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Beyond barriers and borders

The Course Program updated in the framework of the “Beyond barriers & borders” Erasmus plus project carried out by Polish Association of the Blind, Austrian Federation of the Blind and Partially Sighted and VIEWS International

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Makeup tutorial – how to do your own makeup as a VIP?

Introduction

The body communicates constantly, facial expressions, gestures, and our posture. All this gives information about who we are.

Makeup is a way of influencing the image we have of ourselves but also of what we give to others. It defines us in our relationship to others and to ourselves. By allowing us to accept or preserve ourselves, to enhance our image or to create a new image.

But how to make up properly when you are a visually impaired person (VIP)? This short guide explains step by step how to make up properly.

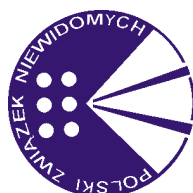
We will describe you one of the ways to makeup as well as technical advice from a visually impaired person.

What tools do you need?

In order to make up, you need:

- Wipe
- Moisturiser cream
- Primer
- Mascara
- Eye shadow
- Eyelash curler
- Foundation
- Translucent powder
- Lipstick

Step by step tutoring - How to apply makeup



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First step, clean your face

First step is to clean your face with a wipe or similar. It's safer to use an unscented face wipe because around the eyes is a very sensitive area of skin.

Moisturiser cream

Once the face is dry, we moisturise it with a light cream moisturiser.

You take a very small amount just on the tip of the index finger and start applying the moisturising cream to the face, starting from the centre of the face and going out; first the nose, the cheeks, forehead, eyes and finally using both hands to spread the cream around the face and neck, always just using the tip of the finger to gather cream from the pot.

It's important to be careful around the eyes because it is a very sensitive area.

We make sure to moisturise underneath the eyes and we also put a tiny bit of cream on the eyelids.

Primer

Next up is primer. Using primer helps your makeup go onto your face smoother and helps it stay in place longer. Squeeze a pea-sized amount onto the hand and rub the palms together to spread it onto both hands, and then use both hands to apply it on the face and neck, again from the centre with the nose and going outwards. Again put a little on the eyelids too, to help the eye shadow stick. A little goes a long way, so you really don't need very much.

How to do the eyes

The **next step** is to do the eyes. We suggest to do the eye makeup before applying foundation so in case you make any mistakes and get mascara on the nose or something, you don't have to worry about whipping it off and then reapplying foundation again.

First, use an unheated eyelash curler; this lengthens the eyelashes and makes your eyes look bigger and brighter. Hold the curler like a pair of scissors opening it completely. Bring the curler towards your face, keeping your eyes open. You only curled your upper lashes, so first close your eye and then close the curler on your lashes and hold it there for a few seconds. You should be able to feel if your lashes are in the curler, but you don't want to pull or yank on your lashes very hard to check because it's too easy to pull your lashes out this way. Just keep the curler clamped on your lashes for maybe five to ten seconds, then release, and do the same procedure on the other eye.

Put some mascara

Then go onto **mascara**. This is quite tricky to master when you can't see because you need to learn how to get the mascara wand close enough to your eye to apply product onto your lashes, but not so close as to poke yourself in the eye or get product on your nose. This requires lots of practice and will become muscle memory after a time. It can help to hold the wand between your thumb and index finger, and to hold the index finger of your other



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hand vertically against the bridge of your nose. This way, you can touch the end of the mascara wand against this finger and use it to get the correct distance from your eye. It is easiest to hold the wand still and just blink your eyes slowly, brushing your eyelashes against the wand as you do so. Once you've done this a few times, drag the wand along your lash line away from your nose to ensure an even coverage on your lashes. Do all of these steps slowly and carefully, and of course practice makes perfect. Wait for the mascara to dry before moving on to the next step and wipe your fingers and around your eyes clean if you think you have any excess product somewhere it shouldn't be.

Eye shadow

Next, apply **eye shadow**. Do this after mascara so that if there is any mascara on the eyelid, the shadow will cover it up. Cream eye shadows are easier to apply than powders and can be done with your little finger. Put a very small amount on the tip of the little finger and apply it on the eyelid, dragging the finger from the inner corner outwards and making sure to put product all over the eyelid. Use the little finger for a lighter touch. The first colour to use is a lighter colour for all over the eyelid. After using the little finger to apply product, use a small brush just to ensure that there is an even coating of colour across the eyelid, doing the same motion sweeping from the inner corner near the nose, out towards the outer corner nearest the ear.

Apply a second, darker colour in the crease of the eyelid, just under the brow bone, using the same method with the little finger. Don't start from the very inner corner of the eye however, place the little finger in the crease in the middle of the lid, and then sweep down along the crease towards the outer corner of the eye. You want to put the darker colour here in this way to give a more shadowed effect. You want the lightest colour to be in your inner corner, and the darkest to be in your outer corner.

If you have products that are in similar containers, for example both of these cream eye shadows are in identical small pots, you can distinguish them by putting a marker on one, and for example have wrapped a hair elastic around one pot so that you know that this is the lighter colour.

After applying both colours, blend the eye shadow using a fluffy blending brush. Do this for a long time, sweeping the brush from left to right and back again, so as to ensure the two colours blend well together. Blending is important to avoid harsh lines from where one colour starts and the other ends. You want the colours to merge into each other.

A good thing to remember if you use your fingers a lot for makeup application is to wipe or wash your hands between applying different products so that you don't mix things together. Also run a wipe gently around the eye after doing the eye makeup, again to make sure you don't have any excess product anywhere it shouldn't be.



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Second coat of mascara

Now you should apply a second **coat of mascara**, just to assure yourself that you coated the lashes evenly. This time hold the wand just at the very tips of the lashes just for a final touch.

Foundation

The **next step is foundation**. You should always ask someone sighted, be it a friend or someone working at a beauty counter in a shop to colour match me for products like foundation and concealer. It's also worth remembering that the colour of your skin might change throughout the year as you get a tan, or it gets colder, so it's worth getting colour matched every time you need to buy a new bottle. This also goes for things like eye shadow, blusher and lipsticks or glosses; it's always best to have sighted assistance when choosing colours.

It's always better to use liquid foundation, and to always buy foundation that comes with a pump on the bottle. This makes it easier to measure out how much product to use. For example, never use more than two pumps of product so as to avoid using too much.

Start by shaking the bottle to make sure the product isn't stuck at the bottom, then pump two times onto the back of the left hand, resulting in a quantity similar in size to a 1-euro coin on the back of the hand. We put the product on the back of the hand first so that you can feel how much comes out and because it is easier to then transfer the foundation from the hand to the face and apply it this way, the onto the face directly. We use a finger on the free hand to gather some foundation onto the tip of the finger and then start applying it to the face, again starting from the centre and moving outwards; first the nose, then cheeks and forehead, eventually reaching the chin and neck. It is important to make sure you blend the foundation into your hairline on your forehead and near your ears, to make your makeup look natural. Once you have dabbed foundation onto each part of the face and spread it with the fingers, use the palms of both hands to make sure that the product is spread evenly around the face. Spread the foundation by moving the fingers and hands in circular motions on the chin, cheeks and forehead, and small circles on the nose.

Then do the same thing, but with a brush. So, apply one pump of product onto the back of the left hand and then swirl a tapered brush in the foundation on the hand before sweeping it around the face. Do this to make sure that the foundation looks smooth, as a brush will give a smoother finish than fingers, however we don't like to just use a brush because we don't feel we have enough control over how much product we are applying with just a brush. Do the same thing using a smaller, paintbrush style brush to reach trickier corners like the sides of the nose and under the eyes.



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The lipstick

Next up is **lipstick**. All of the lipsticks feel different and we recognise them just by touch, but you can of course use tactile markers to distinguish them like Braille labels if you have different colours by the same brand.

It is useful to have sighted assistance when choosing colours, everything from eye shadow to lipstick, because people can then advise you on which colours best go together and which colours would be most suitable for different occasions. For example, for a normal day at work you should choose more natural colours, earthy tones, but for a night out with friends you might choose brighter colours such as the red lipstick.

Lipstick is easy to apply because you just follow the shape of your lip with the applicator. Do this starting from the outer corners and going in towards the middle. You can use another finger, just holding it under your bottom lip to guard from running over lip line and getting lipstick on your chin. The trickiest bit is your cupid's bow, the middle of your top lip, that feels like the top of a heart shape. After applying lipstick or lip-gloss, make sure to kiss a tissue to get rid of any excess product.

Translucent powder

The final step is to apply **translucent powder** all over the face. Powder sets your makeup and it also stops your face looking shiny. Apply the powder with a brush, swirling the fluffy brush in the powder and then tapping the brush against the side of the compact to get rid of any excess. Then sweep the brush all around the face, paying particular attention to the forehead and nose. After you've done this a few times then use the sponge that came with the compact to pat all around the face to make sure the powder is spread evenly and isn't visible.

To conclude

Well, it's over, you're totally make up. This is an advantage when you want to present yourself somewhere. Whether it's a date or a job interview, you'll be ready.

As said before, the body communicates constantly and makeup allows manipulating the self-image that we want to reflect to others.

So, it's important to know how to make-up properly.

