



Skincare: (Basics for beginners)

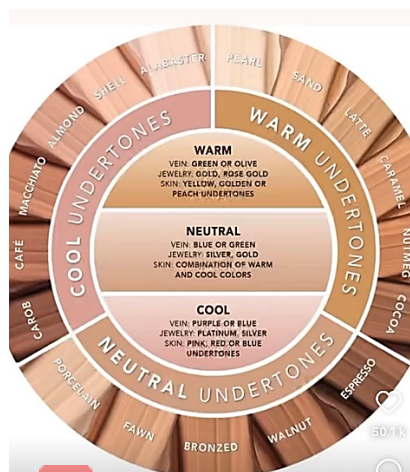
KNOW YOUR SKIN TYPE:

- ❖ **Oily** – Your face is shiny or greasy by mid-day regardless of the season. You frequently experience breakouts and have large & visible pores.
- ❖ **Dry** – You experience dry patches or flaky skin by mid-day. Your skin is rarely greasy, even at the end of the day. Skin often feels tight or itchy after cleansing.
- ❖ **Combination** – Your T-Zone is consistently greasy and cheeks are often dry. Visible pores are concentrated in your T-zone & experience acne and dry patches at the same time.
- ❖ **Normal** – Your skin doesn't get more oily or dry during the day. Only experience dry patches or excess oil seasonally & rarely experience breakouts or sensitivity towards products.

Sensitive is not a skin type. Any skin type can be sensitive. You often experience redness or irritation after applying any new product or product with ingredients like fragrance.

KNOW YOUR UNDERTONE:

- ❖ **Warm** – Green veins. Skin has yellow, peach or golden hues. Gold suits better.
- ❖ **Cool** – Purple/blue veins. Skin has pink or red hues. Diamonds/silver suits better.
- ❖ **Neutral** – Balanced mix of warm & cool. Blue/green veins. Gold, silver & diamond suits the skin.



Beauty Guide According to Skin Tone/ Under Tone:

Skin Tone	Lipstick Shades	Jewellery	Outfit Colours
Fair (Cool)	- Rose pink- Mauve- Berry- Soft red (blue undertone)- Wine	- Silver- Platinum- White gold	- Soft pastels- Lavender - Mint- Sapphire- Cool greys
Light-Medium (Neutral)	- Peachy pink- Coral- Rosewood- Brick red- Terracotta	- Silver & gold- Rose gold	- Peach- Olive- Blush pink- Teal- Beige- Turquoise
Wheatish (Warm)	- Rust- Warm coral- Brick- Mocha- Burnt orange	- Yellow gold- Antique gold - Oxidised	- Maroon- Mustard- Emerald green- Deep purple- Rust
Dusky (Warm/Neutral)	- Deep wine- Plum- Chocolate- Burgundy- Burnt orange	- Antique gold- Oxidised- Bronze	- Royal blue- Mustard- Fuchsia- Magenta- Deep green
Deep (Cool/Neutral)	- Bold red- Oxblood- Espresso- Deep berry- Rich brown	- All metals (especially gold & oxidised)	- Cobalt blue- Golden yellow- Emerald- Fiery red- Vibrant jewel tone

According to Skin Type:

Oily - Matte or powder matte - Avoid creamy/glossy textures - Use non-reactive metals - Clean often to avoid breakouts - Choose breathable fabrics (cotton, linen) - Avoid synthetics.

Dry - Creamy, satin, or glossy lipsticks - Avoid drying matte formulas - Moisturize before wearing jewellery - Prevent flaky look - Go for soft, non-irritating fabrics (mul, silk).

Combination - Velvet matte or balmy matte - Use lip liner for balance - Use mixed metals - Moisturize dry areas - Opt for cotton blends - Choose layering-friendly outfits.

Sensitive - Fragrance-free, dermatologist-tested - Soothing ingredients - Only hypoallergenic metals - Avoid nickel or costume jewellery - Stick to ultra-soft, natural fabrics (bamboo, organic cotton).

Normal - All finishes work (matte, satin, gloss) - All metals and designs suit - Freedom to wear all fabrics and style.

CTM (twice a day)

1. **Cleanser** – Cleans the skin by effectively removing dirt, oil and leftover makeup.

Gel based	For oily skin	Cetaphil gentle skin cleanser (green).
Foam based	For all skin types	Garnier skin active micellar cleansing water
Cream based	Dry skin	The Ordinary cleansers. Cetaphil gentle skin cleanser (blue).:
Natural cleanser- Raw Milk		

2. **Toner** – Removes remaining oil, makeup leftover, open pores and neutralizes skin pH balance. Preferably homemade toner like Rose water, rice water, green tea toner.

Brand	Wishcare, Kama Ayurveda, Love Earth
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3. **Moisturizer** – Nourishes the skin, closes skin pores and adds a smooth layer to the skin by adding natural moisture back into the skin after cleansing.

Dry skin	Rich crème based	Biotique morning nectar moisturizer, Cetaphil lotion, Dot & Key repair hydrating moisturizer
Oily skin	Lightweight gel based	Ponds super light gel, Wow skin science apple cider vinegar
Combination skin	Gel for T-zone & crème for dry areas	Neutrogena hydro boost, Cetaphil cream, Ponds light moisturizer
Any skin type	Flicka silk touch moisturizer, Embryolisse lait crème, Simple light moisturizer	
Natural moisturizer	Curd (summers), milk cream (winters).	

SUNSCREEN

Myth:

- a) I only need sunscreen when it is sunny - **A BIG NO!**
- b) Sunscreen will prevent the body from absorbing vitamin D.
- c) Makeup is enough to protect the face.
- d) All sunscreen is the same.

Recommendations:

Oily skin	Cetaphil sun light gel, La Shield sunscreen gel, Earth Rhythm ultra-defence hybrid sun fluid
Dry skin	Neutrogena ultra-sheer dry touch sunblock, Re'equil ultra matte dry touch gel
Combination skin	Earth Rhythm mineral sun serum, Neutrogena ultra-sheer dry touch sunblock

EXFOLIATION:

Removes dead skin cells from the outer layer of skin which makes it dull and flaky. Helps in unclogging pores, stimulates blood circulation, better absorption of skincare products & even out skin tone. Do it only twice a week.

Best exfoliator	Coffee, coconut oil & sugar; Oatmeal & yogurt
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HOMEMADE GLOW PACK:

1) 4-5 spoons besan + 2 spoons potato juice + rose water. Leave it for 5 minutes. Take some more in your hands & massage it well. Rinse your face well with cold water. Do not forget to apply your moisturizer.

2) 2 spoons grated tomato juice + 2 spoons besan + 2 spoons curd + 1 pinch of turmeric. Leave it for 15 minutes and then massage well. Wash it off with cold water. Do not forget to apply your moisturizer.

*Face packs can be applied twice a week not more than that.

SERUMS:

1) **Niacinamide** - Benefits therapeutic, protective, and hydrating properties that tighten skin, visibly minimize enlarged pores, control oil production, fight premature signs of aging, and improve skin tone. Basically best for oily skin type.

Brands	Minimalist or the Ordinary
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2) **Hyaluronic acid** - It makes your skin flexible, hydrated & supple. Helps skin stretch and reduces skin wrinkles and fine lines. It can reduce scarring & spots. Basically best for dry skin type.

Brands	Minimalist, L'Oréal or the Ordinary
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3) **Vitamin C** - Known to reduce hyperpigmentation. Also functions as a brightening agent as it contains bleaching properties. It has properties that reduce dark spots. Do not forget to apply sunscreen after this serum.

Brands	Minimalist or Plum
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4) **Salicylic acid** -Treats acne by reducing swelling and redness and unplugging blocked skin pores to allow pimples to shrink. It treats other skin conditions by softening and loosening dry, scaly, or thickened skin so that it falls off or can be removed easily.

Brands Minimalist or the Ordinary.

- Start with a lower concentration of any of the concerned serum to avoid a reaction on the skin. Do not apply two different serums at the same time. Don't mix Niacinamide with Vitamin C. Do not apply Retinols, AHA, BHA, any other chemical peels without consulting with a Dermatologist as it has a high percentage of acids in it.
- **SKINCARE ORDER: Cleanser – Toner –Under eye cream - Serum (according to skin concern/ can be skipped as not necessarily needed) – Moisturizer – Sunscreen.**
- **ACTIVATION THEN APPLICATION OF THE PRODUCT.**

MAKEUP

Basics

I believe makeup should enhance your features not change them completely. The longevity of base makeup depends mostly upon your skin preparation. The good the skin prep the best your makeup will look and lasts.

BB CREAM VS CC CREAM:

BB cream offers light to medium coverage with a focus on hydration and SPF protection.

CC cream, on the other hand, offers higher coverage, specializes in color correction, making it ideal for targeting redness, sallowness, or uneven skin tone.

Your skin's unique concerns and your preferred makeup style should guide your decision.

Recommendation –

BB Cream	<ul style="list-style-type: none">✓ Smashbox halo healthy glow✓ Ponds instant spot coverage✓ Just Herbs natural skin tint with SPF
CC Cream	<ul style="list-style-type: none">➤ Lakme 9to5 CC mousse➤ Mamaearth hydra-glow CC serum

SKIN TINT offers sheer to light coverage, designed to even out skin tone and enhance the natural complexion

Recommendation –

Skin Tint	<ul style="list-style-type: none">✓ Huda Beauty glowish multidew✓ Elf Cosmetics halo glow filter✓ Charlotte Tilbury Hollywood flawless filter✓ Insight radiance filter✓ L'Oréal Paris infallible tinted serum
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Makeup Product Recommendations: (In Sequence)

FACE WASH / CLEANSING	<ul style="list-style-type: none"> • Provided above
TONER / FACE MIST	<ul style="list-style-type: none"> ✓ MAC Prep & Prime ✓ CS Essential ✓ TNW rose water ✓ D'alba serum
UNDER EYE CREAM	<ul style="list-style-type: none"> ❖ Aroma Magic under eye gel ❖ Indulgeo Essentials
MOISTURIZER	<ul style="list-style-type: none"> • Provided above
SUNSCREEN	<ul style="list-style-type: none"> • Provided above
FACIAL OIL	<ul style="list-style-type: none"> ✓ Indulgeo Essentials 24k gold, ✓ Love Earth 24k gold
LIQUID HIGHLIGHTER / ILLUMINATOR	<ul style="list-style-type: none"> ❖ Swiss Beauty real makeup base, ❖ MAC strobe cream, ❖ Iconic London illuminator, ❖ Elf Cosmetics halo glow, ❖ Charlotte Tilbury glowgasm, ❖ Swiss Beauty pearl illuminator
PRIMER	<p>A. Silicon based primer for Oily Skin and large pores</p> <ul style="list-style-type: none"> ✓ PAC ✓ Benefit Professional ✓ Sugar ✓ Smashbox ✓ Insight Cosmetics <p>B. Dry/normal/combo skin</p> <ul style="list-style-type: none"> ✓ L'Oréal base magique ✓ Embryolisse ✓ Recode <p>C. Combination to oily skin</p> <ul style="list-style-type: none"> ✓ Benefit Professional ✓ Recode
COLOUR CORRECTOR	<ul style="list-style-type: none"> ❖ Insight Cosmetics palette ❖ Swiss Beauty liquid concealer (09) ❖ LA. Girl pro (orange) ❖ Tarte (42S) ❖ Maybelline age rewind (ivory, medium, caramel) ❖ Huda Beauty faux filter (toasted almond) ❖ Daily Life Forever 52 HD palette or liquid concealer (005) ❖ Kryolan supracolor palette ❖ L'Oréal Paris infallible full coverage (317) ❖ Too Faced (warm sand).
CONCEALER	<ul style="list-style-type: none"> ✓ Forever 52 palettes or liquid concealer (001, biscuit, 005), ✓ Swiss Beauty liquid concealer (09, 01, 03), ✓ LA. Girl pro (warm honey, fawn, beautiful bronze),



	<p>Tarte (22N, 35N, 42S),</p> <ul style="list-style-type: none"> ✓ Maybelline age rewind (ivory, medium, caramel), Huda Beauty faux filter (marshmallow, cotton candy, toasted almond), ✓ Daily Life Forever 52 HD palette, ✓ Kryolan supracolor palette (ivory, fs22, fs27), ✓ L'Oréal Paris infallible full coverage (309, 312, 317), Too Faced (LIGHT beige, warm sand, swan).
FOUNDATION	<ul style="list-style-type: none"> ❖ LA Girl pro coverage (fair, nude beige, sand), L'Oréal Infallible 34H, ❖ Forever52 pro artist (French toast, honey, caramel), NARS natural radiant (Gobi, Punjab, Barcelona), Maybelline Fit Me, ❖ Huda Beauty {only for acne-prone/oily skin} {very heavy coverage} (panna cotta/chai, toasted coconut, ginger bread), ❖ Too Faced born this way, ❖ Charmacy Milano (02, 03, 06), ❖ Charlotte Tilbury airbrush flawless (1N, 4N, 8W), MARS zero blend, ❖ Milani conceal perfect 2 in 1 (creamy vanilla, light beige, tan).
CONTOUR	<ul style="list-style-type: none"> ✓ Insight Cosmetics palette, ✓ iMagic contour & highlight palette, ✓ Nykaa Cosmetics skingenius, ✓ Elf Cosmetics liquid contour, ✓ Nudestix tinted blur.
HIGHLIGHTING CONCEALERS	2 shades lighter concealer shades than your skintone.
COMPACT	<ul style="list-style-type: none"> ❖ MAC studio fix, ❖ Charlotte Tilbury airbrush flawless, ❖ L'Oréal Paris infallible 24H, ❖ Maybelline Fit me matte.
LOOSE POWDERS	<ul style="list-style-type: none"> ✓ Kay Beauty, ✓ Laura Mercier, ✓ iMagic, ✓ Huda Beauty, ✓ Maybelline Fit Me.
BRONZER	<ul style="list-style-type: none"> ❖ Hoola Benefit, ❖ iMagic 4 color contour & highlight
BLUSH	<ul style="list-style-type: none"> ✓ iMagic 6 color touch blush, ✓ Sheglam liquid blush ✓ NARS (orgasm), ✓ O2O (coral blush), ✓ Benefit lip & cheek tints, ✓ Nudestix blush color, ✓ Kay Beauty liquid blush.
HIGHLIGHTER	<ul style="list-style-type: none"> ❖ Smashbox Becca,

	<ul style="list-style-type: none"> ❖ Maybelline (molten gold), ❖ MAC (soft n gentle), ❖ iMagic, ❖ Swiss Beauty (04)/ brick highlighter, ❖ DIOR backstage glow face.
EYESHADOW PALLETE	<ul style="list-style-type: none"> ✓ Ucanbe pretty all set 2, ✓ Huda Beauty (rose gold and naughty), ✓ Delanci (mysterious girl), ✓ Morphe 35w, PAC spotlight, ✓ Be Perfect carnival, ✓ Forever52 34 color palette, ✓ Nykaa Cosmetics eye on me! 10 in 1
GLITTERS	<ul style="list-style-type: none"> ❖ Delanci pressed glitters, ❖ Forever52 star dust, ❖ MARS northern lights in a pan, ❖ Glowgame glitters
BRUSHES	<ul style="list-style-type: none"> ✓ Bellie, ✓ London Pride brushes, ✓ Beautilicious India, ✓ MARS travel brush
BEAUTY BLENDER	<ul style="list-style-type: none"> ❖ Real techniques, ❖ iMagic, ❖ Praush
GEL LINER	<ul style="list-style-type: none"> ✓ iMagic, ✓ Maybelline, ✓ Inglot.
BROW	<ul style="list-style-type: none"> ❖ Benefit, ❖ Lakme, ❖ Sugar.
KAJAL	<ul style="list-style-type: none"> ✓ Recode, ✓ Sugar, ✓ Forever52
LASH	<ul style="list-style-type: none"> ❖ iMagic, ❖ PAC, ❖ Mink lashes
MASCARA	<ul style="list-style-type: none"> ✓ Maybelline colossal volum express waterproof, ✓ MARS double trouble, ✓ Benefit roller lash
GLUE	<ul style="list-style-type: none"> ❖ Swiss beauty, ❖ PAC
LENSES	<ul style="list-style-type: none"> ✓ O Lense ✓ Freshlook ✓ Swati Verma
LIP PALETTE	<ul style="list-style-type: none"> ❖ Delanci,

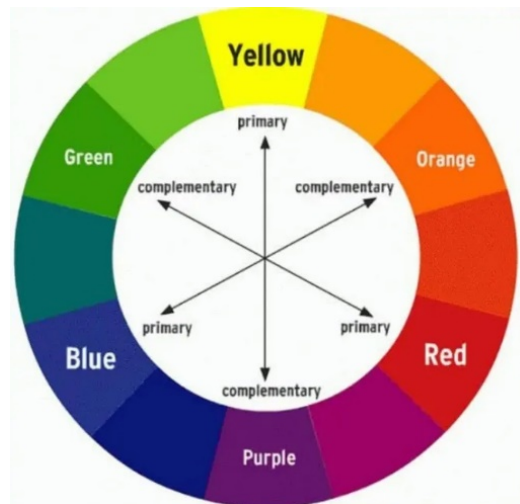
	❖ PAC ❖ Forever52
LIPSTICKS	<ul style="list-style-type: none"> ✓ Red - MAC (ruby woo), Too Faced (lady balls), Maybelline Superstay (dancer) ✓ Red Pink - Huda beauty (heartbreaker), ✓ Nude Pink - Huda Beauty (jetsetter & icon), MAC (runway hit, lady be nude), Too Faced (sell out), Maybelline Superstay (delicate), Parul Garg Beauty, MAC (burnt spice).
LIPSTICK Brand Recommendations	<ul style="list-style-type: none"> ❖ Recode {no. 23, 20,11}, ❖ Maybelline Superstay (Seductress, Versatile, Transformer, Ringleader), ❖ Kay Beauty, ❖ Milani Cosmetics, ❖ Parul Garg Beauty, ❖ Huda Beauty, ❖ MAC liquid lipsticks, ❖ Love Earth liquid mousse, ❖ Elf Cosmetics, Forever52, ❖ Swiss Beauty, Insight Cosmetics liquid.
LIP GLOSS	<ul style="list-style-type: none"> ✓ Maybelline lifter, ✓ Swiss Beauty plump up wet, ✓ Kay Beauty fulfill tinted, ✓ MARS candylicious, ✓ Elf glow reviver
LIP LINERS	<ul style="list-style-type: none"> ❖ Nykaa [pillow fight for nude & pinks] [lover boy for reds & dark shades], ❖ Swiss Beauty pack ❖ MAC ❖ Huda Beauty
SETTING SPRAY	<ul style="list-style-type: none"> ✓ MAC, ✓ Charlotte Tilbury
DEWY SPRAY	<ul style="list-style-type: none"> ❖ Iconic London, ❖ Fashion color, ❖ D'alba spray
FIXING SPRAY	<ul style="list-style-type: none"> ✓ PAC micro finish, ✓ L'Oréal Paris infallible 3 sec, ✓ Urban Decay all-nighter, ✓ One Size, ✓ Kryolan

NO MAKEUP-MAKEUP LOOK

Skip full coverage foundation. Base can be done using same shade concealer only. Skip compact to set, use loose powder instead. Less product is the key! Apply lesser coat of mascara. Same shade on eyes, cheeks and lips.

MAKEUP COURSES:

- Join in my 1-Day NO MAKEUP-MAKEUP LOOK class for just 499/- to learn all the tricks and tips. You will get a list of product recommendations at the end of the session.
- 2-Days Online Self Makeup Course.
- 2-Days Offline Self Makeup Course.
- 7-Days Professional Makeup Course.



KEEP PRACTICING KEEP LEARNING!



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