

Beauty / PART II

Making up isn't hard to do

□ By Nicola Roberts



The pressure in the air brush system can be adjusted to apply colours for a more precise finish, it can be used close to the eye area. Stencils are used for colour application to shape brows, apply eyeliner and define the lips.

Mineral based make-up

Another revolution taking place within the beauty industry is the development of mineral based make-up, which gives flawless coverage, sun protection and the great thing is that it is also actually good for the skin! As with many things today it is based on a system used many years ago. The ancient Egyptians were using minerals, such as lining their eyes with khol so once again something we consider modern is thousands of years old.

We have all never been quite sure if wearing make up was actually good or bad

for the skin but now we can be confident that there are many new systems available which are good for the skin and can even treat the skin at the same time as making us look great and feel confident in ourselves.

Apparently mineral make-up is used to describe a powder formula that contains mineral pigments only, it therefore does not contain the usual fillers, chemical dyes, synthetic preservatives or other ingredients common to traditional make-up.

The ingredients used in mineral make-ups are inorganic pigments that are usually found under the heading 'may also contain!'. It is very common in any of today's make-up for a product to contain up to 80 per cent of a filler, for example talcum. These fillers are used to stretch pigments of dyes a long way and can in many cases be derogative for the skin.

Benefits of mineral make-up

The most common use is

in everyday make-up but it can be beneficial for people with skin problems, such as burn victims.

They provide a natural, even coverage and the colour does not run, crease or smear and can be removed with a standard cleanser.

Non-comedogenic, it allows the skin to function and breathe freely without clogging the pores and causing spots or blackheads.

Due to the purity of this type of product it is less likely to bring on any allergic reactions or sensitivities to the skin.

Again because of the nature of the product formula they are quite safe for acne rosacea, acne sufferers, people who have undergone laser skin treatments and surgery. These treatment cosmetics also offer an extremely high sun protection factor and can be nourishing and rejuvenating for any skin type.

Nicola Roberts is the owner of Bellissima Hair and Beauty in Los Gigantes, Playa San Juan and San Eugenio Alto. For information or appointments please call 922 867 343, 697 902 361 or 922 719 355.

*** Stressed out?** All massages half price every Saturday at Bellissima, Playa San Juan.

*** Dry, spotty, dull skin?** Facials half price every Friday.

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Beauty News

Silk

Beauty sleep

Sleeping is an effortless way to improve your looks and a natural remedy which is really catching on in the UK is sleeping on silk.

Expensive face creams and designer hair products do their own work but your hair and skin repair themselves best while you are asleep. However, cotton absorbs moisture leading to dryer skin and hair while its

fibres also cause friction. Together, these result in sleep creases on your face and ruffled hair. Silk is gentler on your skin than cotton. As it is completely natural, it helps to retain the natural moisture in your skin and hair, allowing it to breathe while you sleep, and what's more, silk just glides, it doesn't tug or twist. An investment in silk bedding could turn you into a real sleeping beauty.

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