makeup Artists Group

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Introduction

What you are about to read is the result of many months of hard work from some of the best beauty and makeup artists. They will also continually input into future PrettyMePink books.

The artists behind PrettyMePink.com have been very careful not to put too much information in this book and keep it to the bare essentials that will help keep you on the road to amazing skin.

PrettyMePink.com first started as an idea many years ago. Some of the industry's best makeup artists and beauticians soon got together and launched PrettyMePink to provide the public with free advice.

The website features everything from day to day tips on beauty to very detailed advice on eye shadow application and much more. The best thing is that the site is regularly updated to make sure it is kept fresh, up to date and it's all free.

Our goal is to have all our readers / subscribers becoming knowledgeable about beauty tips and advice, which should hopefully reduce the amount of money we waste on unneeded makeup and beauty products.

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Understanding your skin

So many of us are going out and buying beauty care products or applying makeup without knowing our skin type. As a result we waste money on products that do not suit our skin, or worse still may have an adverse reaction to the product resulting in problem skin.

Your skin type is unlikely to change whereas your skin condition can change as it depends on other factors including diet. Skin types can be classed into the following five categories:

1: Normal Skin

Congratulations if you are one of the lucky few who have normal skin. Basically this means that the sebaceous gland (produces oil) produce a substance called sebum at a sensible rate.

This allows for the skin to appear not oily or dry, looking moist and lively. Please note that this skin type still benefits from constant care.



2: Dry Skin

This skin type is caused by underperforming oil glands that do not seem to be producing as much oil as the skin needs. As a result of this skin experts believe that this skin type is most at risk of premature aging and as such needs dedicated care and attention to reduce the effects.

Dry skin normally appears duller, itchy, patchy, flared up and potentially flaky. As the skin lacks moisture from the glands, it needs to be topped up by regular drinking of water and the adequate skin care products that focus on tackling dry skin.

Do:

- Use cream / paste based makeup
- Drink 1-2 litres of water daily
- Cleanse face with products created for dry skin
- Moisturise with products created for dry skin

Don't:

- Use powder / dry makeup
- Stay in the sun too long
- Stay in air conditioned environments too long

3: Oily Skin

Complete opposite of dry skin. The glands produce too much oil, which results in the skin having more oil than it needs therefore bringing the oil to the skin's surface making it visible.

The main benefit of having oily skin is that people who have it tend to age better as wrinkles are delayed or reduced. The downside is that your skin could be at risk of blackheads and acne.

Do:

- Choose a moisturiser that is created specifically for oily skin – types
- Use oil free products
- Use powder based makeup

Don't:

- Use any glossy products as your skin will naturally produce that effect
- Over cleanse

4: Sensitive Skin:

This skin type can be either of dry, normal or oily. Sensitive skin is most likely to be prone to an allergic reaction to beauty care / makeup products. It can flare up and become itchy reacting to environmental conditions.

Do:

- Test makeup or beauty products on a sample of your skin for a period of time before using it widely
- Use products that have been allergy tested or state 'hypoallergenic'
- Benefits most from gentle and natural skin care

Don't:

- Use products that contain alcohol & fragrance oils

5: Combination:

This is a combination of oily and dry skin. The best advice would be to trial and error products that suit your skin and follow the advice under the headings above that work for you.

Cleanse, Tone & Moisturise

Naturally caring for your skin is well up there as one of the most important things that you can ever do to prevent aging and looking healthy.

Normally, women try and cover up bad skin care with makeup and surgery. Stress and weather can also have an impact on the condition of the skin.

As a basic if you do the following you will be on the road to having sexy and healthy skin.



1: Cleansing

Cleansing skin is a requirement for anybody regardless of whether they use make up, mainly because skin attracts a lot of dirt during the day and this can stay on the skin unless treated with a cleanser.

By cleansing your skin before you apply makeup it will give you a clean face to work and a clean face before you go to sleep.

The trick with cleansers is to know your skin type before you buy one, if you have sensitive skin make absolutely sure you buy a milder cleanser than the norm.

Steps:

- 1: **Wash** hands, remove mascara and eye shadow
- 2: **Pour** some cleanser into the palm of your hand and dab it over the face (cheeks, nose, forehead and chin) with other hand
- 3: **Spread** cleanser by massaging into the skin in an upward and outward movement (don't stretch skin)
- 4: **Remove** the cleanser with tissue pads / cotton pads or water gently using upward and outward movement

2: Toning

Toning helps remove excess oil from your skin, it can also help refresh skin and add glow to your face.

It is still debated in the skin care industry on whether toning is to be applied daily, I think the answer is everyone is different and if it suits you then use it everyday if not switch to every other day.

Note: The more chemical free your toner is, the more natural and better for your skin.

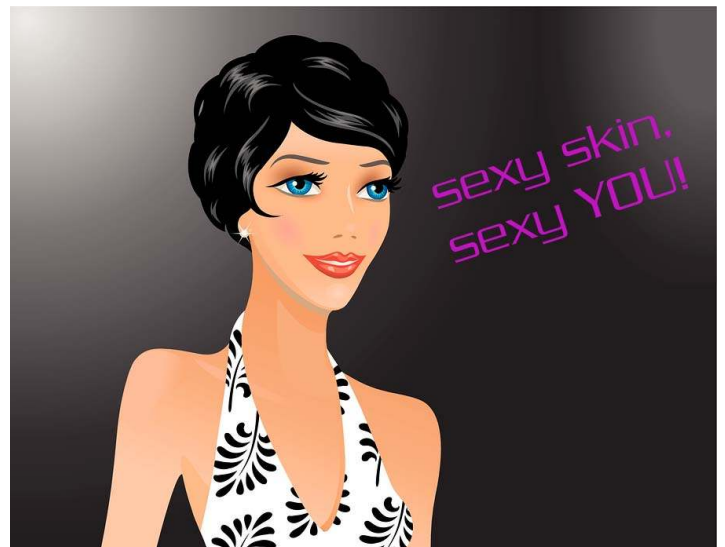
Steps:

1: depends on the type of toner: could either spray on or pat on with cotton / tissue pads

3: Moisturise

Moisturiser is like feeding your thirsty skin.

The most important thing is to understand the type of skin you have before you rush out to buy a brand new moisturiser. There are hundreds of moisturisers out in the market today so please do your research before parting with your money, just because a celebrity or model uses a moisturiser doesn't mean it will suit your skin too.



If you have oily skin then try not to purchase a moisturiser containing too much petroleum jelly / oils as this will make your skin look even more oily.

Steps:

- 1: Apply moderate amounts of moisturiser to your face by firstly dabbing it onto your forehead, nose, cheeks and chin.
- 2: Work into skin in upward and outward motions until it fades into the skin
- 3: Reapply to any areas that require it

Deep Cleansing

The best way of getting rid of deep dirt and excess oils trapped within your skin is to have a quality facial. You should only need a facial 1-2 times a month. Please note that your first two facials may result in a small outbreak of blemishes / spots that are already in your skin.

Pre Preparation: Heat up a medium sized pot of water. You can use essential oils if you like: Lavender / Peppermint for oily skin or Chamomile for Dry skin (until warm – hot water)



Step 1:

Tie your hair back so that it does not have any contact with your face or fall in front of your face if you look down

Step 2:

Place a wet warm towel over your face to start the process. This will help to start opening pores and help you feel relaxed (leave for 3 – 5 minutes)

Step 3:

Remove the towel from your face and cleanse your face (please refer to the cleansing section) with a suitable cleanser

Step 4:

Place a towel over your head and hover over the warm – hot water (do not make contact with the water) for 5 -10 minutes. Take breaks if needed and if it is too uncomfortable leave this step out

Step 5:

Use a quality face mask made for your skin type avoiding the eye area and leave on as stated on your mask instructions. Place fresh cucumber slices on your eye area

Step 6:

Remove cucumber slices. Rinse the face mask with cold water

Step 7:

Tone your skin with a toner that is suitable for your skin and finish off with a moisturiser.

Problem Skin

Okay we've all probably had our fair share of skin problems, spots, skin acne, red patches and the list goes on. According to leading health experts most of us don't even know that we have skin problems until later on when they are much more visible and harder to treat.

Skin Pigmentation

Skin pigment disorder is most likely to occur on the face and can take place at any age. Below I have quickly broken down the causes; types and the possible treatment for skin pigment.

Causes:

Body produces too much or too less melanin (this determines skin tone colour) which results in some parts of your skin being either Lighter or Darker than the surrounding skin

Things effecting the melanin levels:

Race; Sun Exposure; Drug reaction; your Genes

The biggest contributor is probably the sun followed by medication (such as contraceptive pills)

Main Types:

1: Hyper Pigmentation: Parts of the skin become darker than the surrounding skin, body is likely producing too much melanin. Often found around the cheek, forehead and chin area

2: Hypo Pigmentation: Parts of the skin become lighter than the surrounding skin, body likely to not be producing enough melanin

Treatment

- See a dermatologist to identify the level of skin pigment and clarify type
- Try to avoid sun exposure. If unlikely ensure that you are well protected
- Try to identify when the skin pigment started to occur and check to see if you started to take any new or changed medication intake and communicate this to the Doctor or Dermatologist
- Do not use skin lightening creams / gels as this is likely to introduce or accelerate any skin pigmentation.

Skin Acne

1: Causes & Description:

- Inflammation of skin because of infection
- Sebum (oil) created by our glands joins forces with dead skin and blocks the hair follicles. This basically allows for oil to build up beneath our skin until spots erupt.
- Normally occurs on the face, but can also occur on chest and back
- Can be started due to: Stress; Bacteria; Excessive Scratching; Hormonal related

2: Skin Acne Treatments:

- Dermatologist: (may need to be referred by Doctor) and they may prescribe you with antibiotics that will reduce Acne. But remember that your body may become immune to the antibiotics and the acne that returns after may be stronger
- Foods / vitamins containing vitamin A are known to remove / reduce oil on the skin.
- There are also some medication that have high levels of Vitamin A (ask Dermatologist)

Home Remedies:

- Cleanse face on a regular basis to take away any dead skin. There are special acne related cleansers around that are built specifically for the condition (examples include: Zeno)
- Most likely to be stress related, so get to the route. Yoga can help and deep breathing exercises
- If you do have skin acne, don't let it get to you. In the majority of cases it is just a short term problem and if treated correctly can be reduced and wiped out.



Lip Care

When someone speaks to you, whether it be in an office, bar or shop. One of the first thing they will be drawn to is your mouth and lips area as this is where your words come from.

Lips require constant attention as they are one of the most sensitive part of our bodies. The condition of your lips can effect the overall look that we are trying to achieve, as an example if you suffer from dry chapped lips then this can make your face look tired, dry and dull.

Lip Gloss:

Can add an instant juicy look to your lips with the added benefit of looking well moisturised. There are hundreds of lip glosses around to cater for our every need from different colours to different flavours. These are mainly used for appearance and only have a limited impact on underlying damaged lips.

Lip Balm / Chap Sticks:

Lips are most prone to climate changes and can sometimes appear chapped and damaged. To heal dry chapped lips people often use lip balms and chap sticks, this can act as a short term fix.

Try to get to the route of the problem, could be dehydration or smoking, caffeine or soda drinks.

If the problem persists them use aloe vera gel from your local pharmacy.



Prevent Aging

Our oil glands produce sebum (oil) to provide the skin with a natural protection and to keep it well moisturised. However, as we get older our glands produce less oil and our skin also becomes more fragile. Sun is also another major contributor to aging skin, the more we protect ourselves the slower our skin will age.

Tips:

- 1: Give up smoking if possible
- 2: Daily use of sunscreen would carry a lot of long lasting benefits (70% - 80% of wrinkles are said to be because of the sun)
- 3: Don't over exfoliate your face (Don't apply facials more than every 1-2 weeks)
- 4: Use a moisturiser that suits your skin type, e.g. If you have dry skin and you use moisturiser for oily skin it will not add enough moisture for your skin
- 5: Drink water (1-2 litres daily) this will keep you hydrated
- 6: Reduce sugar intake (helps on many levels)



We could have this section running for 10 pages easy, but we didn't want to over load you with tips and kept it to the main central tips that would carry the most amount of benefits.

If you can just stick to these 6 simple tips you should notice an impact on your skin. Obviously as is always the case the earlier you can start the better for your skin.

Foods for Skin

It is all fine and well looking good on the outside by applying makeup and other beauty products. But beauty really does start on the inside and by feeding your body the right food it will naturally impact on your skin condition and health.

Most of the time an average person will lack some type of vitamin in their diet, everyone has busier lives than they once did and as a result have less time to make sure we are putting the right foods in our tummies. We have listed foods and advice by vitamin type to make it easier:

Vitamins & Foods

1: Vitamin C: Makes the capillaries stronger which feed the skin. Foods: Oranges; Strawberries; Broccoli; Blueberries; Blackcurrant

2: Vitamin E: Almonds; Hazelnuts; Avocado

3: Zinc: Can help repair damaged skin. Foods: Liver; Pumpkin seeds; Oysters

4: H2O: That's right, water is essential to keep your skin hydrated

5: Omega 3 & 6: Good fatty acids. Foods: Fish; Flax oil; Linseed. Also supplements can be taken

6: Vitamins B: Gives your skin its natural glow. Food: Eggs; Liver; Beef & Cheese



The goodness of all this food and balanced diet will take time to work through the system and may also get rid of any tiredness that you may be feeling due to some of the foods being good sources of energy.

Summary

Hope you enjoyed this book. You can visit / subscribe (free) to PrettyMePink.com for more regular updates on makeup and beauty.

Upcoming books will focus on the eyes (makeup & beauty tips) so look out on the website for the release date.

The website is updated on a weekly basis with topics ranging from applying mascara through to caring for your feet. If you have any suggestions or just wish to get in touch with us you can at info@prettymepink.com and we will reply as soon as possible.

And a special thank you to AnuMalhi.com and The Makeup Artists Group for helping to put this book together.

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