

More on Make-Up

For Lori Ovitz, author of “Facing the Mirror with Cancer,” make-up is a corrective tool, not a beauty product. Although men aren’t willing to talk about it as much, Ovitz has convinced men that make-up isn’t just for women.

“We’re not looking at make-up as a fashion statement,” said Ovitz, who teaches corrective make-up to patients at University of Chicago Hospitals. “We’re looking at it as a part of everyday life. We’re not trying to make you look like a fashion model. We’re trying to make you look like you do every day.”

CLEAN AND SAFE

The longer you use your make-up, the more bacteria builds up in it. If you’re able to use mascara, wipe brushes with alcohol swabs before putting them back in the tube and throw out tubes after two months. For foundations, blushes and eye shadows, consider disposable applicators or be sure to clean brushes with soap and water regularly. And don’t share make-up—not with your mom, your daughter or your best friend.

OVITZ’S TIPS

- ▶ **Wear a foundation that matches your skin tone perfectly.** If your skin has changed color a bit, don’t try to fight it. Just by applying a foundation that matches your skin, your tones will look more even and vibrant.
- ▶ **Use blush to add a little color, but don’t use an extreme amount.** Remember, this isn’t about looking like you’re wearing make-up, but looking like you.
- ▶ **Learn to draw a good eyebrow and eyelashes.** Using eyeliner helps define the shape of your eye.
- ▶ **Fix up your lips.** Put on lip balm and then use a soft toothbrush to slough off dry skin. Use a new lipstick color. Take two of your standard favorites and mix them together to create something new. “Changing lipstick isn’t going to cure your cancer, but it’ll perk up your face and make you feel better,” Ovitz said.
- ▶ **If your nails are dry and splitting, moisturize them with olive oil.** Warm the oil in the microwave slightly first and then rub it on your nails.



For more resources on ways to feel better about your appearance during cancer treatment, please visit mcancer.org/thrive.