Now that you are counting down to your wedding day, it's time to think about your skincare and how you can radiate confidence with or without makeup! I have created this guide to help you find your skin-type and how to plan out your daily regimen based on it! Be sure to check out my 30 min. phone consultation option if you want a customized list of products that are perfect for addressing your specific skin desires!

CONGRATULATIONS!
YOU'RE ENGAGED!

Now it's time to take the steps to ensure you're on the right track when it comes to self-care before your Special Day!

Cheers

TO THE NEW YOU

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WHAT IS YOUR SKIN TYPE AND TEXTURE?

The first part of good skincare is to determine what your skin type and texture are so that you can customize your routine to keep your skin looking healthy and glowing into your wedding day!

In this guide we go over simple methods to help you figure out your skin type and texture so you can be better prepared to use the right products for your skin!
It's essential to know your skin type if you want healthy and flawless skin. Knowing your skin type allows you to select the right products and customize a skin care regimen that will work best for you. The main skin types to consider are dry, oily, combination, normal, acne-prone, and sensitive. You might be wondering how in the world you'll ever differentiate between all these skin types! But don't worry. There are simple ways to determine your skin type and I'm happy to share a simple method ahead.
HOW TO DETERMINE YOUR SKIN TYPE

OILY
Shiny, all day

COMBINATION
Midday shine, mainly in the T-zone (forehead, nose and chin)

DRY
Rarely shiny

SENSITIVE
Prone to redness, stinging and irritation.

Here's a quick reference to see how skin can look based on different skin types.

GLO-THERAPEUTICS

Using the Tissue Test! Learn how to properly determine your skin type using this and other methods on the next pages.

MITASHA SINGH
Prepping your Skin:

Start by using a makeup wipe or makeup removing oil to remove any left-over traces of makeup from your eyes, lips and skin. Then take a gentle cleanser, preferably the one you use daily and wash your face with warm water and pat dry with a towel or wash cloth.

Try not to wash your skin with overly hot or overly cool water and avoid over-washing your skin or using an exfoliator at this time as it may dry your skin out and cause irritation or increased oil production which won't yield accurate results.

Next, wait 45 min to an hour before moving on to the next step to determine your skin type. It is essential not to apply any moisturizer or serums and or oil to the skin during this time. Also, please avoid touching your face as well.
Testing your Skin:

Now we are ready to check your skin and conduct the tissue-test! Take a soft facial tissue from your tissue box and open it flat. Place the flat tissue paper onto your skin and pat it onto your face. Be sure to give emphasis around the T-Zone which is down your nose and across your forehead in the shape of a "T". Remove the tissue from your face after 5-10 seconds and see if you can spot any oil absorbed onto the tissue and where it shows up. This will normally help you to determine if you have either oily or a combination skin-type based on where the oil shows up on the tissue. Please also see the image below for reference.

![Skin Types Diagram](https://www.makeupbymitasha.com)

**Dry**

**Normal**

**Combination**

**Oily**

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Here we go a little deeper into the testing of our skin to help us better assess our skin-type by examining how our skin feels.

Next, use your fingers and touch your face. Notice how your skin feels.

If you have dry skin or combination dry, your face will feel taut and a bit rough after cleansing whereas oily skin will feel clean and refreshed after washing. Pay attention to your cheek area during this part of the test as it will also help you determine your skin-type.

- A dry skin-type will have little to no oil absorbed onto the tissue and will feel a bit tight to the touch on the surface, especially in the cheek areas.

- With a sensitive skin-type, your face might get red, itchy, or a rash could form after using certain facial products. Avoid any fragrance products on your skin.

- An Oily skin-type will start to feel greasy again as your day continues. And you will see the oil absorption on the tissue applied on the skin. You can also get pimples or acne at any age, especially if you have an oily skin type.

- If you're noticing that your skin doesn't fall under any of these categories listed above and you're free of problem areas, you have normal skin which requires low maintenance! Congratulations!
Examining Your Skin to Determine Skin Texture

Next, we are going to examine our skin a bit further by looking at it in the mirror. If you notice any red, flaky patches on your face, you most likely have dry and/or sensitive skin. If your face looks shiny all over, predominately on the cheeks as well, you have oily skin. But if your skin is anything like mine, you have a little bit of oily in the T-zone and it still feels a bit tight or dry around the cheeks which gives you a classic combination skin-type.

Now we are going to examine and look at the size of your pores. Your pore size and visibility or lack of really helps to determine your skin-type as well. If you have normal skin, your pores will be visible but not overly large or inflamed. Take a step back from the mirror and if you are still able to see the pores on the texture of your skin, you have oily skin. But if your pores are not at all visible after taking a step back and looking in the mirror, you have dry skin.

With combination skin however, you have more than one pore size on your face, such as patches of larger pores and invisible pores, which can help you to determine if you are more of a dry combination or an oily combination skin-type.

Lastly, give your cheeks a pinch. If your skin wrinkles easily or reddens after the pressure is applied, you have a drier to sensitive skin-type. But after pinching your cheeks if your skin feels smooth, then you have a more normal to oily skin-type. The smoother and softer to the touch, the more likely you are to have an oily or oily combination skin-type.

If you need further clarification after these tests or feel like you need a more targeted treatment for the appearance of your skin’s current state, then I would suggest consulting a dermatologist. As they can help prescribe to you medicated treatments for your deeper skin concerns.
Now that you have tested your skin in depth and know your skin texture, its time to dive into the perfect AM and PM Routines based on your skin-type!

MITASHA SINGH
It's essential to know your skin type if you want healthy and flawless skin. But after you understand your skin texture, it's time to create a healthy regimen for yourself. A healthy skincare regimen will help your skin texture improve so that you can have more radiant skin in time for your wedding day!

*I recommend starting your skincare regimen at least 4-6 months prior to your wedding day for maximum results!
OILY SKIN

Oily Skin helps to keep our skin looking and feeling younger for longer but is known for larger pores, and extra shine on our faces throughout the day.

Am Routine:
Water Based Gel Cleanser, Mattifying Toner, Oil-Free Moisturizer, Zinc Oxide Sunscreen

PM Routine:
Makeup Removing Wipes, Water Based Gel Cleanser, Mattifying Toner, AHA/BHA Serum, Lightweight Moisturizer

Add Ons:
Retinol Nightly Serum, Clay or Charcoal Mask, Chemical Exfoliator

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DRY SKIN

Dry skin can be taut to the touch and look dehydrated, so extra care is required to keep it fresh and glowing.

AM Routine:
Cleansing Lotion or Milk Based Cleanser. Avoid Soap Based Cleansers. Alcohol-Free Toner/Softener, Antioxidant Serum, Hyaluronic-Acid Moisturizer with SPF

PM Routine:
Oil-Based Makeup Remover or Micellar Water, Cleansing Lotion or Milk Based Cleanser, Alcohol-Free Toner or Hydrating Softener, Retinol Serum, Eye Cream, Hydrating Night Cream

Add-Ons:
Hydrating Sheet Masks, Facial Oils enriched with vitamin E, vitamin C, rose, jojoba, argan, maracuja, etc.

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COMBINATION SKIN

Combination Skin is the most common skin-type and basically shows by our different pore sizes, T-Zone oily and drier skin on the cheeks.

AM Routine:
Light Foaming Cleanser, Toner of choice, Lightweight Moisturizer, Zinc Oxide Sunscreen.

PM Routine:
Makeup Removing Wipes, Gel Based Foaming Cleanser, Alcohol-Free Toner, AHA/BHA Serum or Retinol, Night Moisturizer

Add- Ons:
Facial Oil, Clay Mask, Exfoliator

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NORMAL SKIN

It is truly a treat to have a normal skin type, as you have very healthy skin with little concerns. Congratulations!

**AM Routine:**
- Water Based Cleanser, Alcohol-Free Toner,
- Light Moisturizer with SPF

**PM Routine:**
- Makeup Remover, Sulfate Free Cleanser,
- Antioxidant Serum, Night Moisturizer

**Add-Ons:**
- A Mask of Choice, Retinol Night Serum,
- Exfoliator - twice weekly

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SENSITIVE SKIN

Sensitive skin requires extra love and care as it may be prone to dryness, redness, and itchiness.

AM Routine:
Cleansing Lotion or a Milk Based Cleanser. Gentle Alcohol-Free Softener or Toner, Scent-Free Moisturizer and Zinc Oxide Sunscreen.

PM Routine:
Gentle Makeup Removing Wipes or Oil Based Makeup Remover, Milk Based Cleanser, Alcohol-Free Toner or Softener, Repairing Serum and Scent-Free Moisturizer.

Add Ons:
Hydration or Gel Based Mask, Lactic Acid Serum, BHA Exfoliator

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MY SKINCARE ROUTINE

I have Dry/Combination skin, so I do get an oily T-Zone but I also have dry skin along my cheeks and multiple pore sizes.

My AM Routine:

I use a gentle foaming cleanser with soft exfoliating beads, a gentle enzyme softener for my toner, a hydrating and anti-aging serum, a light eye cream and a lightweight moisturizer with SPF.

My PM Routine:

Makeup Removing Wipes, gentle foaming cleanser, Alcohol-Free Toner or Softener, Repairing Serum with retinol and a hydrating nighttime moisturizer

Add Ons:

I use a detoxifying charcoal mask once a week, and vitamin e and c enriched face oils as needed and as well as an exfoliating scrub twice a week.

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Now that you have determined your skin type, know your skin texture and have discovered the perfect AM and PM skincare routine based on your skin needs, it's time to take it a step further. On the next page you will find two helpful services I offer to all my clients.

The 30 min. skincare consultation which comes with a customized list of products for your daily routine and a link on where to purchase those to start your regimen.

Or the makeup bag makeover which is a 2-hour class going over your current skincare and makeup. I will teach you how to use your products better and create a look of your choice for the office or a get-together with the ladies!
30 MIN SKINCARE CONSULTATION

Now that you are armed with the knowledge of your correct skin-type, it's time to take it to the next step and get the right products to start your daily regimen!

Schedule a quick over-the-phone chat about your skin concerns and I will send you a complete product list breakdown of what you need in your bag! Product list and links to purchase products are 100% customized to each individual and require a questionnaire to be filled out before the appointment. 30 min. Phone call + list of products: $50.

THE MAKEUP BAG MAKEOVER

This online Class is a personalized makeup lesson to ensure that you have the proper regimen, products and tools for your skin type and coloring. Within the lesson you will learn how to prep your skin and apply the make-up look you desire using the correct techniques, products and brushes. You will also learn which colors suits your skin tone, face shape, and skin type. Contouring & highlighting, eye shadow look of choice, mastering the winged liner, flawless skin, brow shaping etc.

**You Must Fill out the questionnaire before class. Class runs up to 120 min. Online Personal Makeup Lesson: $200.

For more information email: makeupbymitasha@gmail.com
ONLINE PERSONAL MAKEUP CLASS

Makeup Bag Makeover

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