

ESSIE COHEN

makeup artist collective

Bridal Skincare Prep

Skincare Recommendations

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Skincare is one of the most important elements in your daily routine, especially prior to makeup.. First, you have to find what is the best recipe for your skin type. Here are a few questions you can ask yourself before purchasing products in order to make the best regimen for you.

What's your skin Type?

What's your budget?

What are your skin concerns?

Here is some skincare advice from us at Essie Cohen Makeup.

To tell what type of skin you have, just ask yourself a few questions.

- 1. When you wash your face does it feel tight? If yes, your skin is on the dryer side.**
- 2. When you wash your face does it feel normal? Then you are a normal skin type.**
- 3. Do you find you have a slippery texture, and not just in the T-Zone, throughout the day? You have more of an oily skin type.**

Use our recommendations below to find the best skincare for you. Whether it's on a budget or a splurge, we have you covered.

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Skincare Tips & Tricks

- Facials should be spaced out once a month
- No extractions 2-3 weeks prior to your event. For any questions, please check with your esthetician
- Follow the skincare regiment below
 1. *Cleanse*
 2. *Exfoliate (daily)*
 3. *Face Mask (optional, twice a week)*
 4. *Tone*
 5. *Moisturize*
- Serums are a great product to use in the dryer months
- Exfoliate the day of your wedding to have freshest skin
- Get into a good skincare regimen 6-12 months prior to your event
 - For any product recommendations, schedule a consult or a lesson for a personalized skincare list
- Just like we change our clothes every season, our skincare changes as well. Our skin has different needs during the winter opposed to the summer.

*Contact me directly for any product recommendations for your specific skin type,
essiecohenmakeup@gmail.com

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Self Tanning Information

Make your appointment 2-3 months prior to your wedding for a trial session. Usually brides should go lighter, as you are wearing white, ivory, cream, etc.

Most tanning salons will tell you to avoid tanning your face. Your makeup artist will be able to darken your face with the proper face makeup and bronzer.

Before your tanning appointment, you should...

- Shower
- Shave
- Exfoliate

We recommend doing so at least three hours prior to your appointment. This allows time for your pores to close.

*Oil based soaps are NOT recommended.

We suggest using a non-oil based scrub with an exfoliating mitt to gently exfoliate your skin. Well exfoliated and clean skin is essential to getting the best results.

Please inform us of any skin conditions, trouble spots, or any known issues you may have had with other tanning products,

*We recommend applying lip balm prior to your appointment

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Cleansers (*All Skin types*):



Bliss Cleanser \$9.99



La Roche-Posay Cleanser \$15.00



*Herbivore Pink Cloud
Cleanser \$24.00*



Tatcha Rice Wash \$35.00



Chantecaille Rice and Geranium \$66.00

Exfoliator (*All Skin Types*):



Mac Mineralize Volcanic Ash Exfoliator \$33.00



Olehenriksen Lemonade Smoothing Scrub \$32.00

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Serums:



The Ordinary Squalane \$7.90 (All Skin Types)



Sunday Riley Good Genes \$85.00 (All Skin Types)

Moisturizers:



*Embryolisse (All Skin Types)
\$16.00*



*Weleda Skin Food
(Dry Skin) \$18.99*



*Weleda Light Skin Food
(Normal to Combo) \$19*



*Skin Fix Peptide Cream
(Dry Skin) \$50.00*



*Dermalogica Active Moist
(All Skin Types) \$66.00*



*Tatcha Indigo Cream
(Dry Skin) \$85.00*

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Eye Cream:



Embryoless Eye Cream \$25



Boissance Eye Cream \$54.00



Bobbi Brown Hydrating Eye Cream \$56.00

Sunscreen:



CeraVe Sunscreen Stick \$9.99 (All Skin Types)



Supergoop! Unseen Sunscreen \$34.00

Acne Treatments:



Spot Treatment Peace Out Acne \$19.00



The inkey list Pha toner \$9.99

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Makeup Remover:



Drunk Elephant Makeup Melt \$34.00



Lancome Bifacil \$32.00



*Neutrogena Face Wipes
\$4.99 (All Skin Types)*



*RMS Makeup Remover
Wipes \$16.00*



*Clinique Take the Day Off
\$16.50*

Primers:

Eye Primers:

From Left to Right: Use according to your skintone

1. *Mac Paint Pot in Painterly*
2. *Mac Paint Pot in Laying Low*
3. *Mac Paint Pot in Groundwork*
4. *Mac 24-Hour Eye Base*



Eye primers are applied from the lid to the brow. Utilize the 24-Hour Eye Base under any paint pot for extra hold. The lid will get the most opacity of the product and blend diffusing up towards your brow with the least amount there.

All eye primers can be used dependent on skin tone

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Face Primers:

From Left to Right:

1. *Smashbox Original Photo Finish Smooth and Blur Primer.*
2. *Smashbox Photo Finish Super Light smoother and Blur Primer.*
3. *Smashbox Photo Finish Oil and Shine Control Primer.*



Face primers are applied after cleansed and moisturized skin. Start from the T-Zone outward and let the skin marinate with the primer to provide a hold for foundation.

Concern Correcting Primers:

From Left to Right:

1. *Smashbox Photo Finish Reduce Redness Primer*
2. *Smashbox Photo Finish Minimize Pores Primer*
3. *Smashbox Photo Finish Even Skin Tone Primer*



Identify your skin concern whether it's redness, visible pores, or uneven skin tone and follow up with the above application process.

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Face:

Foundation, BB Cream, CC Cream, and tinted moisturizer can all be used on the face in order to even complexion and get rid of dullness and sallow looking skin. This recommended foundation gives you a flawless finish.

Concealer is utilized to color correct any appearance of redness caused by blemishes, cover dark circles to lighten and brighten under eye and any pigmentation needs.



Featured Left to Right Clockwise

Charlotte Tilbury Airbrush Flawless foundation; Clinique Beyond Perfecting Foundation and Concealer; Mac studio Waterweight foundation, Mac Pro Longwear Nourishing Waterproof Makeup; Smashbox Studio Skin Full Coverage 24 Hour Foundation; Smashbox Studio Skin 24 Hour Oil-Free Hydra Foundation; Ilia True Skin Serum Foundation; Tarte Shape Tape Concealer; Purlisse Perfect Glow BB Cream SPF 30; Laura Mercier Tinted Moisturizer; Tarte Marajuca Tinted Moisturizer
Found at www.sephora.com

Concealer:

Concealer can be used to cover up any pigmentation underneath the eye or any unwanted blemish or dark spot on the face. Concealer assists in eliminating any concerns. Used with a brush, blender, or finger. Two drops of the doe foot applicator will do as less is more.



*Featured Left to Right
Mac 24 hour studio fix concealer; Tarte Shape Tape Concealer*

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Found at www.ulta.com

Treatment Concealers:



Treatment concealer creates a radiant, refreshed eye area. This can be layered as a corrector with a pink undertone underneath your concealer. Treatment concealer's concentrated formula with goji berry and haloxyl helps to erase the appearance of dark circles and fine lines, while visibly diminishing the appearance of puffiness around the eyes. Featured Covergirl TrueBlend Undercover Concealer; Maybelline Instant Age Rewind Eraser Dark Circle Treatment Concealer www.ulta.com

The Glow:

When it comes to that summertime glow, just to bring a little warmth, Tan-Luxe has it all. Face and body but a gradual tan so it doesn't appear to start and slowly warms your skin.

*Featured Tan-Luxe The face, Tan-Luxe The Gradual
Found at www.sephora.com*

