

Beauty Queen Kathy Phillips



All you need to know about DIY wedding make-up

Winning question: I am getting married at the end of August. To cut unnecessary funds and hassle, I have decided to do my own make-up for the day. I intend to use Touche Eclat as a base but need some help choosing a good foundation, lipstick and waterproof eyeliner. Can you please recommend some good quality, long-lasting (not too pricey) products? I am 28 years old.

Many thanks. Bride-to-be

Hope this is in time. I think it's a shame that you are not allowing yourself the joy of a professional make-up for your wedding. It's only once in a lifetime and surely, this day is focused on you (and husband-to-be) – no one else. When I got married, I didn't look in a mirror until 10pm that evening and my make up was as fresh as it had been when Barbara Daly put it on at 8.30am – not a smudge or smear or anything – quite different to my own efforts. More importantly, it made all the difference to my wedding photos.

However, I rang Barbara for advice and hope that you will re-think the 'hassle' factor and enjoy making yourself look wonderful for this day. You don't give me any information. Colouring? Hair style? Skin type? And by the sound of things you are not used to wearing make-up? Barbara and I were both a bit scared by your request for waterproof eyeliner and please be aware that Touche Eclat is just a highlighter for underneath the eyes, not a foundation. Why eyeliner? Are you thinking Amy Winehouse? No. No. Unless, like her, you are used to putting it on and you know it suits you.

So – first you need moisturiser and a foundation. BD suggests a fluid, emulsion foundation – easier to apply and *blend*. To choose the right shade, it must be done in daylight (as must all your practising before the day) as that is when you will be seen. The right shade is the one that blends into your skin imperceptibly. Is your dress strapless? Plunge-necked? In either case, you must remember to blend the foundation so that chest, neck, arms and face are the same colour. Don't even think of fake tanning for the day unless you are used to the whole procedure. Next is concealer if you need it – under eye, chin and nose to mouth lines. Your most essential product? Translucent powder and a big soft brush to dust it on over your T-zone and all over the eyelids *before* your eye-make up so that what goes on will stay.

Rather than use eyeliner, Barbara suggests a smoky eyeshadow – grey, taupey or brown – which you put on the lids with a brush really close to the lashes. If you want a bit more emphasis, use a

pencil on top in black, grey or slate very close to the lashes. If you don't do it perfectly you can rub it carefully with your fingers or the brush and it will be fine. Eyeliner, on the other hand, needs a lot of practice to make perfect. You could use a little pencil under the eye for emphasis, too. Then use waterproof mascara (invest in eyelash curlers if you can) if you are frightened of smudging.

Personally, I wouldn't go without a touch of blusher on the apples of the cheeks, and then there's the lipstick. Remember those photos. BD says, 'as with the eyeliner, if you are a red lipstick girl – fine. If not, this is not the day to experiment; choose a rose/nude shade that is just a bit stronger than your lip colour.' As you can see, this is not about the right make-up to buy, it's about your expertise in application. Have you not got a girl-



**KATHY'S
HOT
PRODUCT
OF THE
MONTH**

Gamila Secret soap, This is not just a soap. It's far more special, especially for those with sensitive and irritated skin. Made in Gallilee with natural herbs and oils, it's fabulous. Gamila calls it 'God Organic'

Kathy Phillips is beauty director of Condé Nast Asia. Author of four books, she has her own critically acclaimed aromatherapy range, This Works.

If you have a beauty question, send an email to observer.woman@observer.co.uk. The best one receives a product from This Works, Kathy Phillips's range (www.thisworks.com). For terms and conditions, see www.observer.co.uk/womans

friend who could come round and help you practise? Please experiment in daylight and I hope you enjoy it all and learn that it isn't a 'hassle' to look lovely. Here are some products that will give you the look you want without breaking the bank from Barbara Daly's range at Tesco: Moisture foundation, £5.60; Eyeshadow £3.50; Eyeliner Pencil, £3.30; Smudgeproof Mousse Mascara, £5; Cheek-to-Cheek Blusher £4; Lipstick, £4.50; Ultra-Light Pressed Powder, £4.75; Powder Brush £5.74; Evèn-Smoother Eye Base, £4 (stockists 0800 505 555).

Two summers ago I sunbathed for long hours without sunscreen. The worst thing about this is that I had been waxed three days before and I got terrible sunburn on my upper lip that looks like I have a moustache. I have been trying everything ever since but nothing works, not even covering it with make-up. Gabriela Sosa

I don't need to give you a lecture on sunbathing. But what to do now is difficult without knowing about your skin colour, age or being able to see the extent of the damage. Your name suggests you are Italian/Brazilian/Spanish in origin, so you could have what dermatologists call a darker Type 3 or 4 skin phototype? These types tan more easily and burn less, but are prone to develop postinflammatory pigmentation after damage – in other words brown marks. You must see a qualified dermatologist about this as no cream will improve it. If you can find a good cosmetic surgeon (please check his qualifications) there are some re-surfacing techniques such as Intense Pulse Light Therapy or Fraxel laser. You should not really be waxing this area. Have you tried threading or Intense Pulse Light for hair removal? It's much better in the long term especially as you have made the area supersensitive now. Laser works best on women with dark, coarse hair and light skin, if you fall into this category. There again, a dermatologist can advise you better than I can. This website might be able to help you: www.bad.org.uk/public/leaflets. ■