

## A little bit about us...

### Who are we?

Look Good Feel Better is a national cancer support charity that helps boost the physical and emotional wellbeing of people living with cancer through free online and face to face workshops.

*"I feel like you've all been like little guardian angels throughout my cancer journey. You have really picked my mood up many times and put a smile on my face."*  
**Rosemary | Workshop Beneficiary**

Our first workshop for women was held in 1994 and since then the charity has developed special sessions for young adults and men.

Each group session is led by trained volunteers and offers a chance to chat to others as well as learning useful skills and techniques to help manage some of the side-effects of cancer treatment.

### Text WORKSHOP to 70470 to donate £5

Texts cost £5 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £5 but do not wish to receive marketing communications, text WORKSHOPNOINFO to 70470.

### What services do we offer?

If you'd like additional support, we run the following virtual workshops:

- Hand & Nail Care
- Hair Loss, Scalp Care & New Growth
- Headwear, Wigs, Brows & Lashes
- Body Confidence

We also offer workshops to men and young adults living with cancer. Visit our website for more information or to book onto one of our virtual workshops - we'd love to see you again!



Book a  
workshop



Make a  
donation

**W:** [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)

**S:** @lgfbuk **E:** [info@lgfb.co.uk](mailto:info@lgfb.co.uk)

**T:** 01372 747 500



Registered Charity No. 1031728



look good feel better  
FACING CANCER WITH CONFIDENCE



## Your Skincare & Makeup Workshop Guide

This guide contains our top tips on creating the perfect skincare and makeup routine to suit you. And, most importantly, how to create a look that will help you face cancer with confidence.

## Skincare

- Evenly apply **makeup remover** to two cotton pads. Hold over closed eyes for 20 seconds, allowing the product to dissolve any eye makeup, gently wipe up and away to temples. **Note: We recommend using separate cotton pads to minimise infection risk.**
- Massage **cleanser** all over the face and neck using either clean hands or cotton pads using circular upwards motions.
- If you would like to use **toner** then apply to cotton pads and gently stroke on to the skin using upwards motions. **Note: Toner is designed to remove any extra dirt or makeup which your cleanser has not removed along with rebalancing your skin's pH level.**
- Pop a 5p size amount of **moisturiser** on the tips of your fingers and distribute across your face and neck. Avoid the eye area and use a separate eye cream if you have one (which needs to be applied on to the bone, not closer to your eye). Allow your moisturiser to soak in before applying other products.
- We would advise using a **sun cream** with an SPF of 30+ which should be applied after your moisturiser and left to sink in before applying makeup. Your skin needs to be protected from the sun all year round so it is very important to do this. **Note: Many moisturisers now contain SPF so if it does then you don't need an extra product.**

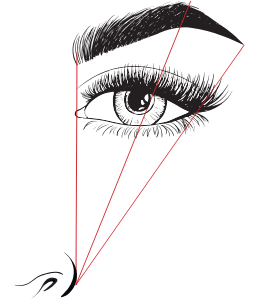
## Base

- Do you suffer from high colouring (redness)? A **green concealer** might be beneficial for you. Simply dab a tiny amount on to the red areas and use a concealer or foundation over the top.
- **Foundation** can be used to create a smooth, even skin tone. Using a clean finger, brush or sponge gently apply to the t-zone area and blend out towards the hair and jaw line,
- **Concealer** is great to disguise any areas which need a bit of extra coverage. Using your ring finger or brush gently pat in the areas and blend in.
- **Powder** will help to 'set' your cream makeup, sweep on the product in a downward motion to ensure that the product doesn't stick to any fine baby hairs.
- **Blusher or bronzer** can 'lift' your face, apply blusher to the apples of your cheeks and bronzer to any areas which are naturally kissed by the sun.



## Eyebrows

- A **brow pencil** can be used to create, fill or define the brows. Plot the three points of your brows (see illustration) and use short, feathery strokes along the natural arch of the brow to create an illusion of hair. Keep adding colour until you are happy with the depth.

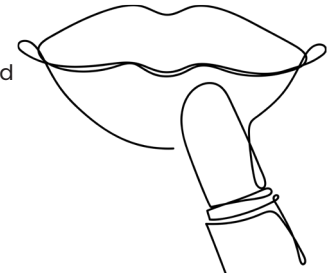


## Eyes

- **Eyeshadow** can be used to create definition and colour to your look. Ask our volunteers to show you their easiest technique to apply a gorgeous eyeshadow.
- **Eyeliner** is fantastic to re-create the look of missing or sparse lashes, if using a pencil then warm it up on the back of your hand and apply small dashes or dots as close to the lash line as possible, blend with a cotton bud or brush.
- Lastly, apply **mascara** to colour your lashes. Do not pump the brush in to the

## Lips

- Apply **lip balm** if your lips are feeling dry or cracked and where possible use one with an SPF.
- If you find that your lipstick 'bleeds' then a **lipliner** might work for you. Start on the cupid's bow and gently stroke down towards the outside of your lip. Where possible try and match the lip liner to the colour of the lipstick. Your lipliner can be filled in to cover all of your lips which will help it last longer.
- Next you can apply a **lipstick** on top of your lipliner, apply on the bottom lip first. Rub your lips together and then pop some more on to the top lip. Blot and re-apply if necessary.



## Staying Hygienic

- Make sure you practice excellent hygiene during your routine by washing your hands before applying products and cleaning brushes and sponges on a weekly basis.
- Use baby shampoo, cosmetic brush cleaner or isopropyl alcohol to keep your tools hygienic and leave them to air dry bristles facing down to protect the brush fibres.