

VAS MAKE UP 2009-2010

Hello everyone! Welcome to another edition of VAS Make-up 101! This year's look: silvery smoky eyes and warm glossy lips! A list of the makeup brands and colors used is attached for easy reference.

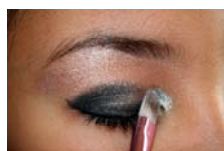
The smoky eye may look intimidating, but it's really basic and simple to do. The best makeup brush for this look is a medium angle brush which is good for precision and building color. Make sure you clean your brush with a tissue or towel before each color change.



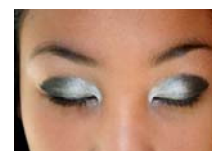
1. You may want to apply a primer to your eyelid area before beginning. Using an angled brush and collect a small amount of the black shadow, tapping off any excess. Apply along the eye lid as you would eyeliner and continue the line, curving upwards and stopping just as you hit your bone at the eye socket. The line should look as if you were drawing a curved line connecting it towards the end of the outer eyebrow.



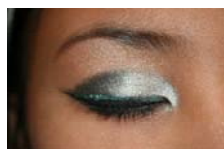
2. When you've reached the end, pivot the brush up about 45° and continue your line along the edge of the eye socket, following the natural curve of your bone, creating the outer "V"; it basically looks like a sideways check mark or funky number "7" at the outer corner of the eyelid. Continue piling the shadow along the crease line towards the inner part of your eye.



4. Collect a small amount of the silver shadow, tapping off any excess (you can always add more after). Start at the inner corner of the eyelid and go along the upper lash line, dabbing the silver on a little bit at a time blending it onto the lid and filling in the black #7 you have drawn. Remember to blend, blend, blend, before you pick up anymore shadow on your brush; silver pigment shadows are very rich in color.



5. Line your eyes along the upper lash line with black eye liner, extending the line outwards beyond the end of the eye by about 1/2 centimeter. You can use liquid liner (for a more precise line) or a kohl pencil. Tip: To keep your drawing hand/arm steady, place your elbow on the counter and rest your chin on the very end of the palm of your hand (closest to your wrist) with the liner between your fingers.



6. Draw a thin line of blue glitter right above the black liner so that you can see both black and blue lines. Finish your eyes by curling your lashes (if you need to) and applying a few coats of mascara.



8. Lips: Gloss with a peachy-pink nude gloss. If you want more definition or richer color, line your lips with a soft pink lip liner. Check with your coach for further details on your team's lip color.



Just have fun with this tutorial! Always apply your makeup with a light hand: you can always add more shadow and build the color as you go; much easier than removing everything and starting over! Cheers!

Note: Makeup can get costly, as do the tools to apply them with. Some athletes cut costs by sharing with another teammate. If you are planning on sharing, I strongly recommend you buy loose pigment powder shadows so that you can divide the shadows into little containers for each person (ie. contact lense cases or pill boxes). Also, buy your own makeup brush(es) and wash them regularly to decrease the risk of any contamination.












Cheer Make Up List - 2009-2010

The price range for the items below varies from brand to brand. I do like to use certain brands (Make Up For Ever and MAC) for their durability and wearability; we've tested these brands through many stage and dance performances (with stage lighting!). You are not limited to the brands suggested below; they are merely "suggestions". We only ask that you purchase make up that will match as close to the colours and effects below for uniformity. If you have any questions, please do not hesitate to ask!

Feature Palette

Suggested brands (best colour match)

*Drugstore brands can be found at Shoppers, London Drugs, Wal-Mart, etc. Prices are approx. & will vary from store to store.

Eyes	Silver/Black Shadow Duos (L'Oreal HiP is one of the best drugstore pigment shadows)	Too Faced (Ooh & Aah) <i>Sephora</i>		
		L'Oreal HiP (Platinum #906) (Intense colour and great shimmer; smooth application) *Drugstore \$9		
	OR	Black Eye Shadow (Any "shimmery" black shadow. Choose pigment shadows for vivid high impact colour. A little goes a long way)	Make Up For Ever (Diamond Black #307) <i>Sephora \$23</i>	
			MAC (Black Tied) <i>MAC/The Bay \$17</i>	
			Annabelle (Ebony or Carbon) *Drugstore \$5	
	&	Silver Eye Shadow (Any bright metallic silver pigment shadow. Think a shiny new quarter. Avoid darker grey hues; we're not using loose glitter this year so much of the "shine" will come from the silver shadow)	MAC Pro Pigment Shadow (Silver Fog) (Comes in a .15 oz pot. A little really does go a long way) <i>MAC/The Bay \$23.50</i>	
			Make Up For Ever (Silver #82) <i>Sephora \$21</i>	
			NYX Ultra Pearl Mania (Silver) (loose powder) *Drugstore	
	Blue Glitter Eyeliner (These are the closest colour matches to our uniforms with the smoothest application I've found so far)	Urban Decay Heavy Metal Eyeliner (Air Guitar) <i>Sephora \$23</i>		
		Annabelle Glitterama Eyeliner (Celestial Sky) (A more "teal" blue than UD's Air Guitar but for the price...) *Drugstore \$7		
Mascara	Black			
Lips	Lip Gloss (A "peachy-pink" tinted nude gloss) **Check w/your coach for colour	MAC DazzleGlass (Steppin' Out) or LustreGlass (Love Nectar) Annabelle Le Gloss (Breathless)		
<i>Optional Items</i>	Lip Liner (A soft pink "nude" lip liner that compliments your own colouring)	Annabelle makes a whole line of affordable liners to match/accentuate every skin tone. Choose one that is neither too dark nor too bright from the "nude" line.		
	Black Eyeliner	Liquid liner or kohl pencil (you can use your black eye shadow and a liner brush for this)		
	White Eyeliner (Opens the eye)	Kohl pencil such as MAC or Annabelle (Apply at the waterline to make eyes "pop")		
	Eye Shadow Primer (Intensifies colour & provides SUPER long lasting wear)	Urban Decay Eyeshadow Primer Potion (Sin) (Sin has a champagne hue to it which is a great highlighter on the brow bone on its own. From the few we've tried, this one is our fav! Just be sure to get a good makeup remover!) <i>Sephora \$25</i>	