

## **AJ's Makeup Resource for G(end)er Swap**

**AJ is the founder of Beat for the Gxd's, an online makeup meetup up Black Trans folks.**

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Something that has really helped me and my relationship with makeup is seeing it as a fun practice to connect with myself more, particularly as a way to care for myself through a few of the main love languages. This process helped me realise that I could go at my own pace with makeup and made it more accessible, as was able to better prioritise my physical, mental and emotional comfort above all else. Putting on or testing out makeup doesn't need to be a whole event or feel like a chore. I hope that by sharing how I do this, you can feel the same way too!

### **Examples of doing makeup as physical touch:**

- Taking the time to cleanse/wash your face and feel fresh before and after applying makeup
- Lightly moisturising your face after cleansing, giving you the chance to feel and massage your face, helping you relax
- Making a note of comfortable and uncomfortable textures of the products and tools you're using. Does the smooth and silky feel of a particular lipstick feel great on your skin? Is a particular brush a bit too ticklish? Noting which things feel the most comfortable to use and sticking to those products can help make applying makeup feel calming and familiar
- Listening and recognising how your body and gut react to how

### **Examples of doing makeup as quality time:**

- Being intentional and carving out time to do and play with makeup helps us be attentive to our own bodies and be present in the moment. This doesn't mean that you can't be spontaneous about it! If you randomly feel like doing makeup, taking a second to say, think and/or feel that this time for yourself is enough
- Go at your own pace and trying not to rush the application process, or get swept away by external factors. It's just you and your toys. You're doing something fun for yourself
- Remember that you can stop whenever you want to. Especially when doing makeup for yourself, there isn't any pressure to "complete" a look

### **Examples of makeup as receiving gifts:**

- Doing makeup with other people/friends in a virtual or physical space, where you can gift each other tips
- Saving any makeup inspiration that you see is like a nice little gift for your future self, especially when you feel like you haven't done makeup in a long time. Looking at shapes, styles, colours and art you like is part of the process. Creating a folder/board that you can come back to when you do want to do some makeup or try something new is like a little gift from your past self!

**Examples of doing makeup as an act of service:**

- Makeup is for you and yourself only. Whether it's to have fun, feel a little better, or learn a new skill, the way you're using and doing makeup should ideally be helping you