

q & a

Beauty Fix

This column provides answers to any of your queries on beauty, skin and body care. Send your questions to us at Faithlink@faithmc.org.sg. Questions should be concise and kept within 40 words. Hear out the views and initial assessments by our columnist, but remember to seek further professional advice if necessary! Ultimately, God looks at the beauty of our hearts, not just external beauty!

Should our makeup be in line with our outfit or the function we are going to attend?

The makeup one wears not only makes one look prettier, it also gives an impression of one's character and mood. In Singapore, most of the companies do not insist that their female staff put on makeup in their workplace, but where jobs require meeting with clients they have to look neat and professional, and makeup serves this purpose.

We usually wear relatively light makeup during the day time to have our complexion look smooth and to give the cheeks a healthy, rosy colour. Putting on suitable eye shadow with eyeliner brightens up one's eyes. On the other hand, wearing heavy makeup during the day time makes one look more mature. The makeup may even appear cakey after trapping in the sebum (oil) secreted by the skin (for ladies with oily skin), or it makes wrinkles and lines appear to be more obvious (for ladies with dry skin).

For dinner functions, you may need to apply a heavier makeup; this includes cream foundation, liquid foundation, loose powder, blusher, eye makeup, mascara, lipstick, etc. With foundation, the makeup can last longer (if you can prevent your hands from touching your face). Together with the magic of the ballroom lights (which are dim and usually yellowish-based), it blends the colours of the makeup and hides imperfections even though the makeup may start to melt.

We should always wear a suitable outfit for the different functions we are attending. It would look awkward to wear a gown to the wet market in the morning to get groceries. Likewise, it is impolite to wear shorts when meeting an important client during working hours.

Therefore, after putting on an appropriate outfit, ponder for a while before applying makeup. Take a look at yourself in the mirror, the colour(s) and style of your outfit (whether it is a simple and casual dress, a business-looking suit and skirt, a colourful party dress for non-formal garden party or a grand-looking evening gown), and the type of accessories you wear. One's choice of outfit and accessories shows her character, and the way makeup is applied on the face enhances it; you may want to look sweet and pleasant (with simple pink-based or pearl-based colours), or professional and serious (with cool-based colours like blue or purple), or just fun and gorgeous (with smoky eyes, warm colours and glitter).

Last but not least, using the right colours can definitely help to brighten our mood on a moody day.

I noticed that more wrinkles appear when I lack sufficient sleep. Why is this so?

Insufficient sleep not only creates more wrinkles, but it also gives your skin a dull colour tone. Some people feel that their pigmentation spots darken when they do not have sufficient sleep.

At night, our body cells and organs regenerate and renew themselves. If a person is deprived of good sleep, it will affect the cell renewal activity. When our body cells are in a poor condition, they affect the elasticity and radiance of our skin, resulting in it looking dull and dehydrated, and wrinkles becoming more obvious.

Which is better, using loofah (hard but natural) to scrub my face or a chemical scrub?

Our facial skin is very delicate, so you should always be gentle when cleansing it. For normal to oily skin, it is good to have a face scrubbing session one to two times every week, depending on the type of the scrub you use. As for sensitive skin, it is not advisable to use any facial scrub or only use it with cleansing milk.

Loofah in general has a very rough texture and can easily cause scratches to the skin. It should be used on the body during bathing instead of on the face.

As for chemical scrub, it depends on the composition of the product as well as the shape and sharpness of the scrub. Some scrub particles are triangular in shape while others are round. Round ones are usually suitable for all skin types while triangular ones should be used on mature, healthy skin only. This is because the triangular ones are sharper and therefore more stimulating.



Another factor you may like to consider is the size of the scrub particles. The small and soft ones are better for facial skin as compared to the big and rough ones. As for ingredients, most scrub particles are made of synthetic materials, but the cream/lotion portion should originate from natural sources such as extracts from fruits and plants as they are gentler; while clay or mud scrubs should be used on impure and oily skin only as they are too dry for normal to sensitive skin.



By SHIRLEY MOK

Shirley has been working in the beauty care industry since 1994. She received Christ at age 18 in Hong Kong, and her family (husband and two kids) are members of Heritage PCM. Her desire is to lead a balanced and abundant life. In her work, she is amazed at how skin reacts and heals, affirming that God is indeed a most wonderful Creator.