

BEAUTY AND CARE TIPS FOR WOMEN

FEEL COMFORTABLE IN YOUR SKIN DURING AND AFTER
CANCER TREATMENT.



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Cancer patients experience physical changes caused by the disease and treatments. Chemotherapy and radiotherapy often lead to changes in complexion, the appearance of dark circles and weakened skin. They can also cause the loss of hair, eyelashes and eyebrows. Make up can reduce some of the side effects and restore a healthy glow.

The objective of this booklet is to

offer patients appropriate beauty advice in order for them to regain their self-esteem and self-confidence.

MAKE UP TIPS

TIPS FOR A FRESH COMPLEXION

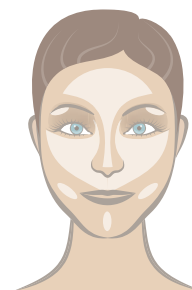
Working on your complexion means first of all caring for your skin and then concealing remaining imperfections such as dark circles, pimples and redness.

Your face should be thoroughly cleared of make up and rinsed with water every night before going to bed. To avoid dry skin, it is advisable to moisturise your skin with a suitable nourishing cream. Some creams are designed for dry skin and others for oily skin with an acneic tendency. In the morning, a tinted cream can be used.

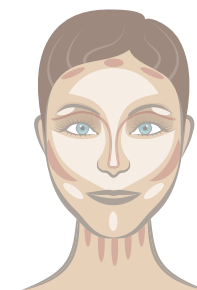
This evens out your complexion and nourishes the skin. The colour must be close to your natural complexion. It should be applied to the entire face using your fingertips by light tapping and rubbing.

In case of redness, a green corrector may be useful locally under the tinted cream.

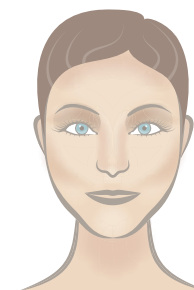
Be careful not to create a demarcation at the top of the forehead and at the base of the neck when your complexion is being worked on.



1 Subsequently, apply a concealer under the eyes. A lighter shade than tinted cream should be chosen. This makes it possible to lighten and refresh the eyes, even in the absence of dark circles.



2 Finally, to mattify and fix the make up, you can powder it with a brush or a powder puff.

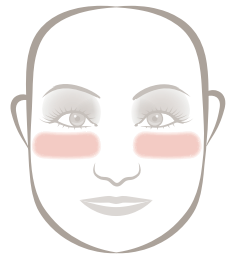


3 It is possible to use a loose or compact powder. This step should not be performed in case of particularly dry skin.

APPLY BLUSH

A pale pink or peach blush can also be added. It will illuminate the complexion and give a healthy glow. For mixed and black skin, blush is available in cinnamon or bronze colours. It is applied with a brush.

There are several application techniques depending on your body type:

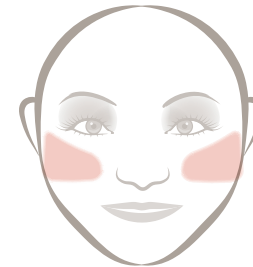


SQUARE FACE

Not very high, the forehead is well-developed, and the jaw is wide.

Application method:

Soften the angles and apply the blush on the rounded part of the cheekbone. Avoid the temples and jaw.

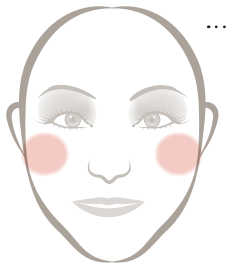


ROUND FACE

The cheekbones are prominent, the forehead and jaw are narrow, the whole forms a circle.

Application method:

Create the impression of enlarging your face by applying blush diagonally.

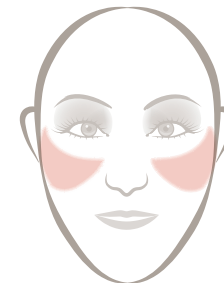


OVAL FACE

The forehead is quite wide but the jaw narrower.

Application method:

Apply to the protruding part of the cheekbones while blending outwards to obtain a very soft effect.



LONG FACE

It has a rather wide forehead and jaw, the cheekbones are often high

Application method:

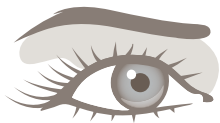
Reduce the geometric appearance by applying blush from the ears to the mouth while blending it.

In general, and for all body types it is important not to apply too much blush, to always blend it well and not to go too close to the mouth and nose in order to avoid closing the features of your face.

MAKE UP THE EYES

To bring out and enlarge the eyes, it is important to choose matt and natural eye shadows in harmony with your complexion and eyes. It is recommended not to choose make up of the same colour as the eyes, especially if the eyes are green and blue.

Which eye shadow colour for which eye colour?

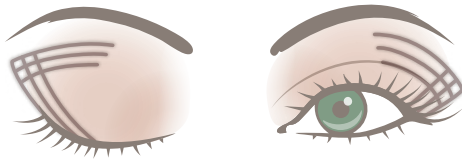


MAKE UP THE EYES

To give structure to the application, use both a light and a dark colour.



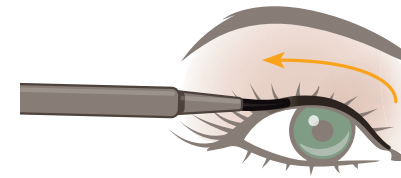
1 First, the light shadow should be applied to the entire eyelid, emphasising the inner corner of the eye.



2 Second, the dark shadow must then be applied to the outer corner of the eye, then gradually graded inwards.



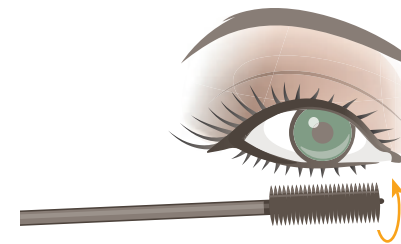
3 Blending the eye shadow with a finger, cotton swab or brush gives a softer, more natural effect.



4 If you are struggling with drooping eyelashes, apply eyeliner to the upper eyelid from the inside of the eye to the outside, very close to the edge of the eyelashes. This will give the impression that your eyelashes are fuller and longer.



Also apply some kohl to the outer corner of the lower eyelid to accentuate your gaze.







5 Finally, mascara will give volume even to sparse eyelashes. Non-waterproof mascaras are easier to remove when removing make-up and reduce the risk of eyelashes being pulled out.

To avoid eye infections, it is advisable to change your mascara every three months.

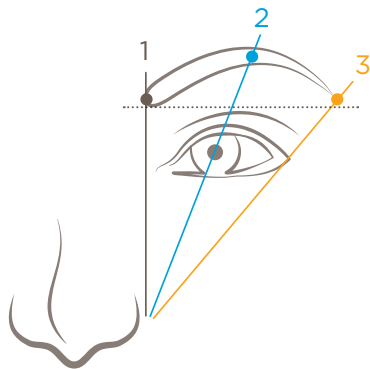
DRAWING EYEBROWS

The loss of eyebrows changes the face considerably and causes it to lose its harmony as well as part of its expressions. Eyebrow redesign tips are aimed at all patients, whether or not they have lost their entire eyebrows.

The first step is to find a pencil colour that is as close as possible to their natural hair colour:

-  **Light hair colour:**
Blond, light brown, chestnut
-  **Recommended eyebrow shade:**
Taupe or light brown
-  **Dark hair colour:**
Dark brown and black
-  **Recommended eyebrow shade:**
Dark brown

Use the eyebrow pencil to mark three specific points at the level of the brow bone. These points will then be connected to allow the eyebrow to be drawn.



1 The pencil is placed vertically, from the bridge of the nose to the forehead, passing by the inner corner of the eye. The first point, which represents the beginning of the eyebrow, is located along the pencil, at the level of the eyebrow arch.

2 To find the second point, the lower end of the pencil must rest on the bridge of the nose. The upper part moves at an angle until the pencil crosses the pupil. At this point, the second point can be drawn. It must be higher than the first point.

3 The pencil must be tilted more until it is aligned with the outer corner of the eye. The third point, which represents the end of the eyebrow, is located along the pencil, at the same height as the first point in order to avoid a surprised or sad look.

The last step consists of connecting all these points with small cross-hatching in pencil. An eyebrow shadow can be added on top. For a natural and faded effect, we recommend using a bottle brush or brow brush to even everything out.

If this seems difficult to achieve using pencil or powder eyebrow make-up, eyebrow make-up kits can help to restore symmetrical and well-drawn eyebrows.

ACCENTUATE THE LIPS

You can match your lipstick colour with the colour of your clothes or headscarf. A discreet colour applied to the lips allows a pronounced make-up of the eyes and vice versa. Indeed, for a more natural look, it is better to avoid too bright make-up on the eyes and mouth.

Like with the skin, the lips must be cared for before make up is applied. To avoid chapped lips, it is advisable to use a moisturising balm and let it absorb for a few moments before applying the colour.

Lipstick is best applied with a brush to avoid smudges.

It is not mandatory to apply a lip pencil. However, it can help to give volume to thin lips and correct their profile. Its application begins in the centre of the upper lip and follows the contour of the lip towards the corner of the mouth. The mouth must remain closed and relaxed during application.

Then apply the lipstick and blend it with the contour pencil.

Avoid waterproof lipsticks, which are generally drier and therefore more irritating. Instead choose lipsticks that are oilier and include sun protection.



NAILS



PRESERVING NAILS

During medical treatment, your nails may become brittle or be prone to coming off. The application of a hardening base serves to strengthen the nails. Be sure to choose a formalin-free nail hardener that is rich in silicon.

Similarly, it is advisable to moisturise the nails regularly with oil or cream and keep them short, as nails that are too long can break more easily.

False nails (gel, resin) are to be avoided because they weaken your nails and may loosen them and/or cause infections. In addition, you also increase the risk of inflammation.

To obtain coloured nails, simple nail polishes are therefore preferable.

Use acetone-free solvent to remove the varnish afterwards.

HAIR AND SCALP



TAKING CARE OF THE HAIR AND SCALP

During treatment

Throughout the course of chemotherapy, the scalp becomes sensitive and very fragile. Ultra-soft adapted shampoos are available in pharmacies and drugstores to help relieve any itching. Due to the sensitivity of the scalp, vigorous towel drying of the hair should be avoided. It is recommended to use the hair dryer at the lowest temperature or to let the hair dry in the open air.

Colouring and perms should not be used until the end of the treatment and during the six months that follow.

In case of baldness, it is important to nourish the scalp with a moisturising cream to prevent the skin from drying out. To protect yourself from the cold and the irritation it causes, it is recommended to wear a cap in winter and at night.

It is important to protect yourself from the sun's rays with a sunscreen, hat, headscarf or wig.

Chemo caps are a great alternative to wigs. They relieve any itching and/or irritation.

After treatment

In almost all cases, your hair begins to grow back four to six weeks after the end of your treatment. From the end of the first month, you should see the first regrowth appear in the form of a fuzz. During this period, do not shave your hair or fuzz, it will disappear after six months to one year. You should subsequently expect an average of 1 cm of growth per month. Hair often changes its appearance, especially during the first stages of regrowth in terms of its colour, thickness and flexibility. In general, except for the colour, it returns to its original state after a few months.

Be aware, however, that this regrowth may cause itching on the scalp. Therefore do not hesitate to massage your scalp with castor oil to eliminate all toxins and promote faster growth. As castor oil has a fairly viscous texture, you can mix it with another oil like avocado oil or sweet almond oil to make it more fluid. You can apply this advice to eyelashes and eyebrows to promote regrowth.

In order not to weaken and further alter the regrowth of your hair, we advise you to avoid dyeing, straightening and blow-drying during the first six months following the end of your treatment or as long as your scalp is visible. Thereafter, "organic plant-based" colouring without ammonia, paraben and resorcinol can be used if you wish.

HEADSCARF

Some tips for choosing a headscarf:

The minimum length to provide for is approximately 180cm by 100cm. The longer the fabric is, the more volume it creates around the face.

There are an infinite number of ways of binding the headscarf. Here are some examples.

THE «GRAPHIC» TURBAN

What you need:
a headscarf measuring 180x110 cm and a cotton cap



1 After positioning the cap on your head, fold the headscarf in half lengthwise.



2 Place it on your head.



3 Tie a simple knot on the side, right or left as you wish.



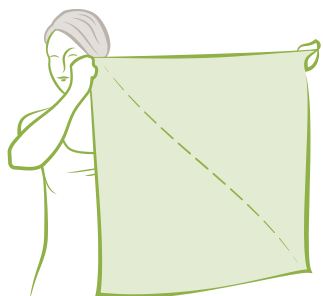
4 Bring one of the two flaps back to the opposite side passing by the crown of your head.



5 Tie the two flaps of the headscarf on the side and tuck the ends into the headscarf for a neat result.

TYING A SQUARE HEADSCARF

What you need:
a cap and a square headscarf measuring 60×60 cm



1
Fold the headscarf diagonally.



3
Place the headscarf on the crown of the head, positioning both flaps on one side of the head.



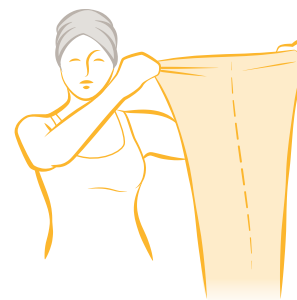
2
Twist the headscarf around itself.



4
Tie a double knot on the side with both flaps.

THE «CROSSED» TURBAN

What you need:
a headscarf measuring 180×110 cm and a cap



1
To begin, fold the headscarf in half lengthwise.

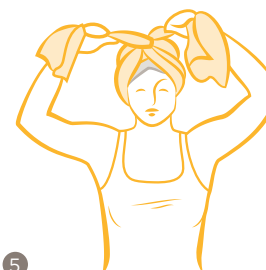
2
After halving the width, place the headscarf on your head.



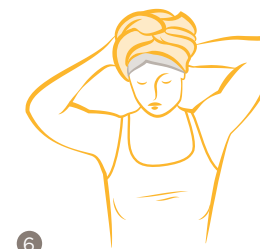
3
Cross the two ends at the level of the neck.



4
Bring the two flaps back to the crown of your head and cross them a first time.



5
Cross them a second time.



6
Tuck both sides under the headscarf for a neat result.

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