Healthy Beauty | MAKEUP



Don't sweat it! Here's how to keep your makeup in place as the heat wave hits.

Control mid-day shine with **blotting sheets**, which can soak up oil without adding an extra layer to your face. Pat, don't wipe!

Swap out your powder blush with a *cream blush* or cheek stain. These gellike formulas sink deeper into the skin, and can give you a natural glow while eliminating any chance of clumping.

For long-lasting lip color, start with a waterproof lip pencil and then reapply lip balm as needed. Or, for a one-step alternative, go for a *tinted lip balm*.

In summer, know that *less is more*, especially when it comes to foundation. You don't have to go bare-faced, but consider switching out your normal liquid or compact for a mineral foundation or a sheer tinted moisturizer. Then set the foundation with translucent power.

For stay-put eye color, another great option is to go for a creamy, eye shadow/liner combo like this one from Trish McEvoy. To apply, simply rub the stick across your eyelids and gently blend in with your fingertip. It comes in six colors and is water-resistant.



Avoid raccoon eyes by going for a water-resistant mascara. This will be less harsh on your lashes than the traditional waterproof mascara.

When the

proof cream

shadow. Why?

Sweat + powder =major meltdown. Look for products with silicone, which can lock moisture in place.

weather gets warm, ditch your powder eye shadow for a *water*-

Apply a pea-sized amount of lightweight, oil-free makeup primer before you use any foundation. This will help provide an even base for your makeup to adhere to.

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