

susancressy

spa & beauty therapy in practice

Lip Make-up

Use a lip balm or conditioner over moisturiser throughout the day, especially in the winter when the lips are very dry and in the summer when exposed to the sun's rays

Remember to cleanse the lips and exfoliate to keep them smooth and supple. Use a clean soft flannel, washcloth, or muslin and massage gently for a minute. Alternatively use a baby's or very soft bristle toothbrush and rub gently to exfoliate



If a lipstick feels too dry on the lips apply a coat of lip balm or conditioner first

For a matte look, once applied, blot the lipstick with a tissue

For a natural, sheer appearance use a lip pencil as close to your natural lip colour as possible and then apply lip balm or conditioner



To enhance or define the lip shape, outline the lips with a lip pencil in a shade that matches your natural lip colour

To eliminate the embarrassment of finding lipstick on your teeth, purse your lips tightly around your index finger and pull it out slowly, this will remove the excess lipstick which may otherwise end up on your teeth

Highlight the cupid's bow just above the top lip line, with a liquid highlighter, or pencil before applying lipstick, to accentuate the shape and make the lips appear fuller

Make lips look fuller by wearing a brighter, lighter shade of lipstick with a touch of frost

Make lips look smaller if they are too large by using a darker shade of lipstick, preferably in a matte texture. Alternatively apply foundation to camouflage the shape and draw a pencil line just inside the natural lip line

For longer lasting lipstick, apply lipstick, blot with a tissue and reapply. Alternatively use a lip pencil all over the lips before applying your lipstick

Applying a light layer of foundation provides a base for the lipstick and to even out lip colour

To make lips appear fuller apply the lip liner just outside your natural lip line

Use lipstick with blue undertones such as plum, wine and violet to camouflage yellow teeth

susancressy

spa & beauty therapy in practice

Before sharpening your lip pencil put it into the freezer for 10 minutes to harden and stop it from breaking up

Store lipsticks in the fridge to make them last longer

Lips contain relatively little melanin, the skin's natural protection from UV rays and the skin is very thin so a sun block should be used on the lips in the sun or when exposed to UV rays

If you wear long lasting lipstick that has stained the lips and is difficult to remove, use a waterproof eye makeup remover