

# AMANDA MAREE MAKEUP

*Formal and Event*

**SKIN PREP AND MAKEUP GUIDE**





## *Your* SKIN

Our skin is vital for our overall health. It protects our bodies from infections, pollution and UV radiation. It regulates our internal temperature and maintains optimum hydration levels within our body, so all our systems can function properly.

If not supported on the outside, our skin can start to look dull and show fine lines, dehydration, dryness and breakouts. Caring for our skin will help to achieve that beautiful glow and give makeup the best base to start with.

### COMMON SKIN CONCERNS

#### **Dehydrated Skin**

Dehydration is when the skin lacks water from the surface. It can cause fine lines and blackheads, due to the surface of the skin tightening.

This is often caused by using harsh products that strip the skin, not drinking enough water, not exfoliating, sun exposure, extreme temperatures, air conditioning and medications.

Dehydrated skin will soak up anything you put on it, including your makeup!! This will result in flaky, patchy makeup that doesn't last.

**Solution:** *First and foremost increase your water intake, this makes a huge difference. Use hydrating products to protect and nourish the skin, exfoliate weekly, protect the skin from the sun, avoid hot showers.*

#### **Blackheads, Breakouts and Oily skin**

Most people think they need to strip the oil from their skin. Unfortunately, that makes things worse. The skin overcompensates for the lack of oil present and produces more oil, making the problem worse. Drying out the oil also dehydrates the skin and tightens the pores. This means the oil cannot flow freely and gets trapped under the surface, causing blackheads and pustules to form.

Stress is also another factor, when you're stressed your body produces cortisol. This hormone increases oil production and it lowers the body's ability to flush out toxins, causing them to come out in the skin instead.

**Solution:** *Keep the oil flow balanced by using pH-balanced cleansers, avoid using drying clay masks too often and only exfoliate twice weekly. Gentle exercise and drinking water with lemon help the body to eliminate toxins more effectively.*

# SKIN THAT GLOWS

**Clear healthy skin relies on a daily routine, one that regulates your oil flow, and provides optimum hydration and protection. Your skincare routine should look like this.**

## Cleansing

Cleanse morning and night with a milk cleanser, facial oil or balm, avoid using soap. Cleanse twice if wearing makeup and spend a good 60 secs using circular movements to stimulate the blood flow.

**La Roche-Posay Toleriane Dermo Cleanser** is a light milky cleanser suitable for all skin types:

<https://adorebeauty.prf.hn/L/y8QeJ4A>

**Aesop Parsley Seed Facial Cleansing Oil** breaks down makeup, oil and impurities effortlessly suitable for all skin types including oily skin.

<https://adorebeauty.prf.hn/L/bxLRDBn>

**Alpha-H Melting Moment Cleansing Balm** feels divine on the skin and is ideal for dryer skin types.

<https://adorebeauty.prf.hn/L/ngQxDX0>

## Serums

Hyaluronic Acid serums applied under moisturiser help to attract water molecules to the skin cells, this increases hydration levels and plumps the skin from within. Vitamin B3 also known as Niacinamide works to reduce blemishes, and pigmentation and brighten the complexion of the skin.

**The Ordinary Supersize Hyaluronic Acid 2% + B5** gives the ultimate hydration boost

<https://adorebeauty.prf.hn/L/w9QJqd4>

**Skintstitut 10% Niacinamide Power Serum** is the perfect all-rounder with hyaluronic acid, niacinamide and aloe vera to hydrate, heal and brighten.

<https://adorebeauty.prf.hn/L/8j1p9eQ>

**Lancôme Advanced Génifique Youth Activating Serum** is jam-packed with antioxidants and probiotics giving your skin a daily boost.

<https://adorebeauty.prf.hn/L/zpQN4Gl>

## Moisturise

Nourish and protect your skin morning and night with a cream that doesn't "disappear" If your skin still feels dry after five minutes you need to invest in a richer cream. For oily skin, moisturisers will help control the oil flow throughout the day and fight bacteria on the surface.

**Estée Lauder DayWear Multi-Protection Anti-Oxidant 24H-Moisture Creme SPF 15** is ideal for combination skin, it's lightweight yet hydrating formula won't clog your pores.

<https://adorebeauty.prf.hn/L/jXnGRNQ>

**Avène Cicalfate+ Restorative Protective Cream** is a cult favourite and ideal for all skin types including sensitive skin.

<https://adorebeauty.prf.hn/L/LQB0Ene>

**asap ultimate hydration** is perfect for drier skin types with its rich and nourishing formulation.

<https://adorebeauty.prf.hn/L/8jykeEp>

## Eye Cream

Is essential to hydrate the delicate skin around the eyes. It works to minimise the appearance of fine lines, and dark circles and helps to prevent makeup creasing.

**Ole Henriksen Banana Bright+ Eye Crème** Gives an instant radiance boost, brightening the eye area and improving the appearance of dark circles whilst hydrating the skin.

<https://adorebeauty.prf.hn/l/0e9Oqpl>

**La Roche-Posay Redermic R Eye Retinol Cream** works to minimise fine lines and firm the delicate eye area, whilst the caffeine gives that instant lift.

<https://adorebeauty.prf.hn/l/aWo5xZM>

**Ella Baché Special Eye Cream** is the ultimate eye cream, delivering an instant moisture surge to the skin.

<https://adorebeauty.prf.hn/l/JpxkY4b>

## Sunscreen

Should have UVA and UVB protection and be applied daily to prevent sun damage, and premature ageing and reduce the appearance of pigmentation.

**Ultra Violette Supreme Screen Hydrating Facial SKINSCREEN SPF50+** is hydrating but won't leave you feeling greasy. It's perfect under makeup as well.

<https://adorebeauty.prf.hn/l/EJXEa39>

**La Roche-Posay Anthelios Invisible Fluid Facial Sunscreen SPF 50+** Is lightweight and perfect for combination and oily skins.

<https://adorebeauty.prf.hn/l/LQBOEDA>

## Exfoliants

This is an absolute MUST and should be done one-two times a week!! Exfoliating removes the dead cells on the surface so your moisturiser can penetrate deeper and work more effectively. It also prevents blackheads and breakouts from forming by removing trapped debris in the pores.

**Dermalogica Daily Superfoliant** is an all-time favourite giving you three exfoliants in one. A physical exfoliant plus AHA and enzymes to remove dead cells, reduce fine lines and even skin texture.

<https://adorebeauty.prf.hn/l/G9dbYjo>

**asap daily exfoliating facial scrub** contains glycolic acid to break dead cells and microbeads to physically remove them from the skin surface.

<https://adorebeauty.prf.hn/l/XZ81E3n>

## Masks

Once a week give your skin a boost of nourishment with a hydrating mask.

**Clinique Moisture Surge Overnight Mask** gives your skin the ultimate surge of hydration whilst calming and strengthening your skin's protective barrier. Perfect before that big event!

<https://adorebeauty.prf.hn/l/3PZRVzz>

**Ella Baché Hydra Extreme Plumping Mask** delivering the skin with essential nourishment leaving it hydrated, soft, plump and radiant.

<https://adorebeauty.prf.hn/l/vwjXqA3>





## *Skincare Tips*

# FOR BEAUTIFUL MAKEUP

### Tips for clearer skin

- Avoid eating fatty or sugary foods.
- Be aware of possible allergies to wheat or dairy
- Drink water at least two litres a day, a squeeze of lemon or herbal tea helps to eliminate toxins.
- Change your face washers and pillowslips regularly
- Switch to a silk pillowcase, these have been known to help prevent fine lines and wrinkles from forming and absorb less of your skincare, helping to retain moisture in your skin.  
Get yours here <https://adorebeauty.prf.hn/l/Pl35wEE>
- Wash your makeup brushes and sponges regularly to avoid bacteria accumulating and causing breakouts.
- Increase Vitamin C and Zinc to assist in skin healing.
- Gentle exercise helps with lymphatic circulation and removal of toxins as well as helping to reduce stress.

### What to do if you get a breakout

- DO NOT SQUEEZE IT!
- Use a warm compress to increase circulation and speed up the healing process.
- Exfoliant your skin to remove debris clogging the pores
- Use pimple patches that contain hydrocolloids, they draw out oil and bacteria in the pores.  
Get yours here <https://adorebeauty.prf.hn/l/p3Qgv25>
- Cold compresses or ice will help to reduce any inflammation and redness.

### Remember!

- Please NO lash lifts. It makes it extremely hard & time-consuming to apply false lashes.
- Makeup won't adhere to freshly waxed skin. So book your waxing three to five days before.
- Drink lots of water. Hydration is the key to beautiful-looking skin.
- Make sure you prep your skin and hair the night before.



## *The Night Before*

### **PREPPING YOUR SKIN AND HAIR**

#### **Skin Prep**

- Begin with a two-minute double cleanse. The first cleanse will remove makeup. The second cleanse should go for at least 90 seconds. This will stimulate blood flow, increase oxygen and nutrients delivered to the cells and assist in removing waste products.
- Next exfoliate with a gentle exfoliant to remove surface dead cells. This allows your hydrating products to penetrate more deeply. Note: If you will be fake tanning your face do this step before tanning.
- Don't forget your lips. Exfoliate them with a lip scrub like the Lanolips Lip Scrub.
- <https://adorebeauty.prf.hn/l/jXO81Y1>
- Then hydrate them well with a lip mask. The Laneige Lip Sleeping Mask  
<https://adorebeauty.prf.hn/l/kVqQLn>
- Brighten your smile with Hismile PAP+ Teeth Whitening Strips.  
<https://adorebeauty.prf.hn/l/9OXzLLk>
- Give your skin a boost of hydration with a hydrating mask to ensure your skin is soft and supple the next morning. I would avoid masks that dry on the skin as they only suck out essential moisture and can lead to dehydration.

#### **Hair Prep**

- Avoid washing hair the morning of the event as freshly washed damp hair only makes it harder to style.
- Wash with shampoo, rinse, then wash with shampoo a second time to remove any oil and product buildup. Whilst shampooing massage the entire scalp at the back of your head and nape of the neck, it's amazing how often these spots get missed.
- Only condition the mids and ends of your hair, leaving the scalp free from conditioner. This helps with styling.
- Blow dry your hair upside down ensuring it's completely dry before going to bed. Blow drying adds volume and shine and will help to smooth any flyaways.
- Adding a heat protectant like the GHD Bodyguard Heat Protect Spray, before drying. This will help prevent any heat damage and breakage, but keep styling products to a minimum as they can weigh your hair down.
- Avoid wearing hair up in messy buns, ponytails or plaits to bed and on the day. These only add unwanted kinks and dents to the hair, which can affect the styling.



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