

Artist's Note: Follow-up materials from 7/1/2020 Actor's Think Tank Hair/Audition Makeup discussion. This document includes female skincare and makeup product recommendations, notes on makeup application tips & tricks, and fun information in regards to getting camera ready!

Skincare Regimen Notes

- Make sure to cleanse, apply eye cream, apply serum (optional) and moisturizer morning and night.
- Serum: a treatment product that addresses specific skincare concerns. Always applied after cleansing, before moisturizer.
- Exfoliate with a physical exfoliator (scrubs) or enzymatic exfoliator (peels, toners, masks) two to three times a week.
- Enzymatic exfoliators are more gentle than physical exfoliators, which can rip and tear at the skin.
- Apply eye cream with ring finger (weakest finger, most gentle around the eye area).
- Always remove makeup before cleansing face at the end of the day. If you do not have a makeup remover, double cleanse (wash face twice).

Skincare Product Recommendations

AM Routine options:

1. Cleansing Tool:
 - a. [Honest Beauty Gentle Konjac Sponge](#)
 - b. [SHISEIDO](#) Cleansing Massage Brush
 - a. [Clarisonic Mia Prima Sonic Facial Cleansing System](#)
*Think of a cleaning tool like an electric toothbrush: a cleansing tool will do a much deeper and thorough cleansing of the skin.
**For dryer skin types, use a konjac sponge and for normal to oily use a manual or electronic brush.
2. Cleanse:
 - a. [FRESH SOY MAKEUP REMOVING FACE WASH](#) *Refreshing, gentle, non-drying
 - b. [Beautycounter: Countermatch Refresh Foaming Cleanser](#) *Natural/Clean Beauty option
 - c. [FIRST AID BEAUTY PURE SKIN FACE CLEANSER](#) *Economical option
3. Serum:
 - a. [FRESH](#) Vitamin Nectar Glow Juice Antioxidant Face Serum *For glowy, fresh skin
 - b. [CLINIQUE](#) Clinique Smart™ Custom-Repair Serum *Super anti-aging
 - c. [Beautycounter: Counter+ All Bright C Serum](#) *Help with sunspots/dark marks, also helps prevent future sun damage
4. Moisturizer:
 - a. [DRUNK ELEPHANT](#) Protini™ Polypeptide Moisturizer *lightweight but very hydrating, clean beauty option
 - b. [FRESH](#) Lotus Anti-Aging Daily Moisturizer
 - c. [ALGENIST](#) GENIUS Ultimate Anti-Aging Cream *Splurge purchase
 - d. [Beautycounter: Countermatch Adaptive Moisture Lotion](#) *anti-aging, great underneath makeup, clean beauty option
 - e. [PETER THOMAS ROTH](#) Max Sheer All Day Moisture Defense® Lotion SPF 30 Sunscreen Lotion *Economical option, includes SPF
 - f. [FIRST AID BEAUTY](#) 5 in 1 Face Cream SPF 30 *Economical option, includes SPF

5. Eye Cream:

- a. [YOUTH TO THE PEOPLE](#) Superfood Hydrate + Firm Peptide Eye Cream *Economical option
- b. [DRUNK ELEPHANT](#) C-Tango™ Multivitamin Eye Cream *Awesome lightweight eye cream
- c. [Beautycounter: Countertime Ultra Renewal Eye Cream](#) *Can be used night and day, clean beauty option. Works on all signs of aging and hydrating without being greasy.

6. Lip Balm:

- a. [DRUNK ELEPHANT](#) Lippe Balm *Much better option than chapstick **can also be used to protect skin from face mask irritation during COVID
- b. [Malin + Goetz Lip Moisturizer](#) *Clear, super hydrating lip balm with glossy finish
- c. [First Aid Beauty Ultra Repair Intensive Lip Balm](#) *Matte finish, currently *on sale*
- d. [KIEHL'S SINCE 1851](#) Butterstick Lip Treatment SPF 30 *Tinted options: *Naturally Nude*
- e. [FRESH](#) Sugar Lip Balm Sunscreen SPF 15 *Tinted options: *Spice, Honey, Petal*

PM Routine:

1. Makeup Remover: *Apply to dry skin, massage all over face, rinse with water
 - a. [FARMACY](#) Green Clean Makeup Removing Cleansing Balm
 - b. [BOSCHIA](#) MakeUp-BreakUp Cool Cleansing Oil
 - c. [CLINIQUE](#) Take The Day Off Cleansing Balm
2. Cleansing Tool:
 - a. [Honest Beauty Gentle Konjac Sponge](#)
 - b. [SHISEIDO](#) Cleansing Massage Brush
 - c. [Clarisonic Mia Prima Sonic Facial Cleansing System](#)
3. Night Cleanser:
 - a. [PETER THOMAS ROTH](#) Anti-Aging Cleansing Gel *Great nighttime cleanser, works best with a cleansing brush
 - b. [MARIO BADESCU](#) Glycolic Foaming Cleanser *Economical option
 - c. [Counterstart Cococream Cleanser](#) *Great for dry skin. Deep cleaning without stripping the skin of moisture. Clean beauty option.
 - d. [PHILOSOPHY](#) Purity Made Simple Cleanser *Classic gel-based cleaners, can be used morning and night.
4. Night Serum:
 - a. [DRUNK ELEPHANT](#) T.L.C. Framboos™ Glycolic Resurfacing Night Serum *Helps with pore size, skin texture and fine lines.
 - b. [KIEHL'S SINCE 1851](#) Midnight Recovery Concentrate *Deeply nourishing. Can be worn alone or under night moisturizer
 - c. [GLAMGLOW](#) SUPERSERUM™ 6-Acid Refining Treatment Serum *Lightweight serum that addresses pores, fine lines and wrinkles, and dullness and uneven texture
 - d. [CAUDALIE](#) Vine[activ] Overnight Detox Oil *An overnight detoxifying oil to flush out pollutants and toxins.
5. Night Moisturizer:
 - a. [KORRES WILD ROSE NIGHT-BRIGHTENING SLEEPING FACIAL](#) *Good for dull skin
 - b. [ORIGINS HIGH-POTENCY NIGHT-A-MINS™ RESURFACING CREAM WITH FRUIT-DERIVED AHAS](#) *Good for dull skin, economical option
 - c. [Beautycounter: Countermatch Recovery Sleeping Cream](#) *Delivers deep hydration, protects skin from moisture loss and comforts irritated skin

- d. [FIRST AID BEAUTY](#) Ultra Repair Hydra-Firm Night Cream *economical option. Just focused on hydration.
- 6. Night Eye Cream:
 - a. [GLOW RECIPE](#) Avocado Melt Retinol Eye Sleeping Mask *Focused on fine-lines and hydration
 - b. [KIEHL'S SINCE 1851](#) Creamy Eye Treatment with Avocado *Super hydrating eye cream
 - c. [Countertime Ultra Renewal Eye Cream](#) *Splurge product, super anti-aging, clean beauty product.
 - d. [FRESH](#) Black Tea Firming and De-Puffing Eye Cream *Splurge product, super anti-aging
- 7. Night Lip Mask:
 - a. [LANEIGE](#) Lip Sleeping Mask
 - b. [MILK MAKEUP](#) Melatonin Overnight Lip Mask

Treatments:

- a. Eye Depuffing:
 - a. [Beautycounter: Counter+ Eye Revive Cooling Masks](#) *Keep in Refrigerator
- b. Deep Hydration:
 - a. [FRESH](#) Rose Face Mask
 - b. [GLAMGLOW](#) THIRSTYMUD™ Hydrating Treatment Mask
- c. Detoxify:
 - a. [GLAMGLOW](#) SUPERMUD® Charcoal Instant Treatment Mask
- d. Exfoliate:
 - a. [DRUNK ELEPHANT](#) T.L.C. Sukari Babyfacial™ 25% AHA + 2% BHA Mask
 - b. [DR. DENNIS GROSS SKINCARE ALPHA BETA® UNIVERSAL DAILY PEEL](#)
*Helps with all skin concerns, used once or twice a week.
 - c. [Beautycounter: Counter+ Overnight Resurfacing Peel](#) *Helps with all skin concerns, would be used instead of a serum a few nights a week.
 - d. [OLEHENRIKSEN](#) Transforming Walnut Scrub
- e. Dermaplane *to remove peach fuzz, dead skin, unwanted skin texture:
 - a. [STACKEDSKINCARE](#) Dermaplaning Tool *I use this tool once every other week and LOVE it.

Makeup Application Tips:

- **Where in your home are you applying your makeup?** Think about where in your home you apply your makeup. Remember, when you are in your bathroom it makes it a lot harder to put on your makeup and enjoy the application process. With overhead lighting it is hard to see what you are doing because of the shadows cast on your face. Leaning over a sink makes your body tense and your arms are too far away from the body to do detailed precision work with your hands. Try sitting in a place that has non-overhead lighting (a window, an illuminated mirror, adjustable desk lamp etc.) with a mirror at a desk, countertop or table.
- **Classic Beauty Makeup:** Remember, classic beauty makeup is like a well-executed painting. If someone looking at your face, their eye should travel evenly around your complexion, not getting stuck on one feature. You can prevent the eye “getting stuck” by giving a little makeup attention to each feature and not over-emphasizing a certain feature.
- **Finger Application:** When applying makeup with your fingers, always use a tapping motion. Don't over-blend or use too forceful of a pulling or buffing motion.

- **Pressure:** when applying any makeup product, the harder you press down, the more intense the product color saturation will be. So pay attention to the level of pressure you use when applying each product.
- **Powder Eyeshadow tips:**
 - When applying powder eyeshadows, always use an eyeshadow primer (primer or cream shadow) to give something for the powder shadows to grab on to. This will increase the wear-time of your eyeshadow and prevent creasing.
 - Tap/push powder eyeshadows into primer, do not use a sweeping or “windshield wiper” type motion, the color won’t appear as vibrant, show up the way it’s supposed to or last throughout a workday.
- **Camera-ready makeup:**
 - When doing your makeup for the evening, an event or a video conference call, do your same application but apply slightly more (a slightly heavier application) so that the makeup has more impact and reads clearly through a video or evening light.
 - Eye drops: Makes eyes look awake and fresh.
 - Product recommendation: [Lumify Eye Drops](#)
 - Teeth Whitening: White teeth make you look healthy, and read well on camera.
 - Product recommendation:
 - Colgate Optic White Express White Whitening Toothpaste
 - Crest 3D Whitestrips Professional Effects Teeth Whitening Strips Kit
- **Makeup Application tip:** After loading up your tool (brush or sponge or fingers), wherever you first place that tool on the skin, the product will deposit the most color there and the makeup will be the most saturated in that location. So think about placement of your brush before the tool touches your skin. For example, if you want more foundation coverage in the center of your face, place the brush near your nose and blend downward. If you want your blush to be brighter on the apple of your cheek, place your brush there and then sweep and blend up the cheekbone.

Makeup Brushes

- ❖ It’s worth investing in more expensive brushes as the application will be far superior to using cheap brushes. And if you take care of your brushes, they should last a very long time.
- ❖ **Makeup Brush Brands I use:** [Sephora Collection PRO makeup brushes](#) (not any of the cheap sets, the pro collection is better quality), [Beautycounter](#), [MAC](#), or [SIGMA](#)
- ❖ **Synthetic bristle brushes:** Synthetic brushes can be used with creams, liquids or powders. Synthetic bristles pick up more product, so they will deposit more onto the face. Keep this in mind when applying product.
- ❖ **Natural bristle brushes:** Natural bristles can only be used with powder products. The bristles pick up less product, so it deposits less on the face.

Makeup Brush Cleaners

- Try to clean your brushes twice a month (if not more frequently)
- Quick & Easy (spray): [Cinema Secrets Makeup Brush Cleaner](#)
- Deep Clean: [Masters Brush Cleaner](#)

Makeup Application Steps & Product Recommendations:

Step One: Complexion

1. Foundation Primer: **OPTIONAL STEP**

*Option(s) to try if you want more of a subtle glow from your primer:

A dynamic beauty stylist and educator based in Boston, serving the world.

- [OLEHENRIKSEN](#) Banana Bright Face Primer
- [BECCA COSMETICS](#) Backlight Priming Filter Face Primer
- *If you want to try one that targets pore size:
- [DR. BRANDT SKINCARE](#) pores no more® pore refiner primer
- *If you want to try a primer that reduces redness:
- [Smashbox Photo Finish Reduce Redness Primer](#)

2. Foundation:

*Sheer coverage, skin finish:

[NARS](#) Pure Radiant Tinted Moisturizer Broad Spectrum SPF 30

[SMASHBOX](#) Camera Ready BB Cream SPF 35

[Beautycounter Dew Skin Tinted Moisturizer](#) *Clean beauty/natural option

*If you want to try something with a little more coverage than a BB cream/tinted moisturizer, try a medium coverage, skin finish product like:

[Beautycounter Skin Twin Featherweight Foundation](#) or [MAKE UP FOR EVER Ultra HD Foundation](#)

- Foundation brush: [Sephora Collection Pro #47](#) and/or [Beauty Blender](#)

*Apply foundation in a "place and pull" motion from top of face, downward (work off back of hand, palm of hand or [palette](#))

3. Corrector **OPTIONAL STEP** *not always necessary, only if the darkness shows through concealer

- Peach (corrects blue): [URBAN DECAY](#) Naked Skin Color Correcting Fluid

- Peachy/Pink (correct purple/blue): [KAJA](#) Cat Nap Under Eye Brightener

- Orange (for deep skin tones): [CHARLOTTE TILBURY](#) Magic Vanish Color Corrector

4. Concealer: [KAJA Don't Settle Concealer](#) or [Beautycounter Touchup Skin Concealer Pen](#)

- For oily skin: [NARS Soft Matte Complete Concealer](#)

- Concealer brush: [Sephora Collection Pro #71](#) or [Sephora Collection Pro #45](#)

*Apply concealer in tapping motion to build coverage, then blend edges out with Beauty Blender or brush

5. Bronzer: [Cover FX Monochromatic Bronzer Duo](#) or [Beautycounter: Illuminating Cream "Bronze Glow"](#)

[Clinique Chubby Stick Sculpting Contour](#) or

- Bronzer brush: [Beautycounter Angled Blush Brush](#) or [Sephora Collection Pro #59](#)

*Apply where the sun naturally hits you while you're walking outside

6. Blush: [FENTY BEAUTY BY RIHANNA](#) Cheeks Out Freestyle Cream Blush or

[MILK MAKEUP Lip + Cheek](#) or [Beautycounter Pinch Cream Blusher](#)

- Blush brush: [Beautycounter Powder Brush](#) or [Sephora Pro Collection #99](#)

*Use a light sweeping motion from the apple of the cheek, up the cheekbone

7. Highlight: [RMS Beauty Living Luminizer](#) or [Beautycounter: Illuminating Cream Highlighter](#)

*Apply with finger to orbital bone in a tapping motion

8. Setting Spray or Setting Powder **OPTIONAL STEP** *only use if your makeup doesn't wear well throughout the day.

[Beautycounter Mattifying Powder](#) or [NARS](#) Light Reflecting Loose Setting Powder

- Smashbox [Photo Finish Setting Spray Weightless](#) or [CINEMA SECRETS](#) Super Sealer Mattifying Setting Spray
- Setting Powder brush: [Beautycounter Powder Brush](#) or [MAC 129 Synthetic Powder Brush](#)

Step Two: Brows

1. [Anastasia Brow Wiz](#) *Using a short sketching motion to apply hair-like strokes to the brow area
- or
2. [Beautycounter Brilliant Brow Gel](#) *Lightly sketch brow gel in direction your brow hair grows

Step Three: Eyes

1. Mascara
 - I. [BlinC Amplified Tubing Mascara](#) *Tubing mascara: great for not smudging/longwearing
 - II. [LANCÔME DÉFINICILS - High Definition](#) *Great for small/short lashes
 - III. [SMASHBOX](#) Super Fan Mascara *Super buildable mascara
 - IV. [Essence Lash Princess False Lash Effect Mascara](#) *economical choice
2. Eyeshadow Primer – *Can be worn alone or under powder eyeshadow
 - a. [NARS](#) - Pro-Prime™ Smudge Proof Eyeshadow Base
 - b. [ANASTASIA BEVERLY HILLS](#) Pro Pencil*This is a skin toned primer, so it just evens out the tone of the lid. Or you can use the clear.
2. Eyeshadow:
 - a. Cream Shadows:
 - i. [BOBBI BROWN LONG-WEAR CREAM SHADOW STICK](#)
 - ii. [LAURA MERCIER CAVIAR STICK EYE SHADOW](#)
 - b. Powder Shadows: *some of my favorite eyeshadow palettes
 - i. [NATASHA DENONA](#) Eyeshadow Palette 5
 - ii. [MAC](#)
 - iii. [Beautycounter Velvet Eyeshadow Palette](#)
 - iv. [TARTE](#) Tartelette™ Amazonian Clay Matte Eyeshadow Palette
 - v. [ColourPop](#) *economical option
3. Eye Liner **OPTIONAL STEP** *If desired
 - a. Powder Eye Liner ([using a dark brown eyeshadow as liner](#)) w/ Liner brush: [MAC #121 Flat Definer](#)
 - or
 - b. Pencil Liner
 - i. [MARC JACOBS BEAUTY](#) Fineline Ultra-Skinny Gel Eye Crayon Eyeliner
*for a detailed, small line
 - ii. [SMASHBOX](#) Always Sharp Waterproof Kohl Eyeliner *the cap sharpens the pencil, so great for an on-the-go person. Longwear, great color selection.
 - iii. [LAURA MERCIER](#) Kohl Eye Pencil *soft, beautiful colors. Goes on smoothly.
 - iv. [SEPHORA COLLECTION](#) Retractable Waterproof Eyeliner *excellent long-wear economical option.

Step Four: Lips

1. Brand of lipsticks I love:
 - a. [HOURGLASS](#) GIRL Lip Stylo *rich color and texture, great applicator

- b. [CLINIQUE](#) Almost Lipstick “Black Honey” *Classic sheer lip color that works on anyone.
- c. [Beautycounter Lip Gloss](#) *Hydrating, longwearing gloss. Clean beauty option.
- d. [BITE BEAUTY](#) Power Move Creamy Matte Lip Crayon *Easy to apply, matte lipstick *Clean beauty option.
- e. [ILIA](#) Color Haze Multi-Use Pigment *Can be used on cheeks & lips. Clean Beauty option.
- f. [MAKE UP FOR EVER](#) Artist Color Pencil *Great lip liner that isn’t drying.
- g. [TOO FACED](#) Natural Nudes Lipstick *Beautiful nude colors.
- h. [Beautycounter Sheer Lipstick](#) *Subtle, tinted lipstick. Great for everyday.
- i. [YVES SAINT LAURENT](#) Vinyl Cream Lip Stain *Splurge product. Great long-wearing color without being drying.
- j. [PAT MCGRATH LABS](#) LuxeTrance™ Lipstick *Splurge lipstick. Beautiful shades. Longwearing creamy texture.

For any follow-up questions, feel free to reach out to me.

It was great working with you!

Best, Alexandra

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