

Artist's Note: Follow-up materials from Actor's Think Tank Hair/Audition Makeup discussion. This document includes male skincare and makeup product recommendations, notes on male makeup application tips.

Male Skincare Regimen Notes

- **Moisturize daily (AM & PM):** Make sure to cleanse, apply eye cream and moisturizer morning and night. Moisturizer works by trapping water in your skin, which can help reduce the appearance of fine lines and make your skin look brighter and younger. For the best results, apply moisturizer to your face and body immediately after bathing, showering or shaving while the skin is still damp.
- **Cleanse - wash your face daily and after exercise:** Because regular bar soap often contains harsh ingredients that can be drying to the skin, wash your face with a mild facial cleanser and lukewarm — not hot — water.
- **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 be harsh for sensitive skin.
- **Eye Cream:** Apply eye cream with ring finger (weakest finger, most gentle around the eye area).
- **Consider product labels and ingredients:** the skin care products you choose will depend on your skin type. If you have acne-prone skin, look for cleansers and moisturizers that say “oil free” or “non-comedogenic,” as these won't clog your pores. If you have sensitive skin, use mild, “fragrance free” products, as products containing fragrances can leave skin feeling irritated and dry. However, beware of products labeled “unscented,” as many of these contain masking fragrances that can still irritate your skin.
- **Shaving - watch your shaving technique:** for some men, multi-blade razors can work too well or shave too closely to your skin. If you often experience razor bumps, razor burns, or ingrown hairs, use a single- or double-blade razor instead and do not stretch your skin taut while shaving. Before you shave, wet your skin and hair to soften it. Use a moisturizing shaving cream and shave in the direction of hair growth. Rinse after each swipe of the razor and change your blade after eight to ten shaves to minimize irritation.
- **Sunscreen - wear sunscreen whenever outdoors:** to help prevent sun damage that can lead to wrinkles, age spots and even skin cancer, before going outdoors, apply sunscreen to all exposed areas of skin, including your scalp, ears, neck and lips. For best protection, use a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher and reapply every two hours or immediately after swimming or sweating. You can also protect your skin by seeking shade and wearing protective clothing, including sunglasses that have UV protection and wide-brimmed hats.

Men's Skincare Brand Recommendations

- [Kiehl's](#)
- [Jack Black](#)
- [Counterman](#) *Very ingredient conscious brand. Natural/Clean option.
- [Ole Henriksen](#) *Natural/Clean option.

Skincare Treatments:

- a. Eye Depuffing:
 - a. [Beautycounter: Counter+ Eye Revive Cooling Masks](#) *Keep in Refrigerator
- b. Deep Hydration:
 - a. [GLAMGLOW](#) THIRSTYMUD™ Hydrating Treatment Mask
- c. Detoxify:
 - a. [GLAMGLOW](#) SUPERMUD® Charcoal Instant Treatment Mask
- d. Exfoliate:
 - a. [Beautycounter: Counter+ Overnight Resurfacing Peel](#) *Helps with all skin concerns, use underneath nighttime moisturizer.

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- b. [OLEHENRIKSEN Transforming Walnut Scrub](#)
- e. Night Moisturizer:
 - a. [OLEHENRIKSEN Goodnight Glow™ Retin-ALT Sleeping Creme](#)

Male Makeup/Grooming Product recommendations:

1. Color correcting primer:
 - a. To be applied before concealer or powder to correct redness
 - b. Product recommendation: [Smashbox Photo Finish Reduce Redness Primer](#)
2. Concealer:
 - a. Tap onto under eyes or dark spots/blemishes
 - b. [NARS Soft Matte Complete Concealer](#)
3. Matte Lip Balm:
 - a. To hydrate lips but not make them shiny
 - b. Product recommendation: [First Aid Beauty Ultra Repair Intensive Lip Balm](#) **on sale right now, would order ASAP*
4. Power:
 - a. To prevent shine and blur imperfections in the skin
 - b. Use a “press and roll” motion with round sponge to T zone area of face
 - c. Product recommendation: **I chose these because they’re both great put also come with a tool to apply the powder.*
 - i. [LAURA MERCIER Smooth Focus Pressed Setting Powder - Shine Control](#)
 - ii. [TARTE Smooth Operator™ Amazonian Clay Finishing Setting Powder](#)
5. Clear brow gel:
 - a. To keep brow hairs in place
 - b. Product recommendation: [Counterman Brilliant Brow Gel](#)
6. Eye drops:
 - a. Makes eyes look awake and fresh
 - b. Product recommendation: [Lumify Eye Drops](#)
7. White teeth:
 - a. White teeth make you look healthy, and read well on camera
 - b. Product recommendation:
 - i. Colgate Optic White Express White Whitening Toothpaste
 - ii. Crest 3D Whitestrips Professional Effects Teeth Whitening Strips Kit

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

It was great working with you!

Best, Alexandra

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