

Makeup & Skin Care Getting Ready For Summer

WITH COLLEEN MACK

Why is protection important?



- ▶ Approximately $\frac{3}{4}$ of people with lupus suffer from photosensitivity
- ▶ The UVA and UVB rays cause a reaction with our DNA and RNA which leads to the inflammation and redness in the skin.
- ▶ Other symptoms include:
 - ▶ Butterfly or malar rash
 - ▶ Skin lesions
 - ▶ Sun induced flare ups

Skin Care Routine

There are three main steps to a basic skincare routine:

- Cleansing – Washing your face
- Toning – Balancing the skin
- Moisturize – Hydrating the skin

When applying your skin care it should be based on the consistency of the products (thinnest to thickest)

Cleanser → Toner → Serum → Eye Cream → Moisturizer (SPF)

Cleansers – Sensitive Skin

Neutrogena Ultra Gentle Hydrating Cleanser

CeraVe Hydrating Facial Cleanser

Cetaphil Gentle Skin Cleanser

Aveeno Ultra Calming Hydrating Gel Cleanser

Marcelle Ultra Gentle Cleaning Gel



Toners

Why is toner important?

- ▶ Removes traces of dirt in pores
- ▶ Calms the skin
- ▶ Tightens the pores
- ▶ Hydrates and refreshes

- Neutrogena Alcohol Free Toner
- Pixi Retinol Tonic
- Burt's Bees Rosewater Toner
- Thayer's Facial Toner



Moisturizers with SPF



CeraVe Facial Moisturizing Lotion – SPF 30



Aveeno Positively Radiant Sheet Face Moisturizer – SPF 30

Olay Complete UV365 – SPF 30

Neutrogena Oil-Free Facial Moisturizer – SPF 35

Foundations Vs. CC Creams Vs. BB Creams

Foundations:

- Fullest coverage
- Wide shade ranges
- Different finishes (matte or dewy)
- Heavier on the skin

CC Creams (Colour Correcting):

- Offers medium to full coverage
- Meant for colour correcting
- Contains skin loving anti aging and hydrating properties

BB Creams (Blemish Balm):

- Lightest coverage
- Meant to even our skin tone
- Packed full and antioxidants



Foundations with SPF



► Covergirl + Olay Simply Ageless (SPF 20)

► Revlon Colorstay (SPF 15)



► Rimmel London Lasting Finish (SPF 20)



► Loreal Infallible Fresh Wear 24 HR (SPF 25)

CC Creams & BB Creams

CC Creams:

- It Cosmetics Your Skin But Better – SPF 50+
- Physicians Formula Super CC – SPF 30
- Olay Total Effect 7 in 1 – SPF 15



BB Creams:

- Maybelline BB Fresh – SPF 30
- Elf BB Cream Foundation – SPF 20
- Burt's Bees BB Cream – SPF 15



Setting Sprays

What do they do?

- Setting sprays is a mist that can be sprayed over top of makeup as the final step.
- It helps lock in all the product, prevents creasing, smudging or fading.
- Different setting sprays can have a dewy or matte finish

Setting sprays with SPF:

- Pixi Sun Mist – SPF 30
- Pacifica Set & Protect – SPF 45
- Milani Make It Last – SPF 30



Makeup Tips For Summer

Use a setting spray with SPF for touch ups throughout the day.

Dermaplane before applying makeup.

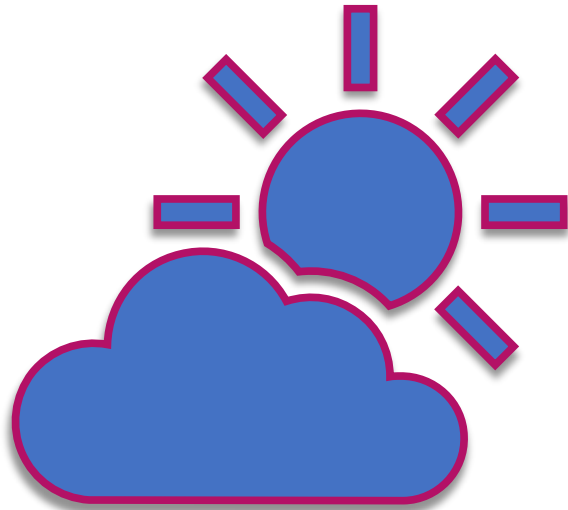
Use a gripping primer.

Less is more - Use a CC cream or spot conceal with concealer.

Don't powder – BLOT!

Special Tip: To melt your foundation and other products into the skin, spray a setting spray all over the face, go in with a damp beauty blender and pat all over face for 4-6 minutes. After take a tissue and lightly tap over your face to remove any excess makeup.

UV Protective Clothing Sites



Coolibar
www.coolibar.com
XXS – XXXL

UV Wise
www.uvwise.ca
Small - XXL

Sport Chek
www.sportchek.ca
Small – XL

Mountain Warehouse
www.mountainwarehouse.com
XXS – 4XL

Mark's Work Warehouse
www.marks.com
Small -XL

Decathlon
www.decathlon.ca
Small – XXL

Rare Beauty – Selena Gomez

Rare Beauty is a brand-new makeup brand that launched in September 2020. The founder of the brand is Disney child star and singer, Selena Gomez who was diagnosed with Lupus in 2013.

The brand focuses on breaking down the unrealistic and harmful standards of beauty and highlights confidence, self acceptance and unique traits of people. With every purchase a portion goes to the Rare Beauty Impact Fund which supports mental health.



Rare Beauty



only at sephora

Rare Beauty by Selena Gomez

Soft Pinch Liquid Blush

\$26.00

7 more colors

★★★★☆ 1.7K



only at sephora

Rare Beauty by Selena Gomez

Liquid Touch Weightless Foundation

\$38.00

47 more colors

★★★★☆ 4.3K



only at sephora

Rare Beauty by Selena Gomez

Positive Light Liquid Luminizer Highlight

\$29.00

7 more colors

★★★★☆ 500



only at sephora

Rare Beauty by Selena Gomez

Stay Vulnerable Melting Cream Blush

\$27.00

4 more colors

★★★★☆ 496



only at sephora

Rare Beauty by Selena Gomez

Liquid Touch Brightening Concealer

\$25.00

47 more colors

★★★★☆ 966



only at sephora

Rare Beauty by Selena Gomez

Always An Optimist 4-in-1 Prime & Set Mist

\$32.00

★★★★☆ 141



only at sephora

Rare Beauty by Selena Gomez

Pore Diffusing Primer - Always an Optimist Collection

\$34.00

★★★★☆ 853



only at sephora

Rare Beauty by Selena Gomez

Lip Souffle Matte Cream Lipstick

\$26.00

11 more colors

★★★★☆ 942

