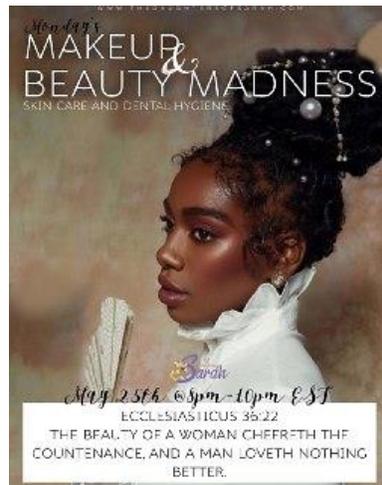




Topic: Makeup & Beauty Madness:
Skin Care & Dental Hygiene
Hostess: Shamarah
Event: Titus 2 Mondays
Date: May 25, 2020



Mother Shamarah

Perception: Women who wear makeup has bad skin

Book: Face Paint: A History of Makeup

Makeup for Black/Brown women started 20-25 years ago

2 Kings 9:30 (KJV) And when Jehu was come to Jezreel, Jezebel heard of it, and she painted her face, and tired her head, and looked out at a window.

1 Samuel 16:17 (KJV) But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for *the LORD seeth* not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart.

Cosmetics = Cosmo = Worldly

- Remember: There is a fine line of not looking worldly (Haughty or Prostitute)
- The Egyptians were known to where a lot of makeup
- The Edomites Painted their faces excessively

1 Peter 3:3-4 (KJV)

Vs 3 Whose adorning let it not be that outward *adorning* of plaiting the hair, and of wearing of gold, or of putting on of apparel;

Vs 4 But *let it be* the hidden man of the heart, in that which is not corruptible, *even the ornament* of a meek and quiet spirit, which is in the sight of God of great price.

Sirach 36:22 (KJV) The beauty of a woman cheereth the countenance, and a man loveth nothing better.

- You can wear a little makeup and still look very natural

Psalms 39:5-6 (KJV)

Vs 5 Behold, thou hast made my days as an handbreadth; and mine age *is* as nothing before thee: verily every man at his best state *is* altogether vanity. Selah.

Vs 6 Surely every man walketh in a vain shew: surely they are disquieted in vain: he heapeth up *riches*, and knoweth not who shall gather them.

- This is temporary so take care to put your best face forward spiritually, and physically
- This will help with self-esteem and confidence

Proverbs 31:30-31 (KJV)

Vs 30 Favour *is* deceitful, and beauty *is* vain: *but* a woman *that* feareth the LORD, she shall be praised.

Vs 31 Give her of the fruit of her hands; and let her own works praise her in the gates.

Sister Yoella

Topic: How to Have Healthy Skin from Within

Fact: Skin is the largest organ in our bodies

Gut/Digestion:

- Research Leaky Gut
- Absorbs food/nutrients
- 60%-80% of your body's immune cells are in your gut
- Increased mucus in the body causes skin to become inflamed
- Constipation causes chemicals to be reabsorbed into the body

Eat:

- Colorful vegetables
- Leafy greens
- Starches

Stay Away From:

- Highly processed foods
- Chips
- Sugary foods

Eat:

- Fermented foods (Sauerkraut, Kombucha)

Learn How to Re-organize Your Life:

Ex: If you are homeschooling...

- Do activities outside first, as this helps with relaxation

Bad skin can be a result of:

- Food choices
- Stress

Fact: Liver is the primary organ for detoxifying the body

Ways to show your liver some love:

- Drink lots of water with lemon
- Dandelion helps to support liver function
- Detox bi-annually
- Constipation affects your mind and stress causes your skin to breakout
- Mineral baths a good for liver detox

Hormones:

- Apply the Fruits of the Spirit
- Excess adrenaline and cortisol
- Excess of these hormones can lead to premature aging
- Collagen is especially important
- Estrogen stimulates normal oil/collagen production
- You must have a nice balance of oily and dry skin
- Stay away from highly processed foods
- Eat more avocados
- Get more Vitamin D (take off your headwrap and get some sun)



Heart/Mind:

- Thoughts and feelings put strain on your skin
- Crumble “it” up and throw “it” away
- Learn to manage your stress
- Utilize your counselor of 1000
- If you are dealing with depression, anxiety, stress, or doubt...cast all your fears on the Lord.
- Get 7-9 hours of quality sleep (DO NOT sleep with your phone!)

Exercise:

- Make time for exercise (Get moving, get a personal trainer, your system circulating)
- Nourishes your skins cells and keep them vital (alive)
- Helps your body thrive

Mother Shamarah

Good skin care is a reflection of you...

Re-evaluate:

- If you cannot leave the house without makeup
- Your gut health
- Stress level
- Liver health

Sis Yocheved

Basic Dental Hygiene

Genesis 49:12 (KJV) His eyes shall be red with wine, and his teeth white with milk.

- Floss (get the gunk out from in between your teeth and gums)

Numbers 11:33 KJV And while the flesh was yet between their teeth...

- Flossing helps get rid of bad breath, so make sure your flossing between your molars as well



- Brush twice a day.
- Brush properly in gentle circular motions
- Brush your tongue every time you brush your teeth
- Choose a good toothpaste (I personally stay away from fluoride; you can use activated charcoal toothpaste) i.e....neem toothpaste, coconut oil base toothpaste, clove toothpaste, baking soda and peroxide, clay toothpaste etc....

Question: Why don't I use fluoride?

- If you consume too much, your teeth will begin to discolor and decay, not to mention that fluoride helps the brain absorb aluminum, a substance that has been found in most of the brains of Alzheimer's patients.
- Other studies have associated fluoride with hip fractures as well as musculoskeletal and nervous system damage, which leads to limited joint mobility, ligament calcification, muscular degeneration, and neurological deficits.
- Fluoride has been linked to 10,000 cancer deaths annually. Dentist opt for fluoride because they say it kills bacteria but coconut oil and activated charcoal and neem and cloves do the same thing.

Additional Tips

- You can floss before brushing. Most people prefer to floss after brushing
- Flossing can get rid of bad breath
- Mouthwash/oil pulling with coconut oil/peroxide
- Oil pulling with coconut oil reverses cavities and bad breath
- Choose the right equipment (soft bristled toothbrush, flossers)
- Keep your equipment clean (Soak your toothbrush overnight in peroxide or mouthwash, or use a protective covering)
- Know when to replace your toothbrush. I replace ours every 2 months.
- See your Dentist once every 6 months.
- Oral healthcare is especially important as it affects your face, mouth and skin

SKINCARE: BASIC A.M. AND P.M. ROUTINE

SKIN TYPES

1. Oily Skin
2. Dry Skin
3. Normal Skin
4. Combination Skin (Oily and dry areas of the face)



Ingredients for SPF

Zinc Oxide

Titanium Dioxide

Avoid:

- Oxybenzone
- Butylparaben
- Octocrylene
- 4MBC

STEP ONE: CLEANSING

Cleansing is one of the most important steps for taking care of your skin. Dermatologist recommends cleansing your skin every day and night.

Throughout the day your skin goes through a lot of stuff, between sun exposure, air pollution, over productive oil glands, and bacteria from your fingertips.

Cleansing is necessary because it removes all of the junk from the surface of your skin, by removing all the dirt and pollution from your pores, your skin can then focus on replenishing the necessary vitamins to ensure that your skin is healthy, young and hydrated. When purchasing a cleanser focus on the ingredients to look for and avoid for your skin type.

Tips

- Before you cleanse your skin for the day, if you have 10x magnifying mirror, look at your skin to see if you have any black heads or white heads that need to be extracted
- If so, start with a steamer for 5 to 10 mins and use water that is above 60 degrees but not scolding hot! This will get your pores to relax and loosen up and makes it easier to remove blackheads.
- If you have no extractions that need to be done only use a water temperature of 60 degrees, this will keep your pores slightly tight.
- If removing make-up, please do a double cleanse system to ensure all the make-up has ben removed. Use 60-degree water.

My Top 5 Favorite Cleansers

1. Allies of Skin Molecular Silk Amino Hydrating Cleanser
2. Youth To The People Kale Superfood Cleanser - Daily Gentle Face Wash with Spinach + Green Tea, Vegan Gel Cleanser
3. HoliFrog Shasta AHA Refining Acid Wash



4. Lucrece thyme and apricot cleanser
5. Rose Kombucha Flower Powered Face Wash | Pacifica by Pacifica
6. Cera Ve has an excellent cleanser to get rid of blackheads, Cera Ve Salicylic Acid Face Wash is great and affordable.

STEP TWO: EXFOLIATION

Exfoliation is a method of removing the dead skin cells from the surface of the skin in order to promote skin turnover and radiance. By removing our dead skin cells our body is pushed to create new healthy skin cells, thereby preventing dry skin, pre mature aging, and dullness.

There are two main ways exfoliation can be done:

1. Physical Exfoliation - a scrub brush (like Clarisonic, microbeads in facial washes, salt scrubs etc....)
2. Chemical Exfoliation - chemical ingredients like salicylic acid, lactic, or glycolic acids that promote skin overturn within the body.

I prefer chemical exfoliation, because it is proven to be much gentler on the skin and penetrates the skin even deeper than physical exfoliants.

Look for these ingredients in your exfoliant:

- Salicylic Acid (BHA)
- Sodium Hyaluronate
- Hyaluronic Acid (hydrator)
- Glycolic Acid (AHA)

AHAs (alpha hydroxy acids, e.g. glycolic and lactic acids) and BHA (beta hydroxy/salicylic acid)

Additionally, AHA and BHA both:

- Diminish the look of lines and wrinkles
- Make skin look and feel firmer
- Hydrate skin
- Improve the look of dull, uneven skin tone
- Smooth rough, bumpy texture

It is important to make sure your skin care routine only features 2-3 products that contain these acids. You do not have to use a chemical exfoliant every day!!! I do twice a week.



MY TOP EXFOLIANTS

1. Paula's Choice Skin Perfecting 2% BHA Liquid
2. The Ordinary AHA 30% + BHA 2% Peeling Solution
3. The Ordinary 100% L-Ascorbic Acid Powder (If you want a gentle scrub)

Typically, after exfoliation some people go in with a toner some people tone before exfoliation, (whatever your skin needs go with it) I do not use a toner.

Let's take a look at what a toner is and why you would need a toner. Adding a toner is a great way to take your skin care routine to the next level. While in the past they've been known for sucking moisture out of skin with drying alcohol. The truth is a good toner is loaded with antioxidants, skin-restoring, and replenishing ingredients that nourish skin.

What is Toner?

Toners are state-of-the-art liquid moisturizers that actually enhance skin's surface, giving it what it needs to look fresher, smoother, and hydrated. For combination or oily skin, toners can reduce enlarged pores and excess oil. For normal, dry, or sensitive skin types, toners can lessen redness and flaking.

What is a Toner Used For?

- To provide essential Ingredients
- Hydrate and replenish the skin
- Provide additional cleansing
- How to Choose a Toner

1. SKIN TYPE

If you have dry skin, choose one with a host of hydrating ingredients, and if you have oilier skin, it's best to seek out those formulas that provide benefits in a lightweight formula.

2. GOOD INGREDIENTS

- Antioxidants
- Soothing ingredients
- Skin-replenishing ingredients
- Hyaluronic acid
- Ceramides
- Glycerin
- Panthenol
- Sea whip
- Willow herb
- Antioxidants
- Soothing ingredients
- Skin-replenishing ingredients
- Hyaluronic acid



- Ceramides
- Glycerin
- Panthenol
- Sea whip
- willow herb

3. INGREDIENTS TO AVOID

- SD or denatured alcohol
- Menthol
- Fragrance
- Sensitizing essential oils

These ingredients deplete the skin and work against the beneficial substances that keep skin healthy.

I do not tone but rather use an essence followed by a hydrator for my replenishing and hydrating needs but that's another topic. After toning and exfoliating this is where you will treat your problem areas. For me, I currently use a Vitamin C serum during the day only on the days that I DO NOT EXFOLIATE, and at night I use Retinol Serum only on the nights I DO NOT EXFOLIATE!!!!

Please note, do not mix AHA's and BHA's with vitamin C or Retinol!!!! I only exfoliate twice a week, so on Tuesday and Thursday I exfoliate and on Monday, Wednesday and Friday I exclude exfoliation and instead do my treatments of Vitamin C for day and Retinol at night.

STEP THREE: MOISTURIZING

A moisturizer is a facial cream packed with powerful ingredients to help renew the skin. Moisturizing is also an important step in skincare. A lack of moisture in the skin can cause dryness, rapid aging, dullness, dead skin cell build-up, ect.

My top Favorites

1. Drunk Elephant Protini Polypeptide Moisturizer
2. Cera Ve Daily Moisturizing Lotion (This one has hyaluronic acid in it)

STEP FOUR: SUN PROTECTION

Because we are brown, we think that the sun will not hurt our skin? Well think again! The sun puts off 2 rays. UVA and UVB.

UVA rays affect us all and causes DNA damage, it passes the skins surface and goes into the epidermis and dermis which causes dark patches, wrinkles, loose skin and pre-



mature aging. UVB rays does not affect brown people because of our melanin but Esau gets sunburns from UVB rays.

Applying an SPF 30 or higher every day is most effective.

MY TOP FAVES

1. LUCRECE TINTED CLEAR ZINC SOLAR PROTECTION SPF 30
2. CERA VE SPF 30 SUNCREEN

Skin Care Ingredients you should never mix

VITAMIN C + AHAS/BHAS

Vitamin C is effectively an acid, so layering it with AHAs and BHAs like glycolic, salicylic, and lactic acids is a big no-no. It's also really unstable so any acids you layer it with will de-stabilize the pH balance and render it completely useless before it even has chance to work its magic.

RETINOL + AHAS/BHAS

Retinol doesn't exfoliate like AHAs and BHAs do, but it is a peeling agent so it does stimulate cell turnover to get rid of old and damaged skin cells. Mixing it with acids can cause dryness and irritation and damage the skin's moisture barrier. Cry face.

RETINOL + VITAMIN C

Using retinol and Vitamin C together is yet another recipe for irritation, peeling, and redness. Together they'll also increase skin's sensitivity to the sun, meaning you're at a much higher risk of burning and UV damage. Best practice is to use retinol at night and vitamin C by day.

OIL-BASED + WATER-BASED

It's basic high school-level science: oil and water don't mix. In fact, oil actually repels water, so when it comes to your skincare, using an oil-based product will leave a film on your skin which prevents water-based formulas from absorbing.

GLYCOLIC ACID + SALICYLIC ACID

Both ingredients work by removing dead skin cells from the outer layer of your skin, but more is not always better! Both are great ingredients used separately, but mixing the two will cause a major reaction and strip your skin. One word: ouch.

NIACINAMIDE + VITAMIN C

Used separately, both ingredients are great for treating blemish-prone and scarred skin, but combining them is a recipe for disaster. Niacinamide cancels out all of the good properties of vitamin C and turns it into a substance that causes redness and can trigger acne breakouts.

Tips:

Be gentle with your skin. Go in an upward direction when applying products.

Use your ring finger under your eyes or a under eye wand, the skin there is super thin and sensitive.

Lip scrub to remove dead skin



Lip Mask with Coconut Oil



Ingredients for Oily Skin

Look For:

- Salicylic Acid (BHA)
- Niacinamide
- Hyaluronic Acid
- Sodium Hyaluronate
- L-ascorbic Acid (Vitamin C)
- Benzoyl Peroxide
- Glycolic Acid (AHA)
- Dimethicone
- Retinol
- Clay

Avoid:

- SD Alcohol



- Tocopheryl Acetate
- Sodium C14-16 Olefin Sulfate
- Sodium Lauryl Sulfate
- Denatured Alcohol
- Witch Hazel mixed with Alcohol
- Fragrance

Ingredients for Dry Skin

Look For:

- Polysorbate 85
- Cocamidopropyl Betaine
- Cetearyl Alcohol
- Sodium Hyaluronate
- Propylene Glycol
- Butylene Glycol
- Urea
- Shea Butter
- Stearic Acid
- Glycerin

Avoid:

- SD Alcohol
- Isopropyl Alcohol
- Sodium Laureth Sulfate
- Sodium Lauryl Sulfate
- Denatured Alcohol
- Witch Hazel mixed with Alcohol
- Menthol
- Fragrance

Ingredients for Normal Skin

Look For:

- Glycolic Acid
- Sodium Hyaluronate
- Dimethicone
- Panthenol
- Retinol
- Hyaluronic Acid

Avoid:

- SD Alcohol
- Isopropyl Alcohol



- Sodium Laureth Sulfate
- Sodium Lauryl Sulfate
- Sodium Chloride
- Denatured Alcohol
- Witch Hazel mixed with Alcohol
- Menthol
- Fragrance

Ingredients for SPF

Look For:

- Zinc Oxide
- Titanium Dioxide

Avoid:

- Oxybenzone
- Butylparaben
- Octocrylene
- 4MBC

Ma Shamarah

Establish a good skin care routine
Find what works best for you

Young DOS Influencers

Video: "Don't Rush Challenge- Beauty Team

https://www.youtube.com/watch?v=eAlwiy4jT0c&feature=emb_title

Sis Ariella – New York

Brush Types:

Real Techniques

NYX

BH Cosmetics

Sonia Kashuk

Morphe

Types of Brushes Needed in your Personal Kit:

Powder Brush – To set foundation

Buffer Brush – Beauty sponge or blender

Counter Brush – Can use as a blush brush

Blending Brush

Multi-purpose – Use for concealer or applying powder under eye

Undertones:

Blue = Cool Undertones

Green = Warm

Blue/Green = Neutral

Q. How to choose the best make up for uneven skin tone?

A. Find something closest to skin tone for foundation and use concealer for highlight

Q. What to do if you are allergic to SPF

A. See your Dermatologist to find out what you're allergic to.

***Sephora has Vegan options for SPF

Ma Shamarah

Eyebrows

Overplucking changes your face

Do Not overpluck

Make sure to take care of your eyebrows

Sis Se'Lah

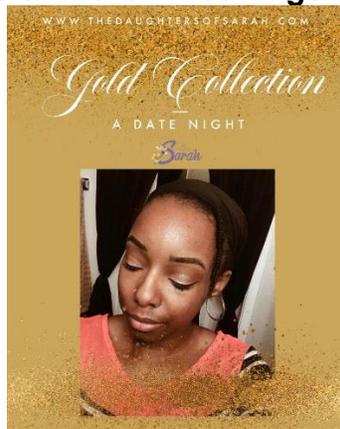
Get the *Natural* look!



Creating a Natural/Glow Look:

- Clean Skin and Hands
- Apply Moisturizer
- Apply Primer
- Apply Concealer with Eye Shadow Brush (as needed)

Sis Ariella – Los Angeles



Creating a Date Night/Natural Look:

- Cocoa Brown Eyeshadow
- Pack it and blend it out to avoid a harsh straight line
- Apply concealer on eyelid to cut crease
- Apply nude pink
- Apply soft shimmer eyeshadow
- Apply from light to dark shades
- Add Shimmer
- Apply Eyeliner/Mascara

Website: <https://www.boxycharm.com/>

Sister Talia – New York

Everyday
LIPS W/ LINER
Visit Our website



Creating Everyday Lips w/ Liner (Red Color):

Apply Lip Primer to hydrate lips
Apply Cherry Lip Liner for nice shape and clean finish

For Ombre Effect

Use a different color
Add a darker Lip Liner to tone down the red

Red to Nude Lip

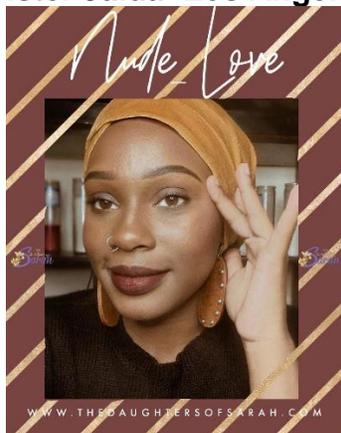
Wipe off red but leave residue around lips
Apply your face powder to lip with brush to remove red color
Apply primer to keep lipstick in place
Apply Chestnut color
Add shine

Top Lip Liners

Strip Down Neutral
Plum Lip Liner
Chestnut
Neutral Brown
Currant
Chery Lip Liner

Tip: Purchase NYX if unable to get MAC

Sister Jaida- Los Angeles

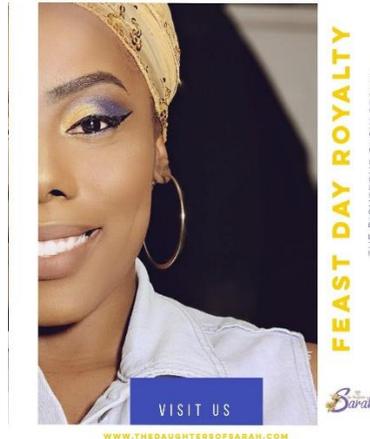


Creating a Dramatic Look (Date Night/Feast Day):

Pallet – Juvia's Place
Use fluffy blending brush to blend shadow on lid
Use smudging brush closer to the lash line so that it will lighten as you blend out
Use smaller tapered brushes to blend upward
Add more of the dark shade and continue to sweep and blend up

Smudge brush under eye for smoky look
Use a cleaner brush to clean harsh lines
Apply mascara to finish your look

Sister Natania- Sacramento



Creating a “Feast Day” Look:

Brushes – Morphe, Jacqueline Hill Cosmetics

Pallet – Karity

Primer – Fenty

James Charles Mini Palette

Cut crease stencil

Foundation – Fenty

Eyeliner - Urban Decay

Setting Powder – Juvia’s Place

Remember...Be patient when blending

Q. How do you know what colors in your palette blend well?

A. Know your undertones or match to your outfit

Tips:

1. Use a Q-Tip and Coconut oil to clean up crease and blend to avoid removing make up and starting all over.

2. Always prime lips/skin prior to using any make up

3. Apply a setting spray to minimize sweating

Ahavah-Shachor



Creating a Contouring and Highlighting Look:

Powder Contour

Glittery Highlights

Highlighting brings light back to your face

For Darker Skin

Use reverse highlighting

Must know your own face

Use a beauty blender to soften look

Blending is the most important part of contouring/highlighting

Removing make up

Use coconut oil or EVOO

Double cleanse

Use a toner

Q: What color Concealer? How to pick?

A: Shalom sis the shade of concealer was 12 by Juvia's Place. The best way to pick the right shade is to first know your foundation shade. I like to match my foundation to my chest. After you know your shade then go one to two shades lighter than your foundation.

Q: Sis should you use a powder highlighter on top of a powder foundation, and a liquid highlighter with liquid foundation?

A: Shalom sis if you are using a powder foundation your first step after preparing the skin should be to use your liquid concealer to highlight the desired areas (blend for your life! Lol). Then apply your powder foundation on top. As for liquid foundation you have



the option to apply your concealer before or after.

Q: Is that a concealer on her face?

A: Shalom sis yes, I first applied foundation and brows then concealer.

Q: What if you start sweating before you finish

A: Shalom sis before you apply the foundation prep the skin by

1. Cleansing toning and moisturizing (allow the moisturizer time to soak into your skin)
2. Apply a facial makeup primer

This next step is best for individuals that produce more oil and or sweat more than they would like. Or just do not want their makeup to move till Jesus comes! If you do experience excessive dryness to your skin, I would not advise this next step.

3. Take your setting powder and use a damp makeup sponge and set your primer. Dust off the excess powder and proceed to apply foundation.

Q: How do you pick a shade to conceal blemishes?

A: Shalom sis I find that I like to use a color correcting concealer. There are different shades for different skin tones. If you are dark to medium toned, I would use orange and if you are medium to light, I would use a peach shade. If you are covering up redness, I would use a green shade. Once you have found the right shade for you apply a small amount to the discolored area and bleeennnd out harsh lines then apply foundation on top.

Q: Does the sponge have to be damp to set the powder?

A: Shalom sis I have tried it both dry and damp and I would recommend a damp sponge to apply setting powder.

Q: Sis what was the black bottle called again?

A: Shalom sis I was using a setting powder that had a black top it was called Sacha Buttercup Setting Powder. It will last you forever!

Q: I LOVE THOSE EARRINGS SIS

A: Shalom sis thank you! I got them from Worketh Willingly you can find her on Instagram.

Q: What are you using for your nose?

A: Shalom sis I used Maybelline fit me pressed powder they have multiple shades.

Q: Do you have a YouTube channel?

A: Shalom sis I am in the process of creating one. You can find me on Instagram @ahavahshachor.

Q: How long does this take you on average?

A: Shalom sis the makeup that I did in the class I can do in about 20 to 30 minutes this all depends on how into my brows I am that day.