



## Ask a pro makeup artist by Dino Dilio



Illustration: Maurice Vellekoop/Reactor

# Skincare tips from a makeup artist

**SKIN IS THE CANVAS** of my work and as my craft improves so has my sense of skin and how to care for it. One of the most important truths in beauty is beautiful makeup starts with healthy skin. It's so important that makeup artists are now required to be skincare experts. They have to know how to get the skin in shape to showcase the season's hottest runway looks.

In a nutshell, ideal skin is problem-free with no signs of dryness or oiliness. It is soft, smooth and even in tone and clarity. Balanced skin produces equal amounts of oil (sebum) and water (perspiration) that rises to the skin's surface creating a natural protective barrier. This beauty cocktail lubricates, hydrates and protects the skin. All other skin types are measured against this ideal and differ based on varying levels of oil and water production and content.

Things can really get out of whack when internal and external factors collide resulting in one or more of the following conditions:

- **Dehydration** means the skin is lacking in water. Replenish skin with a water-based, water-binding lotion or cream. Apply to damp skin immediately after cleansing.
- **Dryness** means the skin is lacking in oil. Revitalize the stratum corneum with serums and creams.
- **Oily Skin** refers to an above normal oil production, especially in the T-zone. Cleanse and control with oil-blotting and shine control lotions, gels and powders.
- **Flaking Skin** and/or **Blackheads** is a skin condition consisting of a collection of dead skin cells and/or clogged pores. Gentle exfoliation will slough off dead skin cells and flush out the pores.



- **Acne** is one of the most common skin conditions. It refers to small inflammations on the skin that appear as red bumps. It's best to treat with an appropriate solution and cover with non-oily concealer that matches the skin tone.
- **Discolourations** are what we call sun damage, spots, scars, birthmarks, and tattoos. These can be easily covered by a camouflage/paramedical makeup.

### DINO'S FAVOURITE SKINCARE PRODUCTS (alone, mixed or layered)

**Shoppers Drug Mart Balea** 3-in-1 face cleansing cloths

**Witch Hazel** (an inexpensive remedy that removes oil)

**Cover FX** Nourishing and Brightening Primers

**Dr. Brandt** Pores No More (fills in large pores and smoothes out skin's surface shine)

**Elizabeth Arden** Eight Hour Cream (relieves excessive dry, chapped and sore skin)

**Embryolisse** Lait-Crème Concentre (straightforward, simple and effective. A multi-use cleanser/shave lotion, moisturizer and masque)

**Chapstick** Lip Moisturizer SPF 15

Once you understand these conditions, the next step is matching up the best product to address the symptom. It always comes down to formula and function. Remember to evaluate and adjust your skincare regime seasonally. (Cold, dry winters require more moisturizing.) The following list breaks it down further for finishing creams and under makeup primers. They are listed from richest to lightest.

- **Serums** are super concentrated, lightweight formulas that can replace traditional moisturizers or be used underneath when skin becomes dry and/or dehydrated. Many primers have a serum consistency. Think of them as superpower skincare products to solve serious problems.
- **Creams** are dense, rich and emollient. I find them ideal for dry and mature skin because the creams soften skin on contact and revitalizes its appearance.
- **Lotions** are lightweight, usually water-based, milky fluids that deliver hydrating and soothing benefits. I find them ideal for young, balanced, oily and sensitive skins.
- **Gel-based moisturizers and primers** work best on young, combination and oily skins. On contact they liquefy and dry to a thin, greaseless film that can have oil and shine control properties.
- **Luminating products** are products that contain light-reflective particles to impart the illusion of glowing skin. These are not recommended for men and individuals with acne.

- **Red Alert** In the event a reaction occurs from the use of a specific cosmetic IMMEDIATELY stop and remove the product thoroughly. Follow with a cold compress. When skin normalizes, reconsider your approach. Be calm and assist your client to comfort.

### Dino's Full Process Clean (The Next Best Thing to a Facial)

Here is the pro artist method I use to create beautiful skin. Use this procedure when demonstrating skincare systems for brands you represent. Allow at least 10 minutes.

Begin by gently applying eye and lip makeup remover to clean away eyeshadow and lipstick. Next, use a face cleanser and rinse off thoroughly. One of the biggest mistakes beauty experts make is to fail to rinse enough. You want to make sure you get all the makeup and impurities off the skin.

Once you have a cleansed skin, it's time to exfoliate – a procedure that eliminates dead cells, deep cleans pores and polishes the skin's surface making it smoother and softer. I use a dampened porous facial sponge (available at any drugstore) with a basic moisturizer and massage the area in gentle circular motions until all the debris is swept away. A quick swipe of toner ensures all dead cells are removed. Next, I apply a finishing cream/moisturizer/sunscreen. Make sure the moisturizer has a broad spectrum sunscreen with a minimum SPF 15. I like to then dab an eye cream underneath the eye area. Be very, very gentle and just pat the product.

I like to finish off my skincare regime with a lip primer. This protects and conditions lips. You'll notice that lipstick and gloss glide far easier and evenly when you condition first. The colour will also last longer this way. Practice this regime at home and on friends and family until you are completely confident. You'll impress your clients and find far greater results with your makeovers.

### Dino's Quick Clean Method

I use this skincare regime on *Cityline* and whenever I have to perform quickie demonstrations and instant makeovers. Begin by using a moist face wipe to remove makeup and to clean skin. Pat dry with tissue. Next apply a multi-purpose primer that also moisturizes and has a SPF 15 broad spectrum rating. Finish with a swipe of lip balm. ©

Dino Dilio is a freelance makeup artist, specializing in work with individual clients and experts in the worlds of fashion, entertainment, advertising and business.

[www.dinodilio.com](http://www.dinodilio.com)

