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# Face It – You're Beautiful!

An Adventure of Makeup and Beauty  
For Women *Every* Size of Beautiful

By

Marian Vitale

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## **Dedication**

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This book is dedicated to Joe Vitale; best-selling author, professional and spiritual marketing expert, motivational speaker, and skilled magician, for his endless, unlimited encouragement, support, and belief in this book project and in me.

## Acknowledgements

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Are we at the Academy Awards? 😊



## Introduction

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My intention for this book is for all of us to realize we truly are beautiful, divine creatures. It is impossible to feel too good about yourself. When you feel good about yourself, it illuminates your inner light and you pass that on to others, and the cycle is endless. Makeup and beauty could be seen as shallow or superficial. I see it as a way of finding your inner beauty and sharing it, and to me this is a very spiritual and divine gift. Whatever is good, whatever changes your focus to something beautiful about yourself, is what it's all about. It transforms you, it gives you a starting point, and it shines to help others see their own beauty and continues that pattern of loving yourself and others for who you are, what you are, and the possibilities inside of you that are gifts to you and others.



I have always loved makeup.

My mother wore only lipstick, but I was always excited when she bought a new tube. I liked the look and feel of the case, even though it was an inexpensive drug-store brand. I remember the luxurious look and feel of the "gold" case. When I was a young girl, all the cases were metal, and they all looked like priceless gold from the secret, ancient temple rooms of the Goddesses.

My mother's sister, my aunt Mabel, wore makeup. I used to go in her bathroom and close the door, because I knew she kept a special little cache of secret, exotic products. I remember the first time I saw mascara. It had a metal applicator wand instead of a brush. I had no idea what it was, but I was still enthralled! She had cake mascara, with a special little brush. And a Maybelline eye brow pencil. And her makeup sponge! It was a large, pink-red sponge with a lot of unusual texture I had never seen before. I had no idea how she used it or even what it was for, but I sure wanted one of my own.

When I discovered my aunt Mabel's stash I was 12 or 13 years old, and please keep in mind, this was the early 60's and the emphasis on makeup and beauty was not so abundant in supply as it is now, especially for younger girls. I would sneak old copies of Photoplay magazine, which my grandmother kept in her garage, and search out the little ads for beauty products and makeup. As mentioned, the choice was limited at best, but I learned to spot them a mile away. This product gave your lips a lush look, this brush groomed your eyebrows, this little pencil gave you the ability to draw a "real-looking" beauty

mark. I would cut out the little ads and started a scrapbook of my little pictures, which transformed into treasure maps.

When I was in high school from 1964 through 1967, the only girls who wore makeup to school were the "outsiders", and they would wear the \*mod\* look of the times. I caught myself drawn to them to see how they had used this product and that product to change their image from a high school girl to a more womanly, exotic creature. When I was 17 and a senior, makeup was still not generally acceptable, except for a little pink frosty lipstick. I used to sneak colored chalk from my artist supplies at home, and in the ladies room before class would rub a little pale aqua or pastel green to pass as eyeshadow, following the examples of makeup I had seen in magazines and added to my scrapbook. I added every bit of information and knowledge I could find to my scrapbook. Not only did I want to wear makeup, I wanted to wear it right and looking cute.

And I've always been a BBW (Big, Beautiful Woman).

Makeup has always been a love of mine for 2 reasons. First because it was so beautiful and mysterious, and second, I used to feel that the only part of me that I could make look nice was my face. I felt it was all I had to work with.

Now, I feel very fortunate and blessed that I appreciate my body and have developed a definite love of fashion as well! I am 52, and the focus of my gratitude is that it **\*did\*** happen, not the length of time it took. ☺

I started wearing makeup when I was 19 and was working at my first job. My first purchases were at Woolworth's and Payless Drug Store. I bought lipsticks, blush, makeup base, and lots and lots and lots of eyeshadow colors!! My mother gave me makeup for my birthday and Christmas and she had great taste! I soon had my own stash of my very own makeup and I was in heaven. I remember keeping my makeup in a large envelope box, which I covered in flowered contact paper, and was delighted when it was filled to the top.

Personally I don't believe that beauty and makeup should have rules, but simply be what makes you feel good, what makes you happy. We are told "no blue eyeshadow," "no big hair," and the like. I personally may not like blue eye shadow on myself, but it is beautiful on other women. I sure go for big fluffy hair! If blue eyeshadow makes you happy and you feel great wearing it, go for it!!

My own concern has always been of looking like I was caught in a time warp. And for me, that would mean the 60's, with black eye liner, white or pink frosted lipstick, and teased, frosted hair. I do think updating your look is important, but

if certain elements make you feel beautiful, then I also think it's important to go with them.

In saying that, I recently just **\*had\*** to do something retro and used MAC's Black Gold eye shadow as a liner and found a wonderful pink frost lipstick. I was right back in that time warp and felt cute as well, somewhere between trash and class. haha! And you better believe I broke out the teasing comb for a little root boost!

For me, keeping my makeup and "look" updated means reading magazines like Allure, Glamour, and BBW, to see what is new and fresh. This also means endless trips to the mall to see what new is out there (oh don't make me, don't make me!) Also, every season (okay, okay, every time the whim strikes me) I head to the makeup counters for a makeover to try new colors and new ways of application. Of course I don't always limit myself to a once-a-season. Another example of no rules. ☺ Some makeovers I plan, and some of the best are just spontaneous. Minding my own business walking through the land of department store counters, and being asked "Would you like to have a free makeover?" or, "Would you like to try our new colors?" Oh yeah babe!

And again, nothing is carved in stone at the makeup counters. Sometimes I like nothing about a makeover, sometimes just an element or two, like a particular shade of eyeshadow, or a different way of application. One visit at Christian Dior prompted me to buy a lovely shade of deep plum mascara and it works so well with many eyeshadow color combinations, that it has actually become a basic neutral for me.

Also, trends come and go, and often there is nothing about a particular fad I like. Last Spring I never got into the lime green/purple combination, but it looked pretty wonderful on a lot of women.

And never say never. I have thought for quite some time now that I would never wear baby blue eye shadow again, and even mentioned previously that it's not for me. However, I saw a woman wearing nothing but that baby blue shadow and black eyeliner, and it looked quite striking. So I immediately thought, you owe yourself a try on! If you're not sure, give it a try, because you have nothing to lose and everything to gain if you find a new look that makes you feel good!

I have a friend who is a year younger than I and wears the make-up colors she wore in the late 60's and early 70's. She frosts her hair, wears black eyeliner, pink blush, and frosted pink lipstick. I really think that for the most part it works for her. If it were me I would soften the eyeliner and go for a dark brown, and

maybe use a lip pencil for a little definition. That's what I mean by taking the look you like and just updating it a little.

Again, it's all a matter of opinion too. I do believe my friend feels beautiful in her make-up, and that is the important thing.

Sometimes there are trade-offs, and that's okay too. I love all shades of grey eyeshadow, even though I know it does nothing for me and tends to make me look older, washed out, tired, and haggard. Does that stop me? Nope.

The same for big hair. I attended a makeup seminar one time, and the makeup artist started out by giving a list of "no no's" and one was big hair. He later asked for two volunteers for makeovers, and one was a lady with big beautiful hair and lots of it. When she came in front of the class, you could tell she felt beautiful and confident just by the way she walked and the glowing smile on her face. The first thing she said was "I love my big hair" and she did! And because she loved it, I loved her in it. It made her feel beautiful and that's the point.

I do not believe in trying to make your face "thin" by contouring with brown blush and other techniques. Faces come in all shapes and sizes, and they are all beautiful. This also means you, the entire package, inside and out, are a beautiful, unique, divine creation.



## **Personal Information**

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Marian:

52 years old, blonde hair, grey eyes, very pale skin with yellow undertones.

My glamorous contributors:

Lori Kennedy:

34 years old, long dark brown hair, beautiful olive skin, and exotic dark brown eyes.

Becky Walton:

37 years old, shimmering brown hair, medium complexion with pink undertones, charming freckles, and stunning green cat eyes.

## Stories of Fun and Beauty

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When I am out and about shopping for makeup, whether at the counters in the department stores, WalMart, Ulta, etc., I pretty much mind my own business. Yeah, right.

I have had the pleasure of meeting a surprising number of women while minding my own business.

Several weeks ago I was in WalMart and in, what a surprise, the makeup section. I was looking at all the wonders to behold when I heard bits and pieces of a conversation. A lady was talking with her daughter and grand-daughter. What caught my attention was her statement of "I'll be 82 and I want a pretty shade of pink lipstick to wear on my birthday". She laughed at herself and said "Who would believe I wear makeup at my age." I turned around and it was obvious her family members were tired of looking for pink lipstick. I excused myself and started talking to her, and asked her what in particular she was looking for, like a certain shade, and what she had in mind. She said she wanted pink, something pretty, but nothing too loud or *\*too\** pink. She had lovely skin and a fair complexion and I invited her to come with me to the L'Oreal display. I found a color from their So Delice collection called Pink Lemonade. Not frosty, not matte, but sheer with a beautiful shine. She was ecstatic! She said it was the perfect color, exactly what she wanted. She told me she never thought of wearing a sheer shiny color, and was telling her family how it was just what she wanted and she was going to look great on her birthday. She was so enthusiastic she hugged me, and I hugged her right back. She walked away talking about her new lipstick and I felt so happy for her.

A few months ago I had an experience at one of the Ulta stores. I was checking out the new fall lines and a mother and daughter were shopping for various items. The mother, probably my age, was looking for a product to minimize the fine lines around her eyes, and they were talking between themselves because they were unsure what would work. I excused myself and promptly got into their business, and asked the mother if she preferred a cream or a gel, and led her to the Oil of Olay display and recommended their Age Defying Revitalizing Eye Gel. I told her it is one of the best products at a very reasonable price. I also told her it is as good as the Estee Lauder eye gel, which it is! Then they both started asking questions because they said "You really seem to know what you're talking about. Can you suggest some other things for us?" I was more than happy to help because I love this stuff, and I love being able to help someone with products. The mother left with her eye gel, L'Oreal Voluminous mascara, Revlon compact makeup, and L'Oreal clear lip liner. Her daughter left

with two tubes of L'Oreal So Delice lipstick, Neutrogena Dry Oil body spray, and the perfect color of Feria hair color. She said she had been looking for something on the edge and intense, and she knew she was going to love it. What a great experience!

I have had two personal complimentary stories recently as well. I had a hair appointment and I had plenty of time to get ready so I started playing with my makeup. I went for a smoky eye, using a black glitter pencil to line, and used lots of MAC Black Gold over that. I used MAC Vanilla as an all-over base color. In the inner corner on my upper eyelid I used some Christian Dior frosty white shadow to line, and blended the white into the black. If you've never tried this, it is a subtle dramatic look. The white on the inner corner really gives a pop to your eyes. Since my focus was on eyes, I used just enough MAC Cubic blush for some color and Clinique's Black Honey lipstick. After my hair cut appointment, a lady stopped me and literally stared. She told me I was beautiful, and that I looked like a movie star. Talk about making my day! I felt so good and so happy.

Also fairly recently a lady looked at me and said "You are just so pretty." I felt like the prom queen.

To me it comes very naturally to compliment someone if I like something they are wearing, or if their makeup or a particular color catches my eye. I find it often surprises them, but it never fails to bring a smile to their face and to their heart. And to me, we can never feel too good about ourselves because when we do, we share it, and it truly is a gift that is given and passed along. I know that when I receive a compliment, it brightens my life and I want to brighten someone else's life. When we look for the beauty in others, we always find it. And when we share what we have found with them, it causes the most incredible and beautiful chain reaction.

The latest story also happened at Wal-Mart. I was again, minding my own business, and noticed a lady looking at me several times, like she wanted to approach me, but hesitated. She finally came right up to me, apologized for intruding, and asked me how I got my hair so full and fluffy. We had similar hair styles, and she said she wanted hers to be full like mine, and not so flat against her head. She tentatively mentioned that she didn't have a lot of money to spend on products, and asked if it was possible to get the look without the major price tag. I asked her if she had time to go to the hair products section with me and she enthusiastically said "yes!" She was surprised that she could find products at Wal-Mart that would give her the look she wanted. I suggested Salon Selections Pump It Up Volumizing Mousse, explained how to aim in at the roots of her hair and smooth it through her hair from the roots to the end. I then suggested she flip her head over and dry it just a little while her hair was

lifted away from her scalp for that extra oomph. She was thrilled, I was thrilled, and we both walked away with a gift. I love it when that happens.

Just a reminder, that beauty is not about price tags. Truly, the only thing I am emphatic about is buying quality brushes. They will last forever, and even the least expensive line of makeup will look heavenly,

## Eyes

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### ***First base, or strike out on your own!***

Several thoughts on an eyeshadow base. Some prefer something for the eye shadow to cling to, like an eye cream or eye shadow base. Bobbi Brown swears by a dry eyelid with a dusting of power as a base. Some prefer using concealer as an eyeshadow base.

Personally with a dry eyelid, my eye shadow has nothing to cling to, the colors lose their integrity and totally disappear. My personal choice is an eye-make up base. There is a wide range of great drugstore brands, and Chanel's higher-end one is awesome. A tube of either will last forever, and it goes on smoothly and streak free.

The new cream eyeshadows are also a nice thing for colors to cling to. I use 3 color sticks by L'Oreal as base colors and they have just enough sparkle to shine through, but are very wearable for daytime. My favorites are Bubbly, Snowflake, and Pistachio. Revlon also has sets of four different colors, which I also use as base colors, and the effect using these hints of color can be oh so beautiful.

Another choice is a tiny bit of foundation, and I use Bobbi Brown's foundation stick in warm ivory. Normally, concealer is a bit too heavy for me but I recently learned a great hint from a makeup artist at the Borghese counter. She blends a tiny dab of eye cream on one index fingertip and a tiny dab of concealer on the other, and presto! She taps her fingertips together to blend and gets the perfect amount and texture for an eye shadow base. This is a great one, because it works with any and every brand, mix and match! I use this blend under my eyes sometimes too, but add just a touch more eye cream. By the way, if you are a gel person like me, this works beautifully with eye gel too! Oh the choices! This glides on and looks perfectly flawless.

Elizabeth Arden's Eye Fix is another good product. I prefer using this on the lid as a primer to add a little moisture, then using a base on top of it. Maybe it defeats the purpose, but one can never have too many products! It doesn't give quite enough texture on its own for my eye shadow to cling to, but on some women it's the perfect product.

I've also just discovered a Calvin Klein crème eyeshadow in a tube, the color is called Pyrite and is a beautiful gold/beige glimmer. An incredible base color.

MAC EZR is a wonderful gel for the eye area. My tiny bottle has lasted a year and a half. You can also use this on other parts of your face if you have surface

dryness. This is actually a product for dryness, but I am including it here because it works so well as an eye shadow base.

### ***The Fabulous, Magnificent, and Glorious World of Color!***

The following examples are based on the plan of using a light, all-over color on the eyelid, a dark color to line, and a third to use in the crease. A liner color can also be used as a crease color so you are wearing two shades, and can beaded with a crease color for a little more depth. This is the most common way of applying eye makeup, but certainly not the only way. Oh no, we are talking endless here

These are my current favorite eye shadow base colors. I say current because every time a new pale color comes out, yours truly has to do a road test. I have totally no control over myself when it comes to eyeshadow. Believe me, every day is a new day so have a blast and change your colors:

My favorites:

MAC Mylar

MAC Vanilla

MAC Vapour

MAC Brule is a hands-down favorite for countless makeup enthusiasts, but on me it looks too yellow and muddy. It's gorgeous and worth a try-on for everyone.

Elizabeth Arden Vanilla

Stila Kitten

Lancôme Optic

Lancôme Daylight

Maybelline Pink Sands

Prestige Ivory

Bobbi Brown Bone

Clinique Angelfood

Clinique Buttercream

Revlon wet/dry in Pure Pearl

Are we there yet?

Lori's favorites:

Any white or light shadow for brow bone, no favorite brand or color.

Becky's fave:

Revlon's wet/dry in Pure Pearl.

### ***Liner/Crease colors***

My favorites:

MAC Concrete  
MAC Brun  
Bobbi Brown Mahogany  
Bobbi Brown Rich Brown  
MAC Black Gold  
Calvin Klein Espresso  
L'Oreal Sapphire  
MAC Blackberry  
MAC Night Owl  
MAC Sketch  
MAC Nehru

I tend to like deep color powder shadows as a liner, but also if the pencil is smooth and doesn't have a pull to it, I'll definitely go for it. L'Oreal makes a new powder pencil that glides like nothing else and it comes in glorious colors.

A makeup artist at the Chanel counter shared her special tip with me. She uses an eyeliner brush to apply eye pencil. She brushes over the eye pencil until the amount of color is right, and brushes it on. That was a new idea for me, and it works beautifully.

Lori's favorites:

Jane Brownie Points  
Jane Cranberries  
MAC Sketch  
Mary Kay Sable

Lori brushes Jane Brownie Points over a black eye pencil to soften the eyeliner  
Jane Cranberries\MAC Sketch

Becky's favorites:

Cover Girl shades of plums, pinks, and cool colors, and they are perfectly divine on her.

Are we there yet?

### ***Colors for Blending, Shading, and Filling in the Blanks***

This is a tough one, because I have too many to count and if it isn't obvious, I kind of like eyeshadow.

My favorites:

Bobbi Brown Slate  
Lancôme Blur  
Lancôme Blink  
MAC Club  
MAC Vex  
MAC Aria  
Chanel Sable  
Bobbi Brown Moss  
Bobbi Brown Taupe  
Maybelline Raisin Wine (also great as a liner/crease color)  
MAC Fiction  
Clinique Blackened Khaki  
Bobbi Brown Eggplant  
Cargo Cocoa Beach  
MAC Arena  
Stila Fog  
Bath and Body Works Moon Valley  
Bath and Body Works Painted Desert  
MAC Velour  
MAC Malt

Lori's favorite:

MAC Girlie

Becky's favorite:

Almay Stay Smooth Beyond Powder in Natural Elements



## Foundation

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Some people are die-hard liquid foundation users.

Some makeup artists suggest using concealer here and there and a dusting of powder.

Personally I prefer a dual-finish base. I either don't have the knack for the concealer on strategic places then powder, or I just feel more comfortable with an all-over base.

I've found many that are wonderful and honestly do not have a favorite because I love them all. So, these are the ones I use:

MAC Studio Fix  
Lancôme dual-finish  
SmashBox  
Urban Decay  
Aveda

I do like variety in foundation, so I also use Bobbi Brown's stick foundation for something different. I also use Estee Lauder's stick foundation. It is gel-based and blends like satin.

And yes, I have a bottle or two, or five, of liquid foundation as well.

Lori and Becky go foundation-free, and Becky goes with a dusting of bronzing powder. Seeing their stunning faces it is understandable. They are beautiful inside and out!

## Blush

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I have so many blush favorites it borders on pathetic, so I let my mood decide. My current favorites are:

MAC Cubic  
MAC Dame  
Lancôme Pink Pool  
Maybelline Pure Berry  
Lancôme Aplum  
Lancôme Cedar Rose  
Chanel Tempting Beige  
Prescriptives Desert Rose  
MAC Buff  
Bobbi Brown Sand Pink  
Revlon Dune Rose

Lori's favorite:

She goes blush-free. Again, seeing her gorgeous face, she doesn't need it!

Becky's favorites:

L'Oreal On the Loose bronzing powder  
Wet 'n Wild Bronzing Hi-liter

## Powder

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The yellow undertones of Bobbi Brown and MAC are flattering to everyone. They add a wonderful warmth to the skin. If you're uncomfortable about going for a yellow-based powder or foundation, try using a yellow-based foundation with a pink-based loose powder, or vice versa. It can add a nice depth to your skin and looks perfect in natural light.

Clinique makes a wonderful loose powder, and T. LaClerc is on my list of "have to buys" because I've heard nothing but good things about it.

Also noteworthy are the pressed powders containing different sections of color, applied with a big powder blush. My favorite is Christian Dior, and Physician's Formula makes a formidable one as well.

I don't always use powder, but that's just a personal preference. The one thing I do always use is MAC blot powder. I have a compact of that awesome product in my purse as well as at home. It eliminates shine without adding an extra layer of product on your face.

And I admit it, I love carrying around my Chanel powder compact because it makes such a nice distinctive click when closing it. The compact is beautiful in itself, black with a band of gold, and the Chanel initials in gold on the top.

Often bronzers and powders kind of tie in together.

Becky tends to go for a bronzer in lieu of a powder for a sun-kissed glow. It all depends on the individual and what we like and love!

Lori is not a powder girl either. Again, both Becky and Lori have their own natural beauty and light, no assembly required. ☺

## Lips

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### ***Lip Liner – Clear or Color- or None at all***

If you can't find a match for your lipstick, clear lip liner pencil definitely lends itself to your beauty look. I've been told this product has been around for quite sometime, but it is a fairly recent discovery for me. And wow is it awesome! L'Oreal makes a great one, and so does Lancôme. Again, being a sometimes brand-name makeup snob, I like carrying around the Lancôme in my purse. It keeps the lipstick from traveling into the little cracks around the mouth and gives a smooth look and finish. It also plumps the lips and gives an extra lip boost that is natural and beautiful.

Lip pencil gives such a lovely, soft definition. Even if you don't wear lipstick I love the look. MAC Spice and Club Monaco's Nude are great every day color. MAC Spice can look a bit orange on some skin tones, so Nude is a great option that has more of a pink undertone without actually being pink. These two basics are even great with chapstick!! Every shade of MAC liner is beautiful and they glide on easily. Some other great choices are Timeliner pencils by Revlon and L'Oreal lip pencils.

My personal advice, when in doubt, go with the clear and use a lip brush to brush on your lipstick as a liner, then fill in from the tube.

### ***Lip Gloss***

This product has really gained popularity, and it is definitely not the same goo it used to be. It's also something I did not think I could wear at 52, but never say never. For me, the clear lip pencil is a must when I wear gloss, because the gloss will not stay put without it. I end up with major clown mouth, especially when my lipstick color of choice is red. I have also found it makes my lips look smoother, as well as filling in the little vertical lines in my lips. Gloss can be a clear high shine over all shades of tempting colors.

I find that gloss also slips over tiny vertical lines on the lips and fills them in perfectly.

My favorites:

MAC Lip Glass in original clear, gently applied with a lipstick brush.  
MAC Lip Glass in Oyster Girl – beautiful!

### ***Lipstick – More Luscious Colors to Play With!***

For me, this makes or breaks my look, and is the one beauty product that I am always on the lookout for. The perfect shade of..... fill in the blank. One would think that with close to 100 colors I would be getting there, but getting there is more than half the fun! It's the thrill of the challenge.

My favorites:

L'Oreal Raspberries. I own 3 tubes, one for home, one in my desk at work, and one in my purse.

MAC "O"

MAC Modum

MAC Santiago

Revlon Granite

Chanel Red Hot

Chanel Jewel

Lancôme Attitude

Lancôme Whatever

Revlon Raisin Rage

L'Oreal Real Raisin

L'Oreal Raisin Berry

MAC Mystic

L'Oreal Tropical Punch

Clinique Black Honey

Estee Lauder Black Wine

Lancôme Red Ahead

Lori's favorites:

Cover Girl Plum Frost

Mary Kay Fuchsia

Becky's favorites:

Cover Girl Bronzed Glow

Maybelline Go Deep Pink

Revlon Softsilver Rose

Cover Girl Autumn Rose

Revlon Moisture Stay Mauvey

## Fragrance

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Oh fragrance, what a delight to the senses. From a \$1.99 bottle of grocery store bubble bath to my favorite perfume Bijan. Nothing makes me feel as good as fragrance. Bijan is my fragrance of choice, but I adore Elizabeth Taylor's Passion foaming bath product, powder, and her body lotion.

Some women have a signature fragrance and wear only that one. Other women prefer to change their fragrance with their mood. I used to prefer having lots of fragrance choices and liked to wear certain fragrances with certain colors. Fendi was one of my favorites for warm colors, black, and red. Krizia was a more feminine fragrance and I always wore it with pink and pastel colors; things summery and light.

Now I pretty much think Bijan goes with everything, but maybe it's because I feel it goes with me! 100% Bijan, all year, all the time. ☺

Warm and spicy scents suit me personally. I like the aroma of sandalwood, chypre, and warm spicy earth scents at home.

Lori's favorite:

Ciara by Revlon

Becky's favorites:

Paloma Picasso – all year!

Coco by Chanel in winter

Safari by Ralph Lauren in winter

Beautiful by Estee Lauder in summer

Romance by Ralph Lauren in summer

## Brushes

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You hear this repeatedly and I believe it. Invest in the best brushes your makeup budget will allow. That said, the best brushes are not automatically the most expensive. Being a lover of makeup, I'm also a lover of brushes and have a rather, ummmm, extensive collection. My most recent purchase is yet another MAC blush brush. A girl can't have too many. Also new for me is a MAC fan blush brush. Now I wonder how I ever lived without it. It's wonderful for more intense blush colors, or when you want a soft look. If you don't have decent brushes, it's like putting on your makeup with a house paintbrush. You just won't get the look you want in following of the delicate curves and forms of your face. Brushes are worth their weight in gold.

My favorite high-end brushes are MAC, Bobbi Brown, and Shu Eumera. Bath and Body Works makes the most fabulous eye shadow base color brush. TiGi has a wonderful eyelash separator on a long handle, which gives incredible control over the short handled models. Prescriptives makes the best foundation brush. I have even used it to apply my dual finish foundation. It's incredible.

Blush brushes come in a variety of shapes and styles, so a lot of it is personal preference. I tend to like the control of the long handled brushes over the short handled ones, not just blush brushes but eyeshadow ones as well.

Eye shadow brushes. So many brushes, so much time. There are literally so many to choose from for all uses. For eye lining there are the tiny ones, barely 1/8 inch wide and straight cut, slant edged ones, straight cut and wider, firm bristles, soft bristles. For eyeshadow application the range is endless, from angled, rounded, pointed, flat, firm, fluffy, and they get very specific.

Powder brushes tend to be similar but again, they vary from brand to brand, with differences in shapes, some more rounded, some full and fluffy and some more dense and precise.

Lip brushes also incline to be similar, but there are differences in shape, firm or soft, length of the bristles, and the wide variety of cases, from retractable, pop up and those with a separate cap.

Having great brushes not only gives you a gorgeous look, they are also a whole lot of fun to play with!

## **Celebrate Your Beautiful Self**

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Play up features and make peace with yourself. I read the most incredible story about a woman with facial injuries, which at first caused her to feel self-conscious and shy away from being seen in public. Something clicked in her and she decided to bring attention to the parts where she felt discomfort, and got a nose ring. How incredibly wonderful is that????!!

My personal story came from having big beautiful ankles. After reading that inspiring story I decided what the heck and went for an anklet. By using chain by the inch, I got a perfect fit. I felt like I embraced and made peace with a part of me that had always caused me to feel self-conscious, and from that day forward brought me into a gratitude mode for my ankles, which support me on a daily basis!

Again, it is all in how you feel and what makes you feel good and beautiful. When you do things for yourself that make you look good, you feel good. And when you feel good, your inner light and outer light shine, and believe me, a beautiful light is irresistible. Your own light illuminates the light in others, and there is the gift. They see their own light, and it is passed on and the beauty continues to grow.



## Links and Books and Resources, Oh My

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### **Web Sites**

<http://www.demarse.com>

This site is all about my friend and makeup artist Michael DeMarse. You will love his website, have the opportunity to \*meet\* Michael and be encouraged by his 5-minute makeover. His book is also available from his website, and I cannot recommended it highly enough. Before Michael, I thought my eye shadow \*had\* to match my outfit. I was in big trouble if for whatever reason I had to change my outfit choice at the last minute. I could hear the sirens of the fashion police – purple eye shadow with an apricot dress? Shudder, shudder.

<http://www.cosmeticconnection.com>

Heather Kleinman has put enormous effort and research into her site, and you can literally find anything here. If she doesn't have it, she will tell you where to find it. I would also recommend signing up for her weekly email newsletter, which provides a wealth of road-tested products and information. She has added a panel of experts to her newsletter so there is truly something for everyone.

There is a tremendous selection of sites to buy products on line. This is just a small sampling:

<http://www.ibeauty.com>

<http://www.reflect.com>

<http://www.sephora.com>

A world of beauty just waiting for your beautiful self.

### **Books!**

37 Sexy Makeover Secrets for Success by Michael DeMarse

Making Faces by Kevyn Aucoin

Face Forward by Kevyn Aucoin

Bobbi Brown Beauty by Bobbi Brown

Making Faces is my number one choice for the makeup novice to the person who has been wearing makeup forever. Kevyn Aucoin has the most beautiful outlook on people and makeup, of beauty from the inside out. He is truly my makeup guru and we both believe in No Rules!

## **The Beginning**

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This is not the end but a beginning. We are all beautiful, divine and loving reflections and creations. Makeup was a start for me and it made a difference. I hope it is a beginning for you as well, and will bring you to the knowing that you truly are beautiful, inside and out, beginning to end, and your beauty and joy are limitless, unique, and the reflection of the wonderful creation of who you are.

In writing this book, not only do I hope it helped you in some small way, but it also helped me to reaffirm the truth of us, the truth of our beauty, and the knowing we are perfect and wonderful, divine and spiritual beings.

I share this with you in love and joy.

## My Invitation to You

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This is obviously not a Glamour Shot photo (although \*that\* can be a fun experience in itself!). I invite you to email me with any questions, concerns, or if you just want to chat and get to know each other. To me, that is what it's all about, helping someone feel their best and know their true beauty, and what greater gift can we give, and receive. E-mail is welcome and encouraged to be sent to me at [mvitale@juno.com](mailto:mvitale@juno.com).

I also encourage you to email me with your own stories, tips, ideas, etc., for a forthcoming book, because this was just the tip of the iceberg. We have not begun to touch on the zillion hair products out there, and look at all the beautiful people \*you\* can touch with your own experiences, thoughts, and ideas.

Given with love and joy,

Marian Vitale  
February, 2002