

# Makeup Basics 101



DO YOU FOLLOW THESE HYGIENIC PRACTICES WHILE APPLYING MAKEUP TO KEEP YOUR SKIN FROM DAMAGE?

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**A**pplying makeup is fun. It is a pick me up feeling for many, be it day wear or an evening look. Trying out various looks, colours and tones itself is a thrill and an adventure. But there are a few basic practises that need to be constant to ensure that the entire experience is smooth and fun.

## **Apply makeup on a clean face only**

A canvas before painting needs to be clean, similarly, the face needs to be clean of oil, dust, grime before applying makeup. Otherwise, the pores can get clogged. Wash your face with a soap-free cleanser before application of makeup. Use a toner to wipe down the excess oil on the skin, if you have an oily skin type. During the day ensure that you apply sunscreen on your face, allow this to settle in for about 10 minutes before applying makeup on your face.

## **Wash your hands before makeup**

Wash your hands with soap and water before you apply makeup. During makeup, some of the techniques used for application will require you to use your fingers to blend in or smudge the makeup and if your hands are not clean, you can infect your skin with bacterial infection.





## Use Clean brushes and Sponges

It is critical that the brushes you use and the sponges you use for makeup application are clean. The sponges can be washed with warm soapy water. You can use brush cleansing sprays to remove the excess makeup residue, or you can wash your brushes once every few days in clean water.

## If there are skin blemishes, avoid makeup till they settle or cover them with antibacterial before makeup

If you have a skin blemish or zit that is active, looks red and angry or if you have any pus-filled lesion on your face, do not apply makeup. If it is inevitable that you must apply it, then you can use an antibacterial cream like a Neosporin ointment or a T Bact on the spot, let sit for 20 minutes and then apply the makeup.

## Don't share your makeup

Makeup must be looked upon the same way you look upon your toothbrushes. This is a personal grooming item. Sharing of makeup can lead to cross-contamination and infection spread. Especially the sharing of lipsticks, sponges, and brushes. It is known to cause infection. So ideally try not to share your makeup.

## Don't use past expiry date.

Most people think expiry date, but disregard it thinking this is just makeup. Fact is makeup also expires so ensure that you don't use your makeup past its expiry date because the preservatives in the product will not be as effective. This can cause the growth of bacteria or fungus and also the content and texture changes which can irritate your skin, leading to irritant contact dermatitis.

## Remove all trace of makeup at the end of day

Another critical step in taking care of your skin and maintaining hygienic practice is to ensure that you remove all makeup traces at the end of the day. Use makeup removing wipes or makeup removing cleansers to wash off or wipe off the makeup. Cleanse the skin finally with a soap-free cleanser.

