**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)*

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