



# Module 19: Maintaining Radiant Skin

- Maintaining radiant skin
- Important steps
- Essential tips and advice
- Essential vitamins and minerals for radiant skin

## What you will learn:

- Maintaining radiant skin
- Important steps
- Essential tips and advice
- Essential vitamins and minerals for radiant skin

## 19.1 Introduction

 **When it comes to maintaining radiant skin, it is so important to know exactly what is involved.** Your goal is to not only provide great service to your clients in regard to their makeup, but also to get them to take care of their skin, so that it stays beautiful and radiant. This is ultimately the goal for most people when it comes to beauty. Because without beautiful and radiant skin, looking good is an uphill battle. One of your consultation tasks will be to give your clients advice on how to maintain great skin. This module will focus on how to do just that. There are many things that can affect the skin. It can become dry and can age prematurely. However, there are ways that we can prevent these things from happening and make the skin smoother, fresher, and healthier. By properly caring for the body and the skin, we can turn back the signs of aging and feel and look healthier.

As a makeup artist, it is your duty to keep your clients informed. You can provide them with essential

advice that they can incorporate into their daily routine to achieve the best results and enjoy radiant skin throughout the year.

**Here are some ways to ensure that your skin is healthy.**

### **Keep it clean**

Keeping your face clean is very important. It will make sure that your pores don't get clogged with dirt and grime. You will be able to keep your skin blemish free so that it will look more radiant. Cleansing should be a part of everyone's daily beauty routine. You can help your client choose the best cleanser based on their skin type. Those with oily skin often benefit more from a foam cleanser which can really get deep into the pores to remove impurities.

### **Exfoliate**

Get rid of the dead skin cells so that the new ones can come to the surface. It will leave your skin looking fresh and radiant. When you exfoliate, the dead skins cells are washed away, the pores are opened up and flushed clean and you start to feel smoother skin as the pores tighten back up. The new skin cells that haven't been damaged by the wind and sun will rise to the top and you will end up with more radiant skin. Exfoliation should also be carried out as part of the daily beauty routine, straight after cleansing and before moisturizing.

### **Moisturize**

When your skin is dry, it gets damaged and can crack. If you keep your skin moisturized, it will help it remain supple and smooth. It is important that moisturizer is changed based on seasons. When the client goes to pack their winter clothes away for the summer months, they should change their moisturizer. During summer, it tends to be significantly warmer and sunnier, which increases humidity, therefore you don't need a heavy moisturizer. During these warm months, clients want a lighter oil-free moisturizer which can be worn as a light layer under their makeup. When the season changes back, then they should buy a heavier moisturizer which will nourish the skin and eliminate the dryness that is often experienced in colder, harsher weather.

### **Drink lots of water**

When you are dehydrated, your skin is loose, saggy, flaky, and dull-looking. If you stay hydrated, your skin will show it and it will look radiant and beautiful. Water will hydrate your skin throughout the day while eliminating toxins. Add lemon to the water if you don't enjoy drinking water and carry it with you at all times, sipping on it throughout the day. Ideally, you should be drinking eight glasses of water daily to ensure your skin remains radiant at all times.

### **Antioxidants**

Antioxidants are essential to your system as a whole; however, they can really reduce the signs of aging. They decrease inflammation, which is one of the leading causes of wrinkle formation. There are a lot of foods that contain antioxidants, including pomegranates, blueberries, acai berries, goji berries, spinach, raspberries, purple grapes, organic tea, dark chocolate, nuts, and seeds. Include these in your diet and you will reap the benefits for your body and your skin.

## **Limit exposure to sun and tanning beds**

Most people like the look of tanned skin. However, these results will only temporarily give you radiant skin. To keep radiant skin for the long term, always apply skin protection with UVA, UVB, and at least SPF 15 protection. You can apply it to your face every morning along with a moisturizer and you will keep that young, radiant skin for a long time. Apply the sun block all year round to the parts of your body that are exposed to the sun.

## **Remove makeup every night**

Do not sleep with makeup on. It will clog the pores and that can cause blemishes and other imperfections. Use a good quality makeup remover and ensure that all makeup is removed before retiring for the night. If you tend to forget, get makeup removal wipes to keep next to the bed, enabling you to simply wipe off the makeup, allowing the skin to breathe.

## **Don't use harsh chemicals**

You should not use harsh chemicals on your skin on your own. This should be left up to the professionals. However, if you follow the other tips in this module, there will be no need for something like a chemical peel in the first place.

## **Eat a balanced diet**

People who eat a balanced diet have better skin because their body is getting all of the nutrients that it needs. For example, a diet that is full of Vitamin C will not only help the immune system, but it will lead to less wrinkles. Skin that has been exposed to this vitamin for a long time will produce more collagen.

## **Relieve stress**

Try and reduce your stress levels by taking walks, listening to soothing music, giving yourself time, and getting enough sleep. When you are not stressed, you will have better skin.

## **Smile**

Your body reacts to what is happening inside and outside your body. The skin is basically a window and is very sensitive to your overall health and emotions. This is why, when you are stressed about work, you tend to break out. What you eat and drink plays a role in your skin's health; if you don't get enough sleep you experience bags and circles under your eyes; if you smoke you will find your skin tends to be dehydrated. Taking proper care of yourself and feeling good inside will show on your radiant skin. Smiling has been found to have a positive effect on your mood, and thereby your general health, so smile often!

## **Exercise**

Everyone is always saying you must exercise, but exercise can help improve your skin and make it glowing and radiant. When you exercise you sweat, which releases toxins that can be responsible for

blocking pores. This can result in blemishes, but exercising improves the blood flow, makes you look healthier, and is beneficial to your skin in many other ways.

## 19.2 Essential Tips and Advice for Radiant Skin

**When it comes to enjoying radiant skin, there are a host of tips and advice you can provide your clients with to help them look fantastic at all times.** Radiant skin makes you look healthier. It can help your client feel better about themselves and in turn, it can boost their confidence and self-esteem considerably.

**Here are some of the tips you can share with your clients:**

1. Use toners and bronzer to achieve a sun-kissed look rather than spending hours on a sun bed which can have serious consequences on your skin, including skin cancers.
2. Avoid long hot showers. This will strip your skin of all the essential moisture, causing it to dry and become less radiant.
3. If you have dry skin, use aloe vera cream. It is a wonderful moisturizer and nourisher that can help fight dry skin on the face, hands, and body with ease.
4. Use garlic in cooking on a daily basis. While no one wants to kiss anyone who has just eaten garlic, a study conducted in Holland in 1996 showed that eating garlic extended the skin's lifespan by seven times, leaving it looking healthier and more youthful.
5. Drink plenty of orange juice to keep your Vitamin C levels high.
6. Don't touch your face with your hands. Your hands are riddled with bacteria as you are constantly touching door handles, counter tops and more, these germs can then be transferred to your face, causing an unwelcome breakout.
7. Change your moisturizer with the seasons, keeping a lighter moisturizer for summer and a thicker and more nourishing option for the winter months.
8. Drink a minimum of eight glasses of water each day to keep your skin hydrated.
9. Learn some relaxation techniques, such as breathing to help reduce stress. Stress can lead to breakouts.
10. Get enough sleep. You've heard people mention 'beauty sleep'. This is very true when it comes to maintaining radiant skin. Your skin heals during the night when it has time to breathe, so it's essential that you get enough sleep to reduce the dark circles and puffy bags you get when you don't get enough sleep.
11. Protect your skin each and every day. Use moisturizers with an SPF of at least 15 to protect against the harmful rays of the sun.
12. Always remove makeup at night to eliminate the risk of the pores getting clogged.
13. For a refreshed look, place some ice in a cloth and hold it on your cheeks as you are about to

leave the house.

## 19.3 Essential Vitamins and Minerals to Promote Radiant Skin

**There are a range of vitamins and minerals that should be taken daily, either in your diet or as a supplement, to have a positive impact on the skin and help it look healthy and radiant at all times.**

**Each vitamin and mineral plays a role in skin health, these include:**

- **Vitamin B** - Vitamin B should be taken as it plays an essential role in skin generation. It is also highly effective in reducing the signs of ageing. Salmon, leafy green vegetables and eggs are all good sources of B vitamins.
- **Vitamin C** - Vitamin C is essential to brightening the complexion. It is also great at warding off colds and can be easily found in citrus fruits.
- **Vitamin D** - You usually get your vitamin D from the sun, but this is not a reason to go soak up the sun and get burned or cause serious damage to your skin.
- **Omega 3** - These are fatty acids which are important for many aspects of general good health. You can get all the omega 3 you need by eating salmon, spinach and walnuts.
- **Vitamin E** - An important antioxidant, Vitamin E can be found in almonds, squash and grape seed oil.
- **Zinc** - This mineral is has an important role in maintaining a healthy immune system, among other things. Get your zinc from meat and fish, by enjoying a pot of Greek yoghurt or even by eating dark chocolate.
- **Vitamin A** - Vitamin A has numerous benefits, including the stimulation of cells in the skin which keep it firm and healthy. Vitamin A can be found in sweet potatoes, spinach and liver.

### Module Summary

In this module, you learned about the things that people can do to maintain radiant skin, along with feeling healthy and great. This module also gave you an insight into the vitamins and minerals needed to ensure radiant skin throughout the year. You should now have the information you need to be knowledgeable in your career and share this information with your clients to create a daily

routine to promote radiant skin.

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