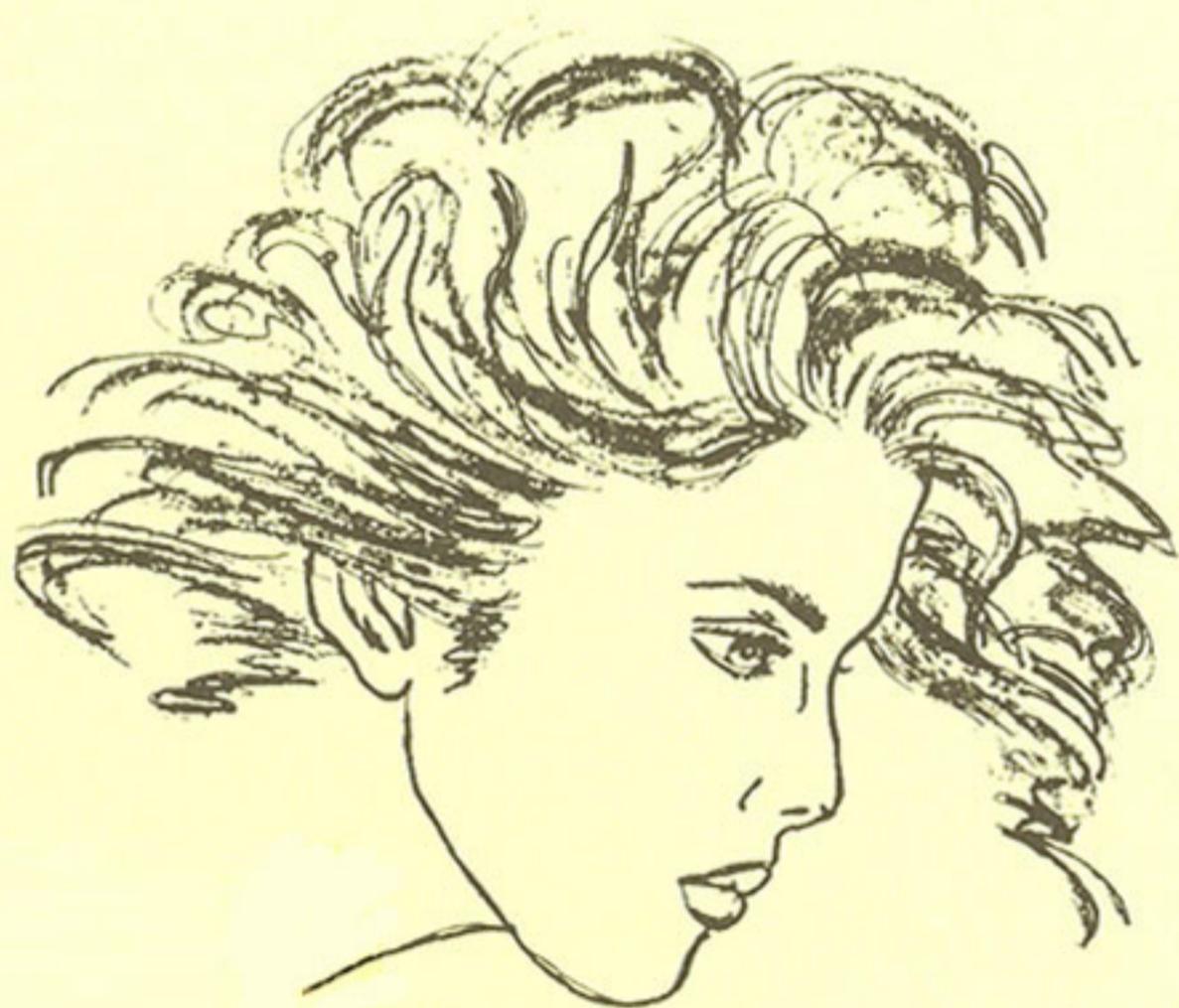


Beauty Ideas



Beauty Ideas



Miramichi Literacy Council – Miramichi Literacy Writers series

This series of booklets are available to anyone who wishes to order them. A single copy is \$3.00, any 3 books would be \$8.00 and a complete set of 24 would be \$60.00. Shipping and handling are extra.

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BEAUTY

Any woman can be beautiful. Beauty is not just looks. Beauty is not just looking pretty. Beauty is a way of thinking. You can't feel beautiful if you don't feel happy. You have to feel well. You must feel happy with what you do.

Older women can be beautiful. Some women over forty years old are beautiful. Women like Olivia de Haveland and Elizabeth Taylor are beautiful. They are famous women.

They are famous for what they do, not just for their faces. These women know that people look at them. People look at what they do. The women try to look nice. What they do is important. Looking nice is important to them.



Most of us are not famous. Yet what we do is important. Some of us work at jobs away from the home. Many of us have families. Some of us raise children. Some of us have husbands. A wife has a big job. We keep homes nice to live in. We have many things to do in life. We do the best we can. We are famous to our families.

Looking good is important to us even if we are not famous. We feel good when we look good. We feel much better when we look the best we can. It is something we have to work at. Looking good is something we do for us.

Other people will like the way we look as well. Most people like us more for what we do. Some love us for who we are. Looking pretty is just the icing on the cake.





YOUR IMPORTANT FACE

Your face is an important part of you. The face is the part of you that people look at first. Your face can show how you feel. If you feel good, your face will show it. You will smile. Your face will show the way you feel. If you feel bad, you may cry. It is important to show your feelings. Your face shows your feelings.

You know your face better than anyone. You know what parts of it you don't like. You know what parts of it you do like. Makeup can cover the things you don't like. It can make the nice parts of your face look better.



We can show you how to keep your face looking good. It takes more than makeup. It takes cleaning. At first, it is like work. Doing your makeup can look hard at first. With some practice it is not hard. Doing your makeup can be fun. It will take a little time each day.

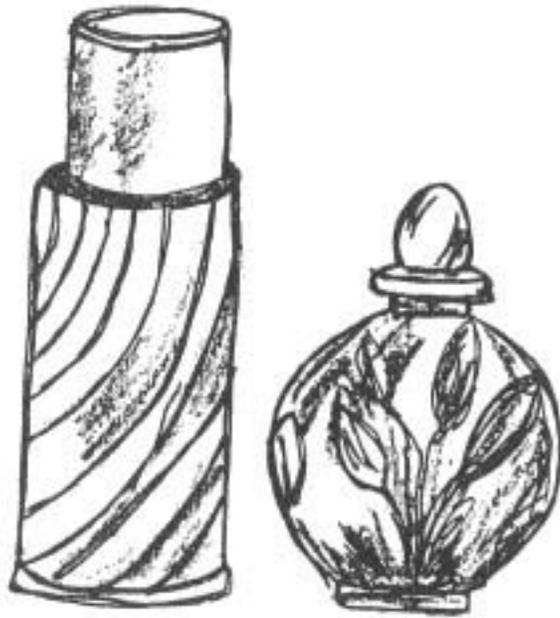


Keep your skin clean. Wash your face and neck every day. Wash your skin when you get up each day. Pat the skin dry. A lotion is good for your skin. After you wash, put lotion on your skin. The lotion will keep the skin from getting very dry. It is important to put lotion on your face.

A very dry face will age faster. Older skin looks younger with lotion on it. Makeup is better to put on over lotion. Many lotions have some oil in them. The oil keeps the skin from drying.

You may have oily skin. An oily face has lots of oil on the skin. You do not feel clean when your skin is oily.

You do not need an oil lotion for an oily face. You do not need makeup that has oil in it. Wash an oily face two or three times a day. Pat the face dry.



An oily face may need a lotion. The skin may have oil on top, but be dry under it. There may not be much water under the oil. Oily skin will not have many lines.

Buy a lotion with little or no oil in it. Ask for a lotion that is “oil-free”. It will give water to the face. The skin needs water.

If your face is dry, buy a lotion with a little oil and water in it. The lotion is made for people with dry skin.

Is your skin very oily or dry? Ask your doctor. He can give you something to help it.

MAKEUP

FOUNDATION

Makeup comes after a clean face. After the face is clean, do your makeup.

Foundation is the first makeup to go on the face. It feels like a lotion.

Foundation comes in many colours. It can be very dark or very light. Buy the foundation the most like your skin colour. Someone with a dry face can wear a foundation with oil in it. There is oil-free foundation for oily skin.

APPLICATION OF FOUNDATION

Put a little drop of foundation on your finger. Lightly rub it on your face. Rub it over your nose. Do not rub it on your lips. Rub the foundation on your chin. The chin is just below the lips. Rub the foundation on the chin lightly.

Do not put on a heavy coat of foundation. Let your skin colour show.

Foundation will cover red marks on the skin. It can help cover dark circles under the eyes.



FACE POWDER

Face powder goes on after the foundation. Buy a powder the colour of your foundation. Face powder keeps your makeup fresh looking.

Powder is very good for oily skin.

Most women just powder the center parts of the face. Powder under the eyes. These parts are the top of the face, the nose and chin. Do not powder the lips.

If your face feels oily looking in the day put a little more powder on.

It is a good idea to wash after dinner or in the evening. Your face can get very oily while you work.



BLUSHER

The sides of your face are next. They are cheeks. Cheeks are pink, red or skin coloured. Pink cheeks look very nice.

Blusher makes your cheeks look more pink. There are many kinds of blusher. Blusher comes in many colours. It comes as a lotion or a powder. A powder blush is dry. Dry blushers are for oily skin. Lotion blushers are for dry skin.

Try a little blush on your hand. Buy the one that looks best on your skin.



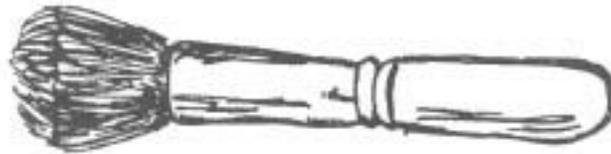
A blusher lotion can be put on with a makeup brush.

You can buy a brush for blusher. You can buy a brush for your lips. You can buy a brush for your eye makeup.

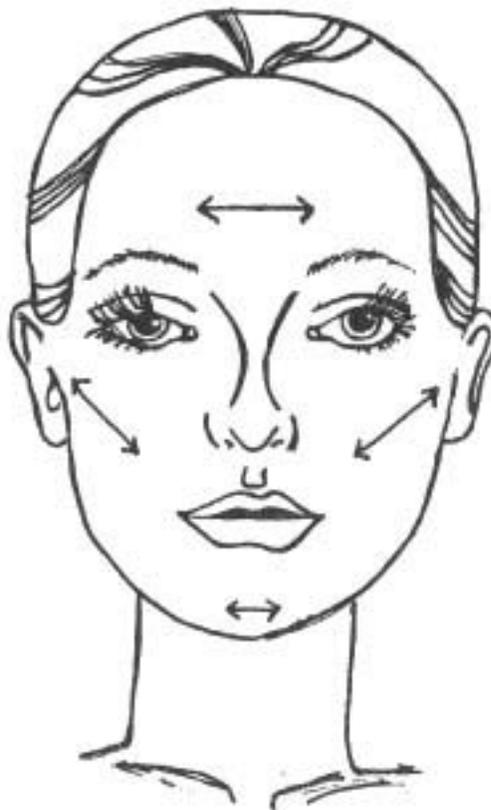
You do not need lots of blusher on your cheeks. Brush on the top of the cheeks. Rub or brush it on well.

Do you want more colour in your face? Put some blusher on the top of your nose. Rub a little on your chin. If you like, put a little blush on the centre of the neck.

Don't make a big red mark or a hard line of blush. Make it look like your skin colour. Most girls do not need blusher. They have lots of colour. At any age, never put on lots of blusher.



Lots of blusher will look like paint. You want to look nice! Don't look painted!



EYES

LOVELY EYES

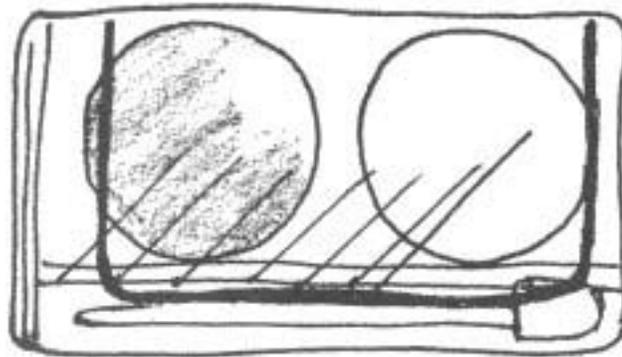
Eyes come next. The eyes are very important. People will look you in the eye when you speak. You want your eyes to look nice. With good eye makeup they can be one of the prettiest parts of your face.

Eye shadow is the first thing to wear. Eye shadow makes shadows on the lid of the eye. The lid is the skin that covers the eye. The eyelid shows most when your eye is closed. The eyelid can show when your eyes are open.

Eye shadow adds colour. Eye shadow can make the eye look big. Or, it can make the eye look little. Eye shadow may be hard to put on at first. It gets much better with practice.

Eye shadow comes in many ways. Some have water and oil in them. Others are powders. They can be put on with a brush or with your finger.

You want to wear the colour that looks best on your eyes. Eye shadow comes in many colours. They can be green, blue, pink, grey, brown and many more colours. Many women wear brown. Brown is a darker colour. Brown is a shadow like colour. Brown can look like shadows on the eyelid.



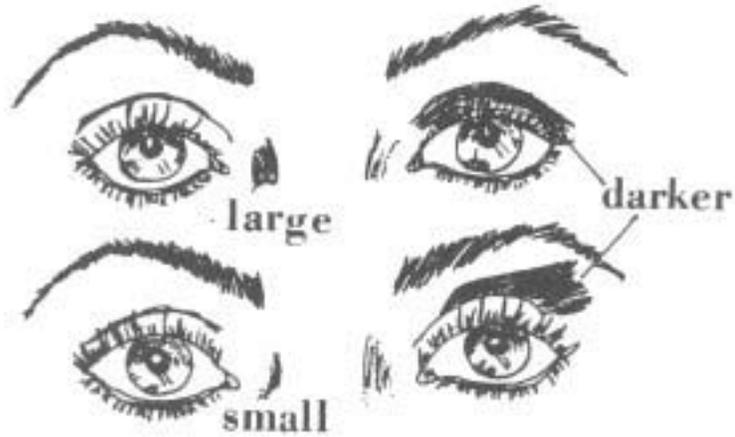
Some bright colours are light blue or light green. You can wear a brighter colour with a darker colour. You can wear a light blue on top of a darker blue. This blue colour is very pretty. A light green can be pretty over a dark green. This looks nice at night.

Eye makeup can be put on darker for the evening.

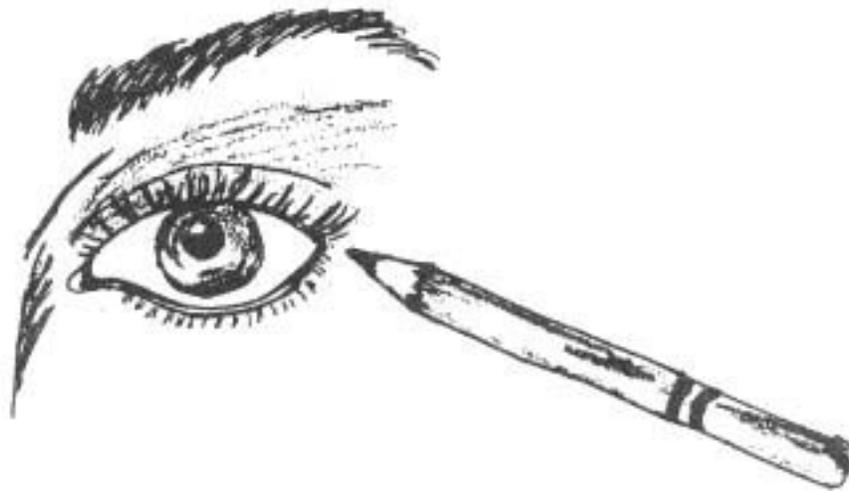
But the best colour is the one that looks nice with your colour of skin, eyes and hair. The eye shadow must make you look nice.

APPLICATION OF EYE MAKEUP

Put the darker colour of shadow on the eye lid. Put a lighter colour just above the dark shadow. Put it on very lightly with a brush or your finger. Don't make any hard, heavy lines of shadow.



Are your eyes very large? To make them look little, put a dark shadow below the eye lids. Put just a little shadow on the top lids. Very little eyes can be made to look larger. Put a lighter shadow on the lid and the darker shadow on top.



An eye liner pencil can make the eyes more pretty. You can wear eye liner pencil near the eye. Put eye liner pencil on in a very little line. (Lots of eye liner pencil looks hard and very dark). If your eyes are dark, wear a darker colour. If your eyes are light, wear a lighter colour.

Eye liner pencil goes below the eye lid. Put it close to the eye lashes on the eye lid. The eye lashes are the hairs lining the eyes. Sometime the eye lashes are very short. The eye lashes may be very light. These eye lashes are hard to see. Make a little line of liner below the eye lashes.

Mascara is makeup for the eye lashes.

Mascara is very dark. It comes in black, brown, or dark blue. Mascara can make the eye lashes look darker.

Mascara is put on with a little brush that comes with the mascara.

APPLICATION OF MASCARA:

Brush the mascara on the eye lashes. Brush it on lightly. It does not have to be put on very heavily. Just a little mascara will show well.

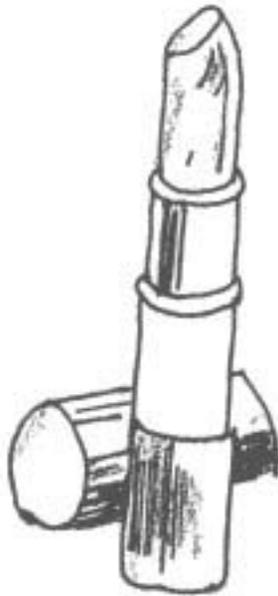


LIPS

PRETTY LIPS

A woman may wear many colours of lipstick. She may wear light lip colour while she works. She may wear a darker lip colour at night.

When colour may be put on with your finger. It can be put on with a lip brush. Many women like wearing lipstick. The lip colour comes in a stick which you rub on the lips. You can put more lipstick on if it wears away.



Most lip colours and lipsticks have oil and water in them. It keeps the lips from getting dry.

EVENING MAKEUP



In the evening, you can put on some more makeup. It feels better to start with a clean face. Evening makeup is put on a little darker than day time makeup.

When you go places at night, the places can be dark. Day time makeup will not show very well. Put on your blusher, eye **shadow**, eye liner, and lipstick a little darker. Your foundation, mascara, and powder can stay the same.

WASHING

Wash away your makeup before you go to sleep. Never go to bed with your makeup on. It is not hard to wash away makeup. It will take very little time.

You can buy cleaning lotions for your face. They do not hurt or dry your skin.

Put the lotion over your face and throat. Wash with water. Pat your face and throat dry.

Put on some skin lotion. This will keep the skin from getting very dry.

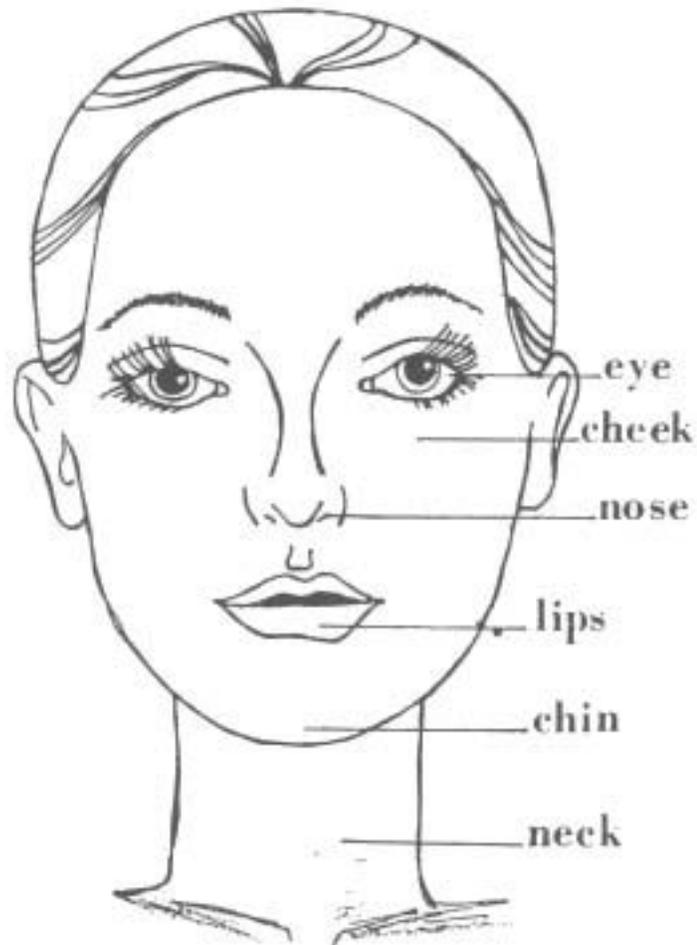
When you have practiced with makeup you will find it fun. Have fun trying kinds of makeup. Take you time when buying makeup. Try more colours. Buy what you think looks nice on you. If you need help ask the salesperson. She can help you find the right kind of makeup you are looking for. Don't let her tell you what to buy. You know what you like and don't like.



These are the things you can do to make the best of your face. Your face is just one part of you, and makeup can't do everything.

Take care you every part of you. Eat well. Taking care of yourself feels nice. It makes you feel like an important person.

Why not? You are important.



NEW WORD LIST

Introduction: good
famous
important
beautiful

Your Important Face: skin
oil
makeup
lotion
wash

Makeup:

Foundation: foundation
rub
chin

Powder: powder

Blusher: blusher
brush
cheeks

Lovely Eyes: shadow
lid
brown
blue
pencil
lashes
mascara

Pretty Lips: lipstick