**Make-Up Booklet**

**By Nikki Wellington**

**SKIN TYPES**

There are four basic skin types, depending on how much oil ("sebum") your skin produces:

**Oily**

**Combination**

**Normal**

**Dry**

HOWEVER, remember the following:

Your skin type can and will change throughout your life, depending on what climate you live in, how old you are, hormonal changes, etc. So your current skin type may not be the same as your skin type was five years ago or will be in five years time. You need to constantly re-assess your skin's needs.

Every skin is different but can be basically narrowed down to these four basic types, most products these days allow for the four different types and you will notice that they will explain this on most of the packaging you see, it will enable you to get an idea of what products may be suitable for you.

If you felt that you didn’t quite fit into any of the four basic types it does pay to ask a beauty therapist or dermatologist - he/she will be able to have a close look at your skin and tell you your skin type particularly if you seem to be having trouble with it.

NORMAL SKIN - skin is producing just the right amount of oil,
Neither oily nor dry.
Has small pores.
May also:
Get a little shiny on the T-zone towards late afternoon.
Occasionally be a little dry on the cheeks.
Have the occasional pimple or blackhead.

DRY SKIN - skin is not producing enough oil
Never gets shiny - has a matte appearance all over
Have very small or invisible pores.
May also:
Be slightly flaky
Feel tight or uncomfortable.
Be prone to fine, crêpey lines.

COMBINATION SKIN - skin is producing different amounts of oil in different areas
Develops an oily or shiny appearance on the T-zone by the afternoon.
Does not get shiny all over.
May also:
Have visible pores on the T-zone.
Be prone to breakouts, pimples and blackheads.
Occasionally gets slightly dry on the cheeks.

****OILY SKIN - skin is producing too much oil
Has an oily or shiny appearance by midday all over the face.
May also:
Have large visible pores.
Be prone to breakouts, pimples and blackheads.

OTHER SKIN CONDITIONS

Now that you have figured out your basic skin type, you may be thinking: "That doesn't quite fit me exactly." Well, that's okay, because you may have a temporary or ongoing skin condition that can make your skin look or behave a little bit differently. See if any of these sound like you:

Dehydrated Skin
This means your skin is lacking water. This can be as a result of a number of factors, and can affect any skin type. Symptoms of dehydrated skin include:

* Flakiness
* Fine, crêpey lines on the surface of the skin
* A dull complexion

Sensitive Skin
Everybody's skin has the potential to become "sensitive", although some people experience ongoing symptoms of sensitivity. Characteristics of sensitivity include:

* Tendency to redden easily
* Prone to reactions from various products
* Stinging or uncomfortable sensations, particularly after cleansing
* Prone to rashes and irritations
* Burns easily with sun exposure

What is acne?
Basically it’s a pain in the butt and just an extra hassle teenagers are expected to deal with. Actually acne is a skin condition where the pores become blocked bla bla bla . . and sometimes inflamed. It can take the form of a blackhead (an enlarged dark pore), a papule or pustule (red bumps or "whiteheads"), or a cyst (a large swelling underneath the skin).

What causes acne?

**Hormones:** Many teenagers suffer from acne because their skin produces too much sebum (the skin's natural oil), brought on by increased levels of androgen hormones. The excess sebum sometimes mixes with dirt and dead skin cells and clogs up the pores, and causes blackheads and pimples. Hormonal fluctuations can also cause young babies, and pregnant, menstruating or menopausal women to suffer from acne.

**Some ingredients in cosmetics or skin care products**: Some ingredients in beauty products are comedogenic - that is, they can clog the pores. By checking ingredient listings on your products, you may be able to find the culprit. Ingredient lists run in order of highest to lowest concentration, so a comedogenic ingredient listed right at the end of the formula will probably not be enough to make the formula pore-clogging.

Bear in mind though that in the end it really does come down to personal trial-and-error - you'll need to experiment with different products to find out what works for you and what doesn't because everybody is different.

**Medications**: Some types of the oral contraceptive Pill can make acne worse (although some other types can make it better!). Steroid medications and lithium can also cause acne.

**Not looking after your skin**: If you don't regularly cleanse your skin and exfoliate to remove pore-clogging dead cells, your skin will be more likely to break out. For example, not bothering to take your makeup off at night is a big no-no!

**Your environment**: Being exposed daily to oil, grease, or chemicals can cause acne. For example, people who work in a kitchen might suffer from breakouts, late nights in the pubs and clubs with smoke and sweat filled air. Excessive sport/gym workouts, if showering isn’t completed after the activity.

What about chocolate . . . I hear you ask? Doesn't that give you pimples?

You won't get a pimple just because you ate a chocolate bar yesterday! If you otherwise eat a balanced diet, you'll be fine. However if your diet is generally poor – junk food etc. etc., your skin won't be looking its best. Basically the rule of ‘you are what you eat’ is not so far off the mark. You eat greasy foods, you become greasy.

How can I get rid of acne?

**DON'T PICK!!** Picking and squeezing pimples often causes the blocked pore to become more inflamed, and can lead to infection and scarring.

Depending on the severity of your acne, there are several things you can try:

* **Take better care of your skin**. This means cleansing twice a day and exfoliating regularly; and a deep-cleansing mask used once or twice a week can help to clean out the pores. Make sure though that you use gentle products that won't dry out or strip your skin. If you have oily hair, make sure you wash it regularly
* **Reduce the possible causes**: Use a cotton pillowslip and change it every day. Always use a clean face cloth to wash your face. If you're breaking out along your hairline, change your styling products or shampoo/conditioner, as they might be the culprits. And make sure your beauty products do not contain high quantities of pore-clogging (comedogenic) ingredients.
* **Antibacterial skincare**: This can help to stop blocked pores from becoming infected, red and inflamed, by killing the germs that cause infection. Antibacterial products are especially recommended if you suffer from white-headed or red pimples.
* **See your dermatologist**: **If all of the above fails**, you should pay a visit to your doctor or dermatologist. They may prescribe anything from hormone tablets, to oral or topical antibiotics, to creams like Retin-A, to medication like Accutane/Roaccutane (isotretinoin). But you need to talk to them about your problem so they can recommend the best solution for you.

*Best products to use are ‘natural’ products that don’t contain mineral oils, harsh chemicals and chemical surfactants. Read labels to see that they don’t contain mineral oils and make sure they are as natural and plant derived as possible. Don’t always go for the expensive brands, they are often a waste of money without results, what may look good in it’s package and on your bench may not be all that it is cracked up to be . . . reasonably priced less branded skincare can work better in some cases and you can use the rest of that money on other important things.*

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**THINGS TO TAKE NOTE OF FOR A STANDARD SCRIPT READ WITH NO CHARACTER DESCRIPTION**

* Be clean neat and tidy AND DRESSED IN YOUR BEST.
* Address and enhance your best attributes – nose, chin, eyes, mouth, body etc.
* Make your best bits stand out with the use of colour and shading.
* Cover all blemishes, marks, spots/freckles if you feel they are standing out too much etc.
* Find a makeup and cover stick that is the right skin tone for you, not to pale and not to dark.
* Girls - Choose makeup colours that suit you, not just what’s fashionable, note: be very careful of putting liner inside your eyes, it can make them look smaller than they are and look funny on TV.
* Boys – don’t be shy to add some makeup, it will help you stand out more on TV
* Have a hairstyle that doesn’t interfere with your FACE.
* Make sure that whoever is taking the Audition cannot be distracted from your performance by floppy hair in your face, messy chipped nails, dirty shoes and clanging jewellery or clothing that constantly slips off a shoulder or has to be pulled up.

**Making an Impression**

Lastly to make the best possible impression – trial it first.

* Take a photo of yourself without make – up – take note of things you want to improve.
* Trial different colours of make – up and even clothing to get a colour that suits you.
* Ask people around you what colour suits you; you can never get enough feedback.
* Take a photo of yourself with your make up done and ready for an audition; it will be the best way for you to see what ‘THEY’ will be seeing.
* Again . . . ask people around you for their feedback, often family members will be blunt and honest, but remember they are often the best ones to tell you because they aren’t going to fib.
* Check your best angles and best looks, know your face better, make sure you’re giving them the best of you – because you’ve worked out what that is ahead of time;
* Have good eye contact at the end of your performance, it will force them to pay more attention to you in detail and they will absorb you more and most importantly remember you over others.

Something for the guys!

**Keira Hocking: Make Up Report**

On Wednesday the 11th of June, Keira came to speak with us about how to design and apply make up correctly and professionally for stage, film and television. She showed us techniques such as; using a brush to apply foundation or blush, in a circular motion and the ‘t-section’ application method for applying foundation (brow/nose). She also taught us how not to apply too much thick black eyeliner or mascara as it makes a person’s eyes appear smaller and therefore making them less visible to an audience. Thanks to Keira’s information I now know that using a brush as opposed to a sponge or even hands is more hygienic. Applying foundation to the soft fleshy part beneath the neck but above the chest whilst looking for a foundation that suits your complexion is the most effective means of determining the correct colour. Particularly for males, very basic make up (i.e. foundation, a bit of blush etc) is helpful to cover any minor blemishes when going for an audition or acting for television. All in all, Keira’s talk on make up applying and designing was an enlightening and informative session that has benefitted my knowledge on something I knew very little about.

*- Chris MacIsaac (student)*

# male headshot.jpgAppendix B - Diet

**Healthy Eating – the key to a healthy, fit and vital you**

*Taken from:*

*Judie Curtin N.D Naturopath*

**BREAKFAST:**

Natural muesli/porridge or one of the following cereals –

Vita Brits, Weeties, Weet-Bix, HiBran/OatBran, Kellogg’s Just Right, Sultana Bran, Uncle Toby’s Rice Crispies, Sanitarium Light and Tasty, Sustain, Sports Plus.

Combine with Soya milk/skim milk. If sweetness is desired use a small amount of PURE honey

OR Fruit – fresh or tinned in natural juice

 - stewed

OR Toast - sourdough, wholemeal or whole grain or rye/ wuppertaler, rice cakes, ryvitas, flat bread, pocket bread, buckwheat, pancakes.

Topped with - tomato, avocado, fruit spread, grated apple, mashed banana, almond nut spread, eggs – scrambled boiled poached, cold roast meats.

**SNACKS:**

Fresh fruit/raw almonds/seeds – sunflower etc. Water/herbal tea/cereal beverage/pure fruit juice

Homemade cake/muffin (low in sugar etc.)

Rice cakes/muesli bars/ryvita/crackers/yoghurt/smoothies

**LUNCH:**
Salad sandwich/salad platter with a variety of fresh vegetables.

Add – if desired, fresh meat, chicken/turkey or fish e.g. tuna, salmon, sardines or egg

Bread – whole meal or wholegrain bread or crackers, rice cakes/ryvitas

Vegetable soup – preferably home made

Reheat dinner leftovers

Toasted jaffle sandwich – baked beans, scrambled eggs, casserole, minced meat in tomato sauce.

**DINNER**:

The following meats should be lean and grilled if possible.

60-100g chicken 1-2 times a week (no skin)

 “” fish 1-2 times a week

 “” beef 1-2 times a week

 “” lamb 1-2 times a week

**ADD:** large serving of fresh steamed vegetables or salad NO salt. 4-5 different types e.g.

\*one dark green spinach, broccoli, silver beet

\*two light green cabbage, peas, beans, zucchini, cauliflower, celery, asparagus, marrow

\*one yellow corn, sweet potato, carrot, pumpkin, tomato, squash

\*one white potato, parsnip, turnip

N.B. All vegetables must be rotated

OR Casseroles – plenty of vegetables, beans etc.

 stir fry

 curries

 fish patties/vegetable patties/lentil burgers

\*Thickening agents – pure corn flour, rice flour, potato flour. Note – experiment with dried herbs and spices in your cooking. Most aid digestion and make meals interesting.

OR vegetarian meal with a variety of beans, seeds, nuts

OR brown rice/wild rice

OR whole meal/corn pasts with home made sauce add grated carrot and sliced celery with spices like sage, rosemary, thyme and garlic (to help digestion). Use fresh garlic in your cooking where possible.

**DESSERT:**

Fresh fruit dessert

Low in sugar (half the sugar in recipes)

Use whole meal products

Tofu icecream/vitari – in small amounts

Do your best to follow this food plan remembering that it takes time to change bad habits (approx. 6-8 weeks). The closer you adhere to this the more chance you give your body to work at its optimum.

**HEALTH HINTS**

1. Remember fresh is best – eat fresh fruit and vegetables daily
2. When cooking vegetables lightly steam, microwave or pressure cook them
3. Eat wholegrain cereals/legumes e.g wholemeal bread and pasta. A good source of energy giving complex carbohydrates.
4. Have a variety of foods and rotate all foods daily.
5. Dilute fruit juice with 50-50 water
6. Drink 8 cups of liquid daily – WATER 4-6 glasses, Fruit juices, herbal tea
7. Meat should be lean and grilled where possible
8. Alternative to coffee – cereal beverages – Nature’s Cuppa, Caro, Caro extra, Ecco, Dandelion Coffee etc..
9. Herbal teas – chamomile, peppermint, rosehip, alfalfa – mint, linden etc. They all have medicinal actions as well as being refreshing and tasty.

The following items should be avoided or used sparingly:

* Sugar
* Salt – use a low salt alternative & buy low salt products
* Tea and Coffee
* Alcohol
* Take away food
* Fried and fatty foods e.g. crumbed foods, fish and chips, dim sims etc.
* Packet, canned frozen and dried foods
* Food containing artificial additives e.g. flavours, colours, preservatives etc. Real Food Labels
* Avoid processed meats – stras, sausages, corned beef, ham, bacon, luncheon meat. They are high in fat, preservatives and salt
* Avoid low, nutrient snack foods e.g. potato crisps, sweets, cakes, biscuits, pastries etc.
* If dairy product intolerant, alternatives are: soya milk, goats milk, whey milk, Also avoid cheese, ice-cream, cream, yoghurt, milk powders.

**NOTE:**

Eat 4-5 small meals daily

Always eat breakfast

Avoid skipping meals or going too long without meals

Eat slowly in a relaxed environment

Chew food thoroughly

Plan your food intake ahead

Don’t drink with meals – either half an hour before or one hour after is best.

