

# HOW TO LOOK YOUR BEST EVEN WHEN YOU MAY NOT FEEL YOUR BEST!

By Independent Senior National Sales Director Pat Danforth



From October 1996 through June 1997, I underwent surgeries, chemotherapy and radiation for breast cancer. During that time I had loving personal support from family and friends. My Mary Kay associates, both corporate and sales force, were there for all of my career needs. And my doctors and nurses were wonderfully competent and aggressive about healing me. In some ways I was out-of-commission, and in some ways it was business-as-usual. Besides my mind, the only thing missing was my hair! This article will hopefully help those who are dealing with the skin care, makeup and hair challenges I experienced.

Chemotherapy not only took my hair, it took much of the natural oil from my skin. It is my personal experience that oily skin, while often annoying, helps trap moisture and keeps the skin from becoming dry. Now, for the only time in my life, I had dry skin. I can only imagine what those who started out with dry skin were facing ... pardon the pun! So, my first and most important suggestion is to take extra care to gently cleanse and moisturize your facial and body skin adequately. That may necessitate a richer formula of skin care than you normally use - extra body lotion, hand lotion, and lip protection. It will be worth it now, and for the way you look ten years from now!

## 10 MINUTE MAKEOVER:

- Yellow Concealer – to camouflage blue-toned areas under eyes, or blemishes
- Foundation / Mineral Powder – natural is best, choose a shade close to your own skin tone
- Flesh-toned Concealer – use shade closest to skin tone to touch up discolorations
- Eyebrows – you may lose all or just some of your eyebrow hairs – brush any you have – apply pencils in at least two shades that are similar to your hair color, using strokes no longer than a brow hair itself – brush to blend and soften the color
- Cheek Color – natural look, soft edges
- Shadow Base & Contour – Base is lash to brow, Contour is wedge shape in crease
- Eyeliner – if the skin around your eyes is particularly dry, it helps to work a tiny bit of moisturizer onto the tip of your pencils before applying – use a lighter pencil shade in a somewhat thicker line, and a darker pencil shade in a thinner line closer to the lash area to give depth – blend softly
- Loose Powder / Mineral Powder – if necessary
- Brown/Black Mascara tipped with Black Mascara – if you have lashes!
- Lip Liner – correct or enhance lip line – can also fill in lip area with pencil color to hold lip color on longer
- Lipstick – fill in with lipstick
- Lip Gloss – brightens your look and also adds moisture

## QUICK & EASY HEAD-COVERINGS:

My goal was comfort first ... fashion second!

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Let me begin by confessing that hair has never been a big deal to me. Through the years I have gone from waist-length to short, curly to straight, brown to blonde, all without much concern. When I lost my hair to chemotherapy, the only difficult day was when my hair actually all fell out in the shower. If the loss of your hair is imminent, I would suggest getting a very short haircut. You will be amazed at how much hair you have, and the shorter it is, the easier it is to lose it.

At home I usually wore cotton terry turbans purchased from a beauty supply store. Turbans are also in department stores, usually more expensive, and some are dressy enough to wear out of the house.

Wigs are an obvious option. It is a good idea to buy your wig before your hair falls out so that the sales people can help you with a style similar to your own hair. Or ... you can go wild with a totally new look for fun! I bought a wig that looked so much like my own hair that you can't tell the difference in some of my pictures. The only things I didn't like about my wig were the discomfort of the band, and the extra heat. I found that scarves and hats were more comfortable and definitely cooler!

A variety of hats took me from cold winter into hot summer ... with a warm Tahitian cruise in between. Whether the hat was fur, wool, felt, cotton or straw, it helped a great deal to wear a wide cotton headband between my head and the brim. The cotton headbands can be purchased inexpensively in beauty supply stores in a variety of colors to go with the hats. They serve several purposes: 1) protect your head from an uncomfortable brim, 2) protect the brim from perspiration and body oils, 3) add extra coverage of your head between where your hairline "should be" and where the hat begins, and 4) help to secure the hat. The headband can match or contrast the color of the hat to coordinate with your outfit.

Scarves also played a big part in my wardrobe ... usually square scarves folded into a triangle worked best. Depending on the weather the scarf was a warm or a cool fabric. I always wore the scarf with a matching or coordinating cotton headband for the same reasons as with the hats. Especially if the scarf is a slippery fabric, you will want to tuck the forehead edge of the scarf slightly under the cotton headband to keep the scarf from slipping off too easily. I almost always tied my scarves on so that the knot was to one side of my head. It seemed to look less severe ... and more fashionable ... that way.

Choose to have fun with your "hairlessness" ... when else do you not have to cut, dry, curl, comb and spray?! And best of all ... not have to shave?!