

Model Make-up and Body Care

Body Preparation for Photo Shoot

SLEEP

Get a good night's sleep the two days before the shoot. Nothing wrecks a great photo more than a tired model.

Hair Conditioning

Healthy hair is thick hair. Thick hair is much more attractive in photos -- since it "lifts" off the top of the head and it "fills out" the air surrounding the head. The easiest way to achieve full hair is to use hair conditioner for at least two weeks. Additionally -- avoid using any hair dryers, heated curlers, or curling irons on your hair. This "heat" breaks down the hair proteins -- which leads to loss of hair volume and split and frayed hair.

Nails

Most people have problem nails. A simple solution is to apply nail coloring which is the same color as the "center" portion of the nail. By having the entire nail the same color -- it helps minimize the attention paid to hangnails, discolorations in the nail, and rough nail tips.

Shaving

There is a right way, and a wrong way to shave. When shaving -- you want to "shave with the grain" of the hair. Each hair comes out of the skin at a particular angle. The handle of the razor should be pointed in the same direction. This shaves off the hair cleanly at the surface. If you shave "against the grain" of the hair -- the razor is "pulling" the hair out of the body as it cuts it -- so that the hair "snaps back" under the skin after being cut. The Razor Burn (redness, itching, bumps) associated with shaving are caused by the hair trying to push its way back through the skin.

When shaving longer hair (like pubic areas or legs) -- you will first want to use a very sharp scissors and trim the hair as close to the skin as possible. This will not only allow you to clearly see which direction the hair is coming out of the body -- but it also prevents the razor from "skipping & jumping" over long and tangled hairs (which leads to nicking of the skin).

To shave properly, get the skin and the hair very wet. Use a shaving cream or baby oil (preferred) to help the razor glide over the skin more easily. I recommend using baby oil -- since it still allows you to see the direction the hair is exiting the body.

Shaving correctly virtually eliminates the problem of Razor Burn.

Make-Up

Most women use entirely the wrong make-up because they are constantly choosing make-up which makes their face appear darker. Dark skin makes people look older -- and accentuates lines and wrinkles. It also makes the face look ridiculous when someone is posing for a "body shot" in swim wear or lingerie (where the skin which is not constantly exposed to the sun looks many shades paler than the face).

The best choice of foundation is a color which matches the lightest color of the skin. For women -- having the foundation make-up match the color tones of the breast or buttock is a good choice -- since this area is normally "covered" and yet it's easy enough to hold a bottle of foundation next to to check the color.

Since the face is normally exposed to sunlight -- it will be darker than this base color. What the make-up will be doing is creating a "compromise" color between the face's current color -- and the lightest part of the body. It also will create a more youthful appearance by lightening up facial features.

Other make-up should be applied to the eyes and cheekbones to draw out those features. As a general rule -- you "lighten" areas that you want to look "closer" or "larger" to the viewer, and you darken areas you want to look "recessed." To make breasts look larger, for instance, a dark "shadow" should be drawn around the perimeter of the breast and blended in toward the center of the breast. This "shadow line" makes the breast appear to "poke out" further. To enhance the effect, the center of the breast can be given some lighter color well blended in. This again makes the center part look like its really "poking out" toward the viewer.

Similar treatments can be made to chin lines, cheekbones, noses, and other body parts which need to look larger or smaller.

What Do I Need to Know About Makeup?

You should learn as much as you can about makeup and makeup products. Makeup is designed to enhance positive features, minimize negative features, and draw attention to specific features.

On many shoots, there will be no make-up artist, and you will be responsible for applying your own make-up. Even on shoots where there is a make-up artist, you may need to supply your own make-up, and you should learn the best colors and products for your particular skin type.

One important lesson you will find is that you "get what you pay for" when it comes to make-up. For photo shoots, you will not want to use any "street brand" type of make-up, but rather you will want to use professional "stage and screen" or "photography" make-up products. These cosmetics are much thicker than traditional make-up so that in one application they will smooth out the skin and fill in the pores. Often these are referred to as "grease paints" because that is what they were called in theater usage.

It is in your very best interest to spend some money on a professional consultation from a make-up artist who does stage and screen work (the persons at most retail cosmetic counters have little training and often give advice which is damaging rather than helpful).

One of the keys you will learn is to use "light colored" base/foundation. It looks very odd in photos when the face is several shades darker than the rest of the model's skin. Also, make-up has to be blended so that there are no "seams" or "ledges" where the make-up abruptly stops. Many times (for lingerie, swim wear, and nude photos) the entire body is covered with make-up. This is very time consuming and must be done carefully so as to appear natural.

Another lesson you will quickly learn is about "contouring" or sculpting. On a flat photograph, you can "trick" the viewer by being clever in makeup application. Our eyes think that areas which are "lighter/brighter" are closer to us, and areas which are "darker/dimmer" are farther away. What contouring does is to use darker make-up on areas which you want to appear smaller (or farther away) and to use lighter make-up on areas that you want to appear larger (or closer). If a nose is too broad, you use a lighter color running right down the bridge of the nose, and use darker shades on both sides. In a photograph, this makes the nose appear "slimmer" than it naturally would. If you don't have good cheekbones, you can literally "draw them on" with make-up. Again, a light color is placed on the cheek where the top of the cheekbone would be, and a darker color is placed down the rest of the cheek. This makes the cheekbone "pop out" of the skin, even if there is not cheekbone at all!

One thing to be cautious of is the types of make-up you use. Since photographic film picks up ultraviolet light as well as visible light, your make-up may appear completely different colors once photographed. Most professional stage and screen make-up is formulated so that "what you see is what you get."

The more you learn about make-up the better. Make-up is the one area of your appearance which is easy and inexpensive to change, and still highly effective when done correctly. Purchase several books on professional make-up techniques as well as request catalogs from a variety of suppliers of professional stage and screen make-up.

How Should I Prepare for a Photo Session?

Modeling is perhaps the most difficult of professions, because you are judged on both your performance AND your looks. There are many simple things you can do which will help you appear professional and successful (and therefore leading to more jobs and requests).

Weight is ALWAYS an issue with models. While you should not be anorexic, you need to maintain desired weight levels and exercise on a daily basis to keep muscles toned.

Along with exercise goes proper healthy eating habits. This includes lots of fruits and vegetables as well as laying off the fats and snacks. Also avoid caffeine, smoking, alcohol, and other substances which will deplete your energy and health.

Don't change your looks before a job! Avoid last minute perms, colorings, or haircuts unless you are specifically instructed to do so. Longer hair is almost always preferred on models because it is more versatile (you can make long hair look short, but you can't make short hair look long).

Avoid wearing make-up except for actual jobs and interviews. Make-up of any kind blocks up pores in the skin leading to unhealthy skin (and sometimes acne and pimples). Bath a couple times a day and use appropriate skin care products to keep your skin as healthy as possible.

Avoid the sun! Getting sunburned is not only bad for your career but it's also unhealthy. Also, tan lines are nearly impossible to cover up with make-up. It's much easier to get a pale looking model to look tan than it is to get a tan

looking model to look pale. If feel the need to look "tan," use high quality self-tanning products which "color" your skin rather than tan it. The key is to apply it evenly (often you need help with this) and you need to stand around nude until the product is completely dry.

All models need professional manicures and pedicures to keep their nails in great shape.

Be CAREFUL! Bruises, scars, scratches (and worse yet, tattoos and piercings) wreck your product (your body). Always remember that you body is your "product" and keep it in as pristine shape as possible.

Women (and men depending on the project) should shave or wax unwanted body hair a day before the job. This will give enough time to allow any red marks to fade. When shaving, always shave in the same direction that the hair is laying down. If you shave "against the grain" you'll end up cutting the hair off below the surface of the skins, and you'll have "razor burn" as the ingrown hair tries to force a new hole through the skin for itself.

Always arrive at each job freshly bathed and showered. Hair should not only be shampooed but also conditioned to give it more body and "height." Bring your own curling irons, hair spray, combs, berets, brushes, etc. that you'll need for your hair.

For most clothing shots, the model should expect to pose without underwear on. Because underwear shows up or creates lines or bumps in the fashions being worn, typically the model will wear ONLY the clothes provided.

If you will be posing in revealing clothing such as lingerie, swim wear, or nude, come to the photo session wearing loose fitting clothing and no socks or underwear. Anything that presses on the body creates reddish "pressure marks" which take up to an hour to go away. If you have a shoot like this, do not wear any tight clothing or clothing with elastic in it for roughly 12 hours before the shoot.

Eating is fun, but overeating will spoil your enjoyment.

Overcome eating The uncomfortable feeling experienced after eating too much is something that most of us recognize, but the guilt that goes with it, and the reasons why we do it, are often more difficult to understand.

Regular overeating, or out-of-control eating, is eating too much of too often without the prompts of hunger or taste. Boredom, stress and depression are among the reasons why people habitually overeat-food acts as a source of comfort. Ironically, these "comfort foods" can actually lead to both physical and mental discomfort.

The pattern is the same: You react to an emotional prompt or need by turning to food, but because eating provides only temporary relief, you continue to eat. Having overeaten, you feel bloated, uncomfortable and guilty about your lack of self-control. These feelings of distress only add to your original stress and, in search of comfort, you end up overeating again !.

The key to overcoming overeating is to develop a positive self-image. The first step in this process is to take a good look at your eating patterns so that you can adopt strategies to cope with your overeating and boost your self-esteem on a daily basis. Only then will you begin to develop a better relationship with your body, your food and your health.

Eat your way out of the diet trap. By their very nature, diets "deprive" you of certain foods. But when you feel deprived, you may be tempted to over-compensate, eating more than you should and possibly even overeating.

As your weight creeps up again, you feel as though you have failed, and so set even tougher diet goals. Unable to meet them, you set others, and the cycle of failure continues. Get out of the diet trap by "letting yourself go": Stop depriving yourself and allow yourself to eat. The first step is to adopt as regular meal pattern, with healthy snacks in between.

Improves self-image Prevents feelings of guilt and depression Allows you to eat without feeling deprived Adopt the "letting go" philosophy and food will become less important. Find other ways to reward yourself. Eat together. Solo eating offers opportunities to eat without control. Regular family meal times are a good tactic to try.

Come learn More with the Experts at www.fitness-america.com/july00tip.htm