



# Back to basics

Selecting the right foundation isn't just about choosing the right colour. The latest formulas available are tailored to suit your needs and lifestyle



**Best for days off**

**Garnier BB Oil Free Cream Miracle Skin Perfector Oil Free, R89.99, Clicks,** contains a 24-hour moisturising formula. The derivative of Vitamin C boosts luminosity, thanks to its antioxidant properties. Its lightweight and comfortable texture blends perfectly into the skin. And its SPF 15 filter helps protect your skin from the harmful effects of the sun.

**Application tip** Squeeze a pea-sized amount of product onto your fingertips and dab on to problem areas. Still using your fingertips, blend the product into your skin using circular motions. If you feel that you need more coverage, apply more product to the rest of your face and blend evenly.

**What it can do for you** Thanks to the role played by perlite, known for its extraordinary absorption skills, this BB cream combats the effects of humidity, while allowing the skin to breathe. Skin is perfectly matte, with a bright and even-toned complexion.

**W**hether you're exposed to a blasting aircon at the office, spend a lot of time outdoors, or have had one too many late night celebrations, every day we put strain on our skin.

Foundation is key to creating an even tone and flawless finish. We all have different skin types and tones and there's plenty of foundation available, whatever your needs. So whether you want invisible, weightless or lasting coverage, there's a foundation to suit you.

The important thing to remember when buying a foundation is light - daylight is the best light to test a foundation, and the best place to test the colour is on your jaw bone. Blend the foundation to check that it's the same colour as your neck. And ask for a sample colour before you buy the whole bottle.

Dr Maureen Allem, founder of the Renewal Institute and the Oasis Spas, explains how the condition of your skin has a direct impact on your confidence. 'We can clearly see how having a flawed skin negatively impacts a person's confidence, whether it's acne, pigmentation, or the signs of ageing. Our skin is the only 'garment' we wear every day. So it makes sense that if your skin looks good, you'll feel good.'

Make-up artist Lynn Hoff agrees. 'I've worked with so many women and changed their entire outlook on make-up, just by showing how an even skin tone can change their complexion. Our faces are our first impression. If a person feels comfortable and looks good, their confidence is immediately boosted.'

**Best for breakouts**

**Nimue ColourScience Treatment Foundation, R387, Red Square,** offers light to medium coverage in a thin film, perfect for all-day wear.

**Application tip** Apply over your prescribed daily moisturiser and SPF. Use a latex application sponge for easy application, and apply a second layer if you need extra coverage.

**What it can do for you** Its light-diffusing effect softens lines and imperfections while antioxidants help to brighten skin tone. It's also paraben and fragrance free.

**Best for fine lines and wrinkles**

**Clarins Extra-Firming Foundation SPF 15, R395,** offers an instantly smooth beautiful finish. Wrinkles and fine lines are minimised, leaving you looking radiant. Perfectly smoothed and even, the complexion has a fresh, youthful look, even close up.

**Application tip** Using a slightly damp foundation brush or your fingertips, gently blend towards the neck, hairline and ears, in out and up sweeping motions. Always horizontally across your forehead.

**What it can do for you** The light-optimising complex minimises the appearance of wrinkles and fine lines, while making your skin look radiant.

**Best for pigmentation**

**Ponds Flawless Radiance BB Cream, R89.99, Clicks and Dis-Chem,** is a light, non-oily, multi-benefit cream. The GenActiv™ COVER formula evens skin tone and reduces dark marks.

**Application tip** Simply apply to your face as you would your moisturiser!

**What it can do for you** Experience instant natural coverage with a light, non-oily texture that helps to reduce dark marks and evens skin tone. It also protects your skin from UVA and UVB rays (SPF 30+ +).

**Best for large pores**

**Elizabeth Arden Flawless Finish Perfectly Nude Makeup SPF15, R345,** diminishes the appearance of pores, discolouration and imperfections.

**Application tip** Apply a small amount of foundation to the back of your hand. Using a foundation brush or your fingertips, sweep the foundation onto your skin starting at the centre of your face, working your way outwards.

**What it can do for you** The product is infused with complexion perfecting ingredients that work to smooth out the look of your skin's surface.

# Q&A WITH DR MAUREEN ALLEM

**Q** Should I give my skin a chance to breathe and skip wearing foundation on weekends?

**A** Although your skin doesn't breathe in the sense of inhaling and exhaling, it still needs to perform its metabolic functions. It does require a certain amount of exposure to the air. When the skin is covered in a foundation that tends to clog it and prevent it from performing these functions, we refer to it as the skin being 'unable to breathe'. There are some wonderful products available that don't contain comedogenic ingredients, and instead have ingredients that are anti-inflammatory, calming, soothing, protecting, anti-ageing and with an SPF. My personal favourite range is the Lycogel Breathable Camouflage make-up, which you can wear every day. Although a bit pricey, it's a treatment foundation your skin will certainly benefit from, as the ingredients don't have to be completely removed when cleansing, as they don't risk congesting or sensitising the skin in any way.

**Lycogel Breathable Camouflage SPF 30, R935, Skinrenewal.co.za**



## What to consider before buying...

If you wear make-up every day, you must be picky about your choice of foundation. There are some important things you need to look out for when choosing the best one for you, especially if you're prone to breakouts. You want to be sure that your foundation isn't loaded with comedogenic (blockage causing) ingredients.

Ingredients are given a comedogenic rating from 1 to 5. Those that score a 5 should generally be avoided. High scoring comedogenic ingredients typically include...

### Comedogenic score of 5

Isopropyl isostearate  
Isopropyl myristate  
Myristyl myristate  
Laureth-4  
Oleth-3

### Comedogenic score of 4

Coconut butter  
Acetylated lanolin  
Acetylated lanolin alcohol  
Lauric acid  
Isopropyl palmitate  
Isotearyl isostearate  
Myristyl lactate  
Stearyl heptanoate  
Cetearyl alcohol + cetareth 20  
Cocoa butter

## Your new best friend... Concealer!

For instant gratification, reach for concealer. Lynn advises that your concealer should match your foundation as closely as possible. 'Remember, when concealing, the more you cover, the worse it looks, so be very careful how much concealer you use. It's important to find a good balance when applying your concealer and foundation. The trick lies in drawing attention away from the 'nasties' and rather enhancing your good features.'

**Large pores** Clinique's Pore Refining Solutions Instant Perfector, R230, Red Square, helps your skin look smooth and flawless with pores that appear more than 50 percent smaller. Available in two skin tone shades and Invisible Bright.

**Crow's feet** Elizabeth Arden's Flawless Finish Correcting and Highlighting Perfector, R245, leading retailers, is an instant pick-me-up that erases signs of fatigue and restores skin to a radiant and rested glow.

**Pigmentation** Catrice Camouflage Cream, R39.95, Dis-Chem, reliably covers irregularities of the skin, pigmentation stains and red veins. It offers a high coverage and can be kept in place with powder for a waterproof effect.

**Pimples** Revlon Colorstay Blemish Concealer, R145, Clicks, helps heal and conceal blemishes. Coverage lasts up to 16 hours without rubbing off, blends smoothly, and sets in 60 seconds. **VI**



FEATURE: LAUREN FISCHER. PHOTOS: ELMARIE KNAPTON. SHUTTERSTOCK AND SUPPLIED. FOR MORE INFO VISIT SKINRENEWAL.CO.ZA. PRODUCTS AND PRICES WERE CHECKED AT TIME OF GOING TO PRINT. \* SEE PAGE 127