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Minimizing makeup blunders to maximize time on the court

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Growing up, I was fascinated with makeup and all it could offer. I would watch my mother and her sisters get ready for things and they would pull out the eyelash curlers, mascara, all kinds of eyeliner and shadows and finish off the look with a lipstick adding the perfect touch.

So you can imagine when I was able to start trying my own techniques of applying makeup I put on everything imaginable -- from powdery foundation to lots of blush, a dramatic eye shadow and eyeliner with lots of mascara and a perfect pink lipstick to complete the look.

I thought I looked fabulous and was doing it right!

In many of my photographs it shows how wrong I was -- too much of everything!

Although my mother did a wonderful job of putting on her makeup, she didn't really teach me how to correctly apply mine, so I did the next best thing and allowed my teammates and friends to show me how in the locker room at school. It was there I learned the technique of lighting my eyeliner on fire to melt it to that perfect softness to maximize just how dark it would go on. I also learned how to do an intense eye shadow application and complete my look with a matte powder.

During this period of learning different types of makeup applications, I was also going to practice every day and playing in games. So I did what every girl did on my team -- after sweating through practice or the game, I would reapply more makeup on top of the existing sweaty makeup to make it look ok. Then some nights I would do the worst thing possible because I was so tired -- I would go to bed with all of the sweaty layers of makeup still on my face.

Can you believe I wondered why my skin was breaking out?

As I look back at all of my bad habits I recall *no one* in my circle of teammates and friends talking about how bad it was for our skin nor did any of the parents really address the issue all of us were dealing with. It was because we were athletes and playing a sport people came to watch, so nobody really thought about the other consequences of adolescence, makeup and athletics.

Throughout high school and into college, my beauty habits improved through information and new friends sharing their wisdom, but it wasn't really until my late 20s that I really figured it out. So I say to all of the athletes out there: Listen up so you don't have to spend the next 15 years or so making the same mistakes so many of us did. Here are some of the ways you can avoid makeup blunders and maximize your time on the court versus time in the bathroom.



Martonne at age 16: Too much makeup!

The first and most important thing to learn is how to pick a good foundation or powder to match your complexion and give you what you need from it:

- In order to match your skin, try to look at what the skin tone is. For example, you need to look at the tone to see if it is golden/olive or a warm base or if it has more of a beige/pink or cooler base to it. This goes for any color skin and if you match the tone you will always end up with the right color foundation for your skin.
- If your skin tone is categorized as cool, which has more blue tones, pick a foundation that says ivory or beige. Usually in these categories there are several options within the range of color to pick from going from lighter to darker depending on your color.
- Usually in the summer we need a darker shade and in the winter we go back to our lighter shade. The important thing is to stay within the same color palette in order to get the correct shade each time.
- If your skin tone is categorized as warm, which has more golden/olive tones, you will find your color under the label of amber and golden.
- Finally, if you have a neutral skin tone, which has equal tones of each, the categories you should look for are golden, beige and warm.

Another trick to see what tone your skin has is to see whether you can wear gold or silver jewelry. Gold usually looks best on warm skin tones and silver on cooler skin tones. If they both look good you are in the neutral category and can go between the different color tones based on what looks better.

Once you have figured out what skin tone you are and have matched your foundation, if you need a concealer, choose one that matches the same tone of your skin but is a shade lighter. This will help to conceal blemishes, dark circles or any unevenness in your skin.

A basic application technique for foundation and concealer is as follows:

- Always start with a clean face. This will allow your makeup to go on and look its best and last throughout the day better.
- Apply your makeup in good light. Natural light is the best because it gives you the light in which most people will see you during the day. There are light bulbs that offer a solution to a natural light opposed to the regular light bulbs.
- Do a sheer application of your foundation or powder first, making sure you blend around the jaw line. Conceal blemishes and dark areas after with a light patting motion to get the best coverage and smooth finish. Afterward, if you need to, you can set your makeup with a translucent powder. This will minimize a heavy look of powder on the skin.
- If you have oily skin that is acne prone use a water-based makeup or mineral makeup. This will help with breakouts and clogged pores. To touch up, make sure you blot with blotting papers, or in a pinch you can use Kleenex, in the oily T-zone and use the translucent powder to reset your makeup.

When applying foundation, a good practice washing your sponges or brushes on a regular basis to eliminate any bacteria. You can use a face cleanser or a mild shampoo to do this and allow them to air dry over night. You can also choose to use disposable sponges to apply and change them frequently.

This literally is the foundation upon which everything else is built when it comes to doing beautiful makeup on or off the court. Next time we will get into the fun part of makeup and application techniques with eyes, cheeks and lips. Until then, play hard and be beautiful!

Martonne NeVille is a columnist for ESPN HoopGurlz. She has been involved in the fashion and beauty for more than 10 years, specializing in skin care, for which she has been certified through Nordstrom and Shiseido. Martonne also played volleyball for Riverside High School in Chattaroy, Wash. Questions or comments, please email martonne@hoopgurlz.com.
