



Make-Up

Picture



What it is:

Make-Up is an underestimated form of relaxation. Not only are they totally relaxing but your skin feels and looks better. In Make-Up, cosmetics, such as powder, lipstick, etc, applied to the face to improve, transform and enhance the appearance of a person. Make-up artists, often referred to as cosmetologists or beauticians, may specialise only in make-up or also offer other services such as hair or nails.

The art of applying make-up goes back at least 6000 years. Ancient Egyptian Pharaohs would employ specially trained servants to apply cosmetics in order to make them appear more like the gods.

Freedom is the birthright of people of every race and gender. It gives women a right to look beautiful. As such it is a boon to modern women who love to play with colors. Makeup, at one time only belonged to the stage and galleries of theaters, but a few revolutionary women like Elizabeth Arden and Shehnaaz Hussain introduced makeup to normal women from everyday walks of life to look extra-ordinarily beautiful.

It didn't take much time for women to understand that make-up could make them beautiful and stunning, thus it became an integral part of women's everyday life. By using make up women accentuate their strength and hide their flaws. Girls as young as thirteen are obsessed with lip glosses, kohl, nail enamels and tinted powders. Though at times, this beautiful obsession could be expensive on health and skin.

Make-Up is centered on three areas with each area having specific cosmetic and appliances required:

Face

Foundation
Primer
Tinted Moisturizers
Concealer
Powder
Blush & Bronzers

Eyes

Mascara
Eye shadow
Eye shadow Primer
Eyeliners & Pencils
Brows
Eyelash Primer
Eyelash Curler
Eye Makeup
Remover
Eye Brushes

Lips & nails

Lipstick
Lip Gloss
Lip Liners & Pencils
Lip Brushes
Nail Polish

The Benefits:

Make Up Deacription Detail



A Make-Up treatment is a great boost to confidence. It can be summarised as having the following benefits.

- It can be applied quickly and efficiently.
- Women feel strong, confident and happy when they wear makeup
- helps women to hide blemishes and other flaws on their face
- Helps them highlight facial features which otherwise would not be as defined without makeup.
- Thousands of products are lined-up on shelves which suit different complexions, textures of skin, shape and size of the faces, and conceal blemishes.
- A study shows that older women who used make-up had less falls and a better posture than those who never or rarely used any makeup
- Statistics say that 67% of women received better treatment from others when they wore makeup

What to expect from Make-Up:

Your therapist will begin by washing their hands with anti-bacterial soap and hot water. Then if you have long hair it will be removed from face and tied back.

- Following a brief consultation on your general health and any contra-indications to face treatment, we will discuss your treatment process.
- The treatment commences with a warm wash of the areas to be treated.
- You will be made aware of contraindications.
- The treatment itself will begin and all depends on whether it is face, eyes or lips or a combination as to what the procedures will be...
- Following the treatment there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.
- You will be left feeling relaxed, revived and indulged.

After Care Advice for Make-Up:

Please be aware that make-up, due to its wide range of cosmetic products which contain chemicals, can cause skin problems.

- If any redness or irritation occurs apply a damp cotton wool compress. If symptoms persist for more than 24 hours seek medical advice.
- Avoid touching/rubbing your face straight after the treatment.
- Avoid No swimming/saunas/sunbeds for 24 hours. Use SPF (non perfumed if exposed to sun)
- Avoid rubbing the eyes, lips or face.
- Avoid perfumed products for 24 hours
- Always remove all traces of make-up at the end of the day
- Drink plenty of water (Recommended 6-8 glasses per day)
- Eat a healthy, balanced diet – Include at least 5 portions of fruit and vegetables
- Avoid smoking and alcohol
- Do not apply any other exfoliating skincare products for 72 hours after having a Facial
- Use the correct products for your skin type
- For long term results book in for regular monthly facial treatment

Contraindications of Make-Up



- Eye inflammation e.g blepharitis (where eyelash joins the eyelid)
- Parasites (Crab louse)
- Styes (hordeoleum)
- Skin allergies
- Medical oedema
- Nervous/Psychotic conditions
- Epilepsy
- Recent facial operations affecting the area
- Diabetes
- Skin cancer
- Slipped disc
- Undiagnosed pain
- When taking prescribed medication
- Whiplash

Contraindications restricting treatments

- Fever
- Contagious or infectious diseases
- Under the influence of recreational drugs or alcohol
- Diarrhoea & Vomiting
- Allergies (product & skin)
- Eczema
- Undiagnosed lumps & bumps
- Localised swelling & Inflammation
- Conjunctivitis
- Cuts, bruises & abrasions
- Styes & watery eyes
- Scar tissue (2 years for major operations, 6 months for a small scar)
- Sunburn
- Hormonal implants
- Recent fractures (minimum 3 months)
- Sinusitis
- Neuralgia
- Migraine/Headache
- Botox/dermal fillers (1 week following treatment)
- Hyper-keratosis