# Top tips for applying make-up if you’re visually impaired video transcript

## Sarah:

Hi, my name is Sarah and I'm going to show you how I do my everyday make-up and what things work for me best, which might give you some tips on how to apply your make-up if you're visually impaired.

So one of the first things I'd say that works for me is that I use the same kind of products most days, and I use products that don't require lots of blending.

I use a CC cream more than I would a foundation, just because it blends

in a lot easier.

I always have some baby wipes to hand and some Q-tips (some cotton buds).

First thing you need to make sure is that you've washed and moisturised

your skin so that you've got a good base. I use this Benefit Professional primer and I'm just going to apply it all over my face. I’ll put a bit on my eyelids as well, it's like a base for eyeshadow.

Then I'm going to use this NARS creamy concealer. I can easily spread it on and I'm just using my 20 times magnified mirror. To be honest, I put it over my face more than I probably should.

The next thing I'm going to use is a CC cream, which I think stands for "Conceal and Correct". I'm using an IT Cosmetics one which has got a pump on it, which is really good because it means I can use the back of my hand and put on what I think I need, which is about three pumps. I use a beauty blender which is a sponge. It blends so much faster than a brush but also, you don't get those brush strokes. You do have to wet it beforehand and I haven't done that –normally I’d do it under the tap – so I'm just going to spray it with a water spray. To apply, I just take my hand and dab it all over.

Like the concealer and the primer, I basically go upwards all over my face. But you just dab it, you don't drag it or do circular motions. Even though it's a CC cream, it’s important to take it down your neck.

Next I have a palette that has lots of different things in it. It has bronzer, two types of blusher, a highlighter and some eyeshadows at the top as well.

I'm going to use the bronzer with my angled brush and I just need to suck my lips in and put it on in the hole, under the apple of the cheekbone in the corner, and swipe upwards towards the top of my ear.

Then I'm going to take a fluffy brush and I'm going to take the blusher

that's in there. I'm just going to apply it literally on the apples in the cheeks and fan it out. I'm also going to take a little bit of highlighter with my first finger, and put it just at the top of my cheekbones, where I feel the hardest bit just under the corner of my eye, and I swipe upwards again.

If you don't want to use a powder you can get cream blushers, where you just squeeze it out and it goes onto a little sponge at the end of the applicator.

I’ve put way too much on there so I'm just going to use my finger to blend it out. It's really glowy, but you just have to be careful how you squeeze it. But it looks less chalky.

Now I'm going to take this eyeshadow, which is a cream eyeshadow with a brush. I'm going to follow the shape of my eyelid.

All looks fine!

This is quite a neutral colour and I'd always suggest picking a neutral colour when you're not sure. I don't mind ones if they're wet or dry.

This is the mascara I'm using. So now for this, I'm going to use a magnified mirror again, just to coat my lashes upwards. I try and keep my brush lightly feathering my eyelashes: I don’t press it.

Now I can feel I've got my mascara on the one side of my eye, I felt it touch my eye. So I just need to get the magnified mirror and my Q-tip to wipe it away.

Next I'm going to apply my lip liner and a lipstick. I use just a pinky nude colour. I use a lip liner, to be honest, not to re-line my lips, but just to put a base so it lasts a bit longer. So I don't have to worry too much about it all rubbing off.

I'm going to use my mirror and as you can see there’s not a lot of difference, but it just helps my lips stay for longer. But again, as I say, just use a neutral colour. You can get a make-up artist at a make-up counter to help you find out what would be a natural colour for you. If you pick a natural colour, you don't have to worry too much about the lines because you can just rub your lips together.

Okay, so the last step for me is to use a setting spray. This is just an Urban Decay one and I just spray it as a mist a little bit away from my face. That just helps to set my skin.

One thing I'd forgotten, actually, is to do my eyebrows, which I always do, and I always do it with my phone. I just brush upwards with a pencil, which actually does require a bit of detail. But what I do is I always make sure I go and get my eyebrows waxed and tinted every few weeks. So now I'm just going to have to fill it in lightly. You can also get your eyebrows tattooed as well if you need to.

Voila! That's the finished look.

Those are my hints and tips for applying your makeup.

Bye!

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