



5 Specialist skin camouflage (B22)

B22 Unit Learning Objectives

This chapter covers **Unit B22 Specialist skin camouflage**.

This unit is all about providing skin camouflage applications to cover a wide range of often complex conditions and their aim is to restore the skin colouration to the surrounding skin tone. It also covers the use of a variety of specialist camouflage products, together with client instruction in the application, maintenance and removal of their own skin camouflage.

There are **five** learning outcomes for Unit **B22** that you must achieve competently:

- 1 Maintain safe and effective methods of working when providing specialist skin camouflage services**
- 2 Consult, plan and prepare for specialist skin camouflage**
- 3 Carry out specialist skin camouflage**
- 4 Instruct and advise the client on cosmetic skin camouflage techniques**
- 5 Provide aftercare advice**

Your assessor will observe your performance **on at least four occasions involving four different clients**, with the permission of the client.

From the **range** statement you must practically demonstrate that you have:

- used **three** out of the **five camouflage products** (camouflage creams, camouflage powders, setting products, skin stains, faux tan products)*

(continued on the next page)



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ROLE MODEL

Annette Farrington-Moore

Head beauty lecturer/trainer for Ellisons Academy



Currently I am the head beauty lecturer/trainer for Ellisons Academy in the Midlands.

I teach and develop courses for postgraduate students and also provide courses for those just starting out in the industry.

Originally, I came into the industry with my make-up skills as a qualified fashion and photographic make-up artist and colour analysis and image consultant. It was some years later that I decided to train and become a qualified beauty therapist. I worked in salons to gain experience, and then opened my own salon. I gained my teaching qualifications and assessors award and worked for various colleges in the Midlands delivering VTCT fashion and photographic make-up, beauty and holistic courses to students.

My career journey, which spans over 25 years, has been so rewarding and I love it. It has enabled me to meet so many diverse, interesting people over the years and is always so versatile. I have worked on fashion shows creating catwalk make-up, worked with photographers doing shoots on location, worked with cosmetic companies/houses promoting their products, and worked with brides on their wedding day. I have taught and inspired students/colleagues to gain the skills and knowledge required to enable them to pursue their career. What a fantastic industry to be involved in.

(continued)

- used all of the **application tools**
- used all of the **consultation methods**
- addressed all **camouflage needs**
- dealt with one of the **necessary actions***
- carried out application on all **areas to be camouflaged**
- used all camouflage **instructional techniques**
- provided all types of **aftercare advice**.

*However, you must prove to your assessor that you have the necessary knowledge, understanding and skills to be able to perform competently in respect of all items in these ranges.

Most evidence of your performance will be gathered from the observations made by your assessor, but you may be required to produce other evidence to support your performance if your assessor has not been present, e.g. video and stills photography.

When providing specialist skin camouflage services it is important to use the skills you have learnt in the following core mandatory units:

Unit G22 Health and safety

Unit H32 Promotional activities

ALWAYS REMEMBER



Skin Stain products

Skin staining products are available and can be used as a skin camouflage product. They are useful because they give a longer lasting effect than make up. They are applied directly onto clean skin and their use includes application to draw in eyebrows, create a lip line or colour in the areola of the breast. These areas may have been damaged or lost due to scarring or skin grafts as a result of an accident or surgery.

The product is often in the form of a felt tip pen but can be in small pots and would be applied with a brush. As it is a stain it can last for several days so care must be taken to apply it correctly first time. It will then gradually fade or can be removed with make-up remover.

Essential anatomy and physiology knowledge requirements for this unit, **B22**, are identified on the checklist in the textbook, in Chapter 2, pages 12 and 13. This chapter also discusses anatomy and physiology specific to this unit.



Corrective and camouflage make-up

Specialist techniques are required for corrective make-up and **camouflage make-up**. People asking for this service are often distressed about some aspect of their appearance. This can vary from a dislike of their normal face shape or feature(s), through to disfigurement from disease or injury. If a person is distressed about their appearance their quality of life can be psychologically affected.

Corrective and camouflage make-up application techniques are usually carried out using products specifically made for this purpose.

- Corrective make-up is applied to conceal areas or change the appearance of the facial features.
- Camouflage make-up is opaque and is used to conceal and disguise an area completely.

TOP TIP

Skin graft

A skin graft is where skin is moved from one part of the body to another to aid skin repair. This may result in differing skin tones and scarring.



Birthmark before cosmetic camouflage



Following cosmetic camouflage application

Problems that may be camouflaged

- **Scars:** injury, post-operative, burns, keloid (lumpy scar tissue forming at the site of wounds), acne vulgaris, raised or discoloured.
- **Burns:** scars which are ridged or discoloured.
- **Skin grafts:** where the skin is a different colour from the surrounding area and may also be hairy.
- **Birthmarks:** strawberry naevus, capillary naevus (port wine stain), darker pigmented areas.
- **Bruising:** temporary post-operative or post-injury bruising.
- **Pigment disorders:** hypo-pigmentation (reduced melanin production), e.g. vitiligo (white patches); hyper-pigmentation (increased melanin production), e.g. chloasmata (brown patches).
- **Vascular disorders:** acne rosacea (chronic inflammation of the skin on the nose and cheeks caused by dilation of the blood capillaries), telangiectasia (dilated capillaries appearing on the face, body or legs), varicose veins (deep blue and purple veins on the legs), erythema and redness possibly caused by acne rosacea or general high colour.
- **Tattoos:** these may be professional or amateur but both are permanent.
- **Age spots:** darker areas of pigmentation on the face, body and hands.
- **Moles:** large brown naevi appearing on the face and body.
- **Dark skin around eyes:** dark circles due to illness, stress, lack of sleep, hereditary causes.

TOP TIP

Vitiligo and chloasmata

Vitiligo is commonly seen around the eyes, mouth and hands; chloasmata are commonly seen on the forehead, cheek area and around the lips.

Outcome 1: Maintain safe and effective methods of working when providing specialist skin camouflage services



Brush cleaner

Unit B22 Maintain safe and effective methods of working when providing specialist skin camouflage services

- 1 Setting up and monitoring the treatment area to meet organizational procedures and manufacturers' instructions.
- 2 Making sure that environmental conditions are suitable for the client and the skin camouflage.
- 3 Ensuring your personal hygiene, protection and appearance meets accepted industry and organizational requirements.
- 4 Effectively disinfecting your hands prior to service.
- 5 Ensuring your own posture and position minimizes fatigue and risk of injury while working.

(Continued)
Unit B22 Maintain
safe and effective
methods of
working when
providing specialist
skin camouflage
services

- 6 Ensuring all tools are cleaned using the correct methods.
- 7 Positioning skin **camouflage products** and **application tools** for ease and safety of use.
- 8 Ensuring the client is in a comfortable and relaxed position suitable for the skin camouflage application.
- 9 Maintaining accepted industry hygiene and safety practices throughout the skin camouflage.
- 10 Adopting a positive, polite and reassuring manner towards the client throughout the service.
- 11 Respecting the client's modesty, privacy and any sensitivities to their personal appearance.
- 12 Checking the client's well-being at regular intervals according to organizational policy.
- 13 Disposing of waste materials safely and correctly.
- 14 Ensuring the skin camouflage is cost-effective and is carried out within a commercially viable time.
- 15 Ensuring client record cards are up-to-date, accurate, complete, legible and signed by the client and practitioner.
- 16 Leaving the treatment area in a condition suitable for future services.

HEALTH & SAFETY



Hygiene recommendations

The department of health has issued strict hygiene recommendations in the application of skin camouflage products. Research these recommendations.

ACTIVITY

Research which types of camouflage make-up are available and how you would buy them. Compare the costs of setting up a range for the salon.



Clean and sterilize your make-up brushes and applicators after each client to prevent cross-infection.

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Sterilization and disinfection

Make-up must be removed from containers using clean, disinfected or disposable spatulas. Colours can be mixed on a disinfected or disposable colour-mixing palette. Applicators such as brushes and sponges can either be disposable, or alternatively should be thoroughly washed using a soap-free antibacterial cleanser, rinsed in cold, clean water, allowed to dry and then stored in an UV cabinet.

Professional make-up brush cleaner can be sprayed onto the brushes, dried and then removed onto tissue along with the make-up. The quick antibacterial action allows the brushes to be used again almost immediately.

Short nails are important when applying the make-up by hand to avoid make-up collecting underneath the nails during application.

HEALTH & SAFETY



Brushes and sponges

Brushes and sponges kept damp will encourage bacterial growth, possibly resulting in skin irritation and cross-infection. Wash thoroughly and store dry, preferably in an UV cabinet.

HEALTH & SAFETY



Prevention of cross-infection

Three sets of make-up brushes are required to allow for effective disinfection between clients. Have a pencil sharpener available for lip and eye pencils – sharpening will allow a fresh surface for each client. Never apply make-up over broken skin, and only over scar tissue when it is completely healed.

TOP TIP

Brushes

Fine brushes are required when disguising small scars and blemishes.

EQUIPMENT AND MATERIALS LIST



Couch or beauty chair

with reclining back and headrest and an easy to clean surface



Specialized cleansing

and toning preparations efficient at removing waterproof make-up



Spatulas

disposable



Trolley or other surface

on which to place everything



Large white facial tissues

to blot the skin after cleansing and moisturiser application



Eyelash curlers

tool used to temporarily curl the eyelashes



Disposable tissue

such as bedroll – to cover work surface and the couch or beauty chair



Range of concealing and camouflage

and contouring and general make-up (specialist make-up products) to treat a variety of skin types and colours



False eyelashes

applied to enhance the eyes as required



General range of facial make-up cosmetics

to suit different skin types, tones and age groups



Towels

(two) freshly laundered for each client – one to be placed over the head of the couch, the other over the area of the service to protect the client's garments



Make-up application brushes

assorted to apply different products



Client record card

to record the client's personal details, products used and details of the make-up application

YOU WILL ALSO NEED:

Moisturiser To facilitate make-up application and create a barrier between the skin and the make-up

Magnifying lamp To inspect the area after cleansing

Cotton wool Dry and damp, prepared for each client

Bowls To hold the prepared cotton wool

Fixing powder Essential for a matt finish, which absorbs facial oils and perspiration, giving the make-up durability

Foundations Light and dark

Loose powder Applied to set the foundation, disguise minor skin blemishes making the skin appear smoother and oil-free

Mirror To show the make-up during and after application

Bright lighting Ideally daylight

HEALTH & SAFETY



Contamination

Do not put any applicators that have been in contact with the client's skin directly in the make-up containers. The make-up may become contaminated with bacteria, resulting in cross-infection.



You must use good quality products and equipment and keep them in a clean and prestigious condition. To prevent cross infection brushes must be sterilized between clients. Use disposable applicators where possible.

Ensure your model/subject is positioned correctly so they are comfortable and you are not incurring any back problems to yourself.

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Sample client record card

Date		Beauty therapist name	
Client name		Date of birth	
Address		Postcode	
Email address	Landline telephone number	Mobile telephone number	
Name of doctor		Doctor's address and telephone number	
Related medical history (Conditions that may restrict or prohibit service application.)			
Are you taking any medication? (Especially antibiotics, steroids, the pill.)			
<p>CONTRA-INDICATIONS REQUIRING MEDICAL REFERRAL (Preventing cosmetic camouflage make-up.)</p> <p><input type="checkbox"/> skin disorders</p> <p><input type="checkbox"/> skin infections</p> <p><input type="checkbox"/> eye infections</p> <p><input type="checkbox"/> swelling, irritation or soreness</p> <p><input type="checkbox"/> suspicious moles (showing signs of growing, changing colour, itching, soreness or weeping)</p> <p>HEAD AND BODY SERVICE AREAS</p> <p><input type="checkbox"/> head and body <input type="checkbox"/> face</p> <p><input type="checkbox"/> arms <input type="checkbox"/> chest</p> <p><input type="checkbox"/> legs <input type="checkbox"/> shoulders/back</p> <p><input type="checkbox"/> other</p> <p>CAMOUFLAGE NEEDS-(AREA TO BE COVERED)</p> <p><input type="checkbox"/> corrective make-up to conceal or change features</p> <p><input type="checkbox"/> scars tissue: Atrophic</p> <p><input type="checkbox"/> hypertrophic</p> <p><input type="checkbox"/> bruising</p> <p><input type="checkbox"/> hyper-pigmentation</p> <p><input type="checkbox"/> hypo-pigmentation</p> <p><input type="checkbox"/> erythema</p> <p><input type="checkbox"/> tattoos</p> <p>SPECIAL NOTES AND CONSIDERATIONS (e.g. skin very sensitive, imperfection very dark and difficult to conceal)</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>CONTRA-INDICATIONS WHICH RESTRICT SERVICE (Service may require adaptation.)</p> <p><input type="checkbox"/> post-operative swelling and bruising</p> <p><input type="checkbox"/> laser service to remove the blemish</p> <p>LIFESTYLE</p> <p><input type="checkbox"/> active exercising and swimming</p> <p><input type="checkbox"/> active exercise only</p> <p><input type="checkbox"/> no specific exercise</p> <p><input type="checkbox"/> generally busy, e.g. family and job</p> <p>OBJECTIVES OF SERVICE</p> <p><input type="checkbox"/> to be used daily</p> <p><input type="checkbox"/> to be used when needed</p> <p><input type="checkbox"/> to be used for a special occasion</p> <p>APPLICATION TOOLS</p> <p><input type="checkbox"/> brushes</p> <p><input type="checkbox"/> fingers</p> <p><input type="checkbox"/> sponges</p> <p><input type="checkbox"/> velour puffs</p> <p>PRODUCTS USED</p> <p><input type="checkbox"/> camouflage cream – colour</p> <p>_____</p> <p><input type="checkbox"/> camouflage powder – colour</p> <p>_____</p> <p><input type="checkbox"/> setting product – colour</p> <p>_____</p> <p>ADDITIONAL PRODUCTS</p> <p><input type="checkbox"/> skin stains</p> <p><input type="checkbox"/> faux tan products</p>	
Beauty therapist signature (for reference)			
Client signature (confirmation of details)			

Sample client record card (continued)

SERVICE ADVICE

Corrective make-up lesson – *allow 1 hour*

Airbrushing corrective make-up – *allow 1 hour*

Camouflage make-up lesson for any area – *allow 1 hour*

Camouflage large area – *allow 1 hour*

medium-sized area – *allow 1/2 hour*

tattoo – *allow 1/2 hour*

SERVICE PLAN

Record relevant details of your service and lesson and advice provided for future reference. Ensure the client's records are up-to-date, accurate and fully completed following service. Non-compliance may invalidate insurance.

DURING

- take a photo of the area to be camouflaged with the client's permission
- explain the skin preparation and why it is important
- explain each stage of choosing the right colour of make-up and mixing it to match the skin tone
- demonstrate the application and then encourage the client to do it themselves with your help
- note if there is any reaction or evidence of skin sensitivity

AFTER

- record the results of the make-up application
- take a photo of the result
- record which products and colours have been used for future reference
- discuss the best way for the client to keep the camouflage make-up looking good
- instruct the client on the removal of the products
- instruct the client on the hygiene necessary for make-up application

RETAIL OPPORTUNITIES

- the client will need to buy all the products you have used in order to successfully apply/remove the camouflage at home
- recommend skincare products for home use to maintain the skin in good condition of the face and body
- advise if there are any other services which may help the condition, e.g. facials, eye services, airbrush tanning
- products/substances and environments that should be avoided

EVALUATION

- record comments of the client's satisfaction with the service and the result
- if the camouflage effect is not what the client wanted, then record this and why
- record how you may change the make-up application next time to achieve a better result

HEALTH AND SAFETY

- advise the client how to look after the area after the service to avoid any unwanted reaction
- advise the client of the appropriate action to take if there is an unwanted skin reaction

SERVICE MODIFICATION

(examples include:)

- changing the brand of make-up to one that suits the client's skin better
- improving the skin condition with facials or skin services before make-up application

Preparation of the service area

The service room should have good ventilation so that the client's skin does not become too warm. The service couch or make-up chair should be clean and covered with fresh towels, and/or disposable bedroll as required. The trolley should display all the required make-up, applicators (including sponges, spatulas and brushes) and skin cleansers,

toners and **moisturisers** ready to use. Cotton wool, tissues and protective make-up capes are normally used. A pedal bin with removable bin liner is ideal for waste.

Preparation of the therapist

Complete a **record card** during the **consultation**, or if this is a repeat visit, have the client's record card ready. Hands must be hygienically cleaned before touching the client.

The beauty therapist's presentation must meet the organization's and the industry's professional standards. A clean, fresh uniform and smart appearance, and, if female, preferably wearing make-up, will make the client feel relaxed and reassured that they are in capable hands.



You need to listen to your client, respect, accept and support them. Focus on them. Remember body language is as important as the words you speak.

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Preparation of the client

The client must be made to feel relaxed and confident on the service couch or make-up chair. Protect the client's clothing with tissue or a make-up cape.

- When working on the face, have the client sitting up so that the face is viewed resting in its natural shape and contours. Cover collars and clothing and, if necessary, hair.
- When working on the arms and shoulders, have the client sitting up with the area to be worked on free of clothing. Cover any clothes nearby with large tissue to avoid spillage or marking.
- When working on the abdomen, have the client lie on their back, support the head and under the knees to ensure client comfort.
- When working on the back, the client can either sit up with their back towards you or lie flat on their front – whichever is best for them and for you.
- When working on the legs, have the area to be camouflaged exposed and have the client lying comfortably either on their back (for the fronts of the legs) or on their side or front (for the backs of the legs).

The area to be treated should be cleansed and toned with the appropriate skincare preparations. If moisturiser is to be used, it must be absorbed before make-up is applied. This usually takes about 10 minutes. Before make-up application, any excess moisturiser may be blotted off using a clean tissue.

Have a mirror ready to use through the stages of the make-up, so that the client can see what it looks like as you progress, and how to apply it.

Reception

Both camouflage make-up and corrective make-up sessions will often take the form of a lesson. This will enable the client to apply make-up in the future for the purpose of correction.

TOP TIP

Dry areas

Do not use moisturiser on an area that is to be camouflaged, unless it is very dry. It may change the colour of the make-up or prevent it from setting properly.

HEALTH & SAFETY



Posture

Always position the client ensuring that your working posture is correct, minimizing the risk of injury.



BEST PRACTICE

Prevention of cross-infection

- Use disposable applicators where possible.
- Clean and disinfect brushes, sponges and applicators that are not disposable after every client.
- Wash your hands before every service and on-going as necessary during service application.
- Do not treat areas that appear inflamed or infected.
- Do not dip your applicators or fingers into the make-up.



There is so much competition as a make-up artist. Be knowledgeable, friendly with drive, determination and enthusiasm. Believe in yourself, be the best.

Annette Farrington-Moore

TOP TIP

Camouflage and corrective make-up can help to disguise:

- facial shapes and features
- scars
- burns
- skin grafts
- tattoos
- birthmarks
- dark circles under eyes
- bruising
- pigmentation disorders
- vascular disorders.

TOP TIP**Skin tones**

Skin tones vary from person to person and body to face.

There are yellow, red and olive tones.

HEALTH & SAFETY

A parent or guardian must give written, signed consent and be present throughout the service for clients under 16.

The client will have their make-up applied by the therapist, showing each step. One hour is booked for this, which allows for instruction to be conducted in a relaxed manner. It is not always possible for the beauty therapist immediately to match the client's **skin tone**, so time must be allowed for experimentation. Once successfully completed, should the client then want to return to the salon to have professional application for a special occasion, then 30 to 45 minutes is normally allocated. Service times will vary dramatically according to client needs and service requirements.

If the client has a sensitive skin, a skin test may be recommended to test for allergy to the camouflage make-up.

The projected costs and service duration should be agreed beforehand with the client.

Outcome 2: Consult, plan and prepare for specialist skin camouflage

Unit B 22 Consult, plan and prepare for specialist skin camouflage

- 1 Using **consultation methods** in a polite and friendly manner to determine the client's service needs.
- 2 Obtaining signed, written informed consent from the client prior to carrying out the treatment/service.
- 3 Ensuring that information and signed parent or guardian consent is obtained for minors prior to any treatment.
- 4 Ensuring that a parent or guardian is present throughout the treatment for clients under the age of 16.
- 5 Clearly explain to the client what the skin camouflage entails in a way they can understand.
- 6 Asking your client appropriate questions to identify their skin **camouflage needs**.
- 7 Encouraging clients to ask questions to clarify any points.
- 8 Asking your client appropriate questions to identify if they have any contra-indications to skin camouflage.
- 9 Accurately recording your client's responses to questioning.
- 10 Encouraging clients with suspected contra-indications to seek medical advice without reference to specific conditions and without causing undue alarm or concern.
- 11 Taking the **necessary action** in response to any identified contra-indication.
- 12 Clearly identifying and agreeing the client's skin **camouflage needs** and **the areas to be camouflaged**.
- 13 Ensuring the client's expectations are realistic and achievable.

Consultation

The consultation should be confidential and relaxed, in order for the client to feel comfortable in discussing the area requiring attention. Often the client may be psychologically upset and as such the consultation should be tactful and reassuring.

Ask the client why they want the area to be corrected – it may be for a special occasion, often a wedding, photograph or for disguise during normal day wear. It is important to establish whether the client's expected outcomes from the service are realistic.

A case history of the blemish is required. Ask questions such as:

- How long has the blemish been there? Congenital abnormalities, i.e. capillary haemangioma (port wine stain) are present at birth. Pigmentation abnormalities, i.e. chloasma (brown patches) or vitiligo (white patches) will have developed with age.
- If scars are present, what was their cause? They may be due to accidental injury, e.g. cuts, burns or surgery.
- Tattoos may be professionally done or self-applied; both are permanent, although non-professional tattoos will fade and blur.
- Is surgery or laser service being carried out in the area? When was the last service done?
- For how long has healing been taking place?
- Is there any soreness or lack of sensitivity in the area?

Examine the area carefully, noting the extent of the face blemish, as well as the colours and skin tones around it.

If the client dislikes a facial feature, then explain how it might be disguised and always give the client a realistic expectation of the obtainable result. Clients who have unrealistic expectations should be accurately and tactfully advised of achievable outcomes. Body Dysmorphic Disorder is a psychological disorder. A person is excessively worried about a part of their body, usually on the face, which they think has a defect. This can affect their whole lives.

Skin camouflage make-up can be available on prescription. Treatment may also be available on the NHS.

Lighting

You need to know the *type* of light in which the proposed make-up will be seen. This is important when deciding on the correct choice of make-up colours, because the appearance of colours may change according to the type of light. Is the make-up to be seen in daylight, in a fluorescent-lit office, or a softly-lit restaurant?

White light (natural daylight) contains all the colours of the rainbow. When white light falls on an object, some colours are absorbed and others reflected: it is the *reflected* colours that we see. Thus, an object that we see as red is one that absorbs all the colours in white light *except* for red. A white object *reflects* most of the light that falls on it; a black object *absorbs* most of the light that falls on it.

If the make-up is to be worn in natural light, choose subtle make-up products because daylight intensifies colours.

If the make-up is to be worn in the office, it will probably be seen under **fluorescent light**. This contains an excess of blue and green, which have a 'cool' effect on the make-up: the red in the face does not show up and the face can look drained of colour. Reds and

ACTIVITY

The type of light under which camouflage make-up is seen makes a difference to how it will look. Experiment with three different light sources, e.g. daylight, fluorescent light, incandescent light, to see how the make-up will look in each.

TOP TIP**Artificial lights**

If applying the make-up under artificial light, use warm fluorescent light for day make-up, as this closely resembles natural light.

TOP TIP**Further consultations**

Further consultations may be recommended to select differing cosmetic colours, as skin colour changes on exposure to UV light, e.g. suntanning.

TOP TIP**Before and after photographs**

Photographs of 'before' and 'after' make-up are useful at the consultation to illustrate the obtainable results.

yellows should be avoided, as these will not show up; blue-toned colours will. Don't apply dark colours, as fluorescent light intensifies these.

Evening make-up is usually seen in **incandescent light** – light produced by a filament lamp. This produces an excess of red and yellow light, which creates a warm, flattering effect. Almost all colours can be used in this light, but browns and purples will appear darker. Choose a lighter foundation than normal to reflect the light, and use frosted high-lighting products where possible for the same reason.

Because it is necessary to choose brighter colours and to emphasize facial features using contouring cosmetics, evening make-up will appear very obvious and dramatic in daylight.

Flash photography may make the covered area look white or grey due to the ingredients in the opaque camouflage make-up, titanium and iron oxide. Make sure the photographer is aware of this so they adjust their lighting accordingly.

Service plan

The content of the service plan discussed should be agreed by the client and their signature recorded on the service record card.

Contra-indications

If, while completing the record card, or on visual inspection of the skin, the client is found to have any of the following **contra-indications** in the area requiring the service, specialist make-up should not be applied. If in doubt, then the client must be referred to their GP as to their suitability for the service.

- broken skin, unhealed wounds
- eye infections (e.g. conjunctivitis)
- skin disorders or disease
- skin swelling, irritation, soreness
- suspicious moles (showing signs of growing, changing colour, itching, soreness or weeping).

If camouflage make-up is to be used to cover post-operative bruising (e.g. after face-lifting), then the client must provide evidence of the surgeon's permission before service.



Corrective cosmetics



Pre and post camouflage of vitiligo



Pre and post camouflage of varicose veins



Pre and post camouflage of tattoo



TOP TIP

Common racial skin problems:

- Caucasian – easily damaged by exposure to high temperatures and UV light, leading to broken veins and pigmentation disorders.
- Oriental – prone to uneven pigmentation on UV light exposure.
- Asian – often has uneven pigmentation skin tones; darker skin is often found around the eyes.
- African–Caribbean (black) – greater protection against UV light as melanin is present in all layers of the epidermis; tends to scar easily, possibly leading to uneven pigmentation, vitiligo and keloids.

Outcome 3: Carry out specialist skin camouflage

Unit B22 Carry out specialist cosmetic skin camouflage

- 1 Ensuring empathy and sensitivity to the nature of the client's condition are shown throughout.
- 2 Applying compatible skincare products when required before the skin camouflage application.
- 3 Using **application tools**, techniques and **camouflage products** which are best suited to the skin **camouflage needs**.
- 4 Ensuring **camouflage products** are applied in accordance with manufacturers' instructions to achieve required density, colour and effect.
- 5 Establishing an acceptable colour match with the client on the **areas to be camouflaged** to restore the skin colouration to the surrounding skin tone.
- 6 Establishing and applying an appropriate complementary colour prior to the application of the acceptable skin colour match if required.
- 7 Applying compatible cosmetic and skincare products when required after the skin camouflage application.
- 8 Taking prompt remedial action where contra-actions occur during the course of the skin camouflage application.

Establish your client's wishes, needs and desires, deliver to the best of your ability, achieving their expectation and possibly more.

Annette Farrington-Moore



Colour wheel

Colour wheel

- **Primary colours** are red, yellow and blue.
- **Secondary colours** are formed by mixing primary colours and are green, orange and purple.
- **Tertiary colours** are formed by mixing primary and secondary colours, and include blue-green, red-violet and yellow-orange.
- **Analogous colours** – any three colours that are side by side on a 12-part colour wheel, for example, orange, orange-red, orange-brown.

How to apply camouflage make-up



Before, during and after tattoo camouflage

ACTIVITY

Colour theory

Research the principles of colour theory and make a colour wheel. Experiment to see what colours best suit which skin conditions.

TOP TIP

Layering

It is preferable to build up several layers to achieve the desired effect, rather than applying a thick layer.

- 1 Select the chosen colour or colour mixture which best matches the skin tone surrounding the area to be treated. This will normally need to be a mixture of colours as one colour is rarely an exact match. Mix the colours together and then try them on a small area of normal skin near the blemish to get the right colour. Keep it simple: remember the client needs to be able to do the mixing for themselves at home.
- 2 Using your ring and middle fingers in a patting motion, or using a dry sponge, blend the make-up thinly over the problem area, extending it approximately 2cm past the edge. If disguising scars, a brush may be used to feather the make-up at the edges to create a natural effect. The sponge may be dampened if needed to facilitate extra blending.
- 3 Build up the colour depth to ensure the blemish is completely covered, thinning the colour at the edge to blend in. A small make-up brush can be used to blend in the edges of the make-up.
- 4 Once the required result has been achieved, apply the fixing powder generously with a large powder puff.

- 5 Leave the make-up to set for 5–10 minutes.
- 6 Gently brush off any excess fixing powder with a large, soft make-up brush, e.g. blusher/powder brush. Blot off excess powder if required with damp cotton wool. The make-up is now waterproof and rub resistant, and should not be detectable.
- 7 If the camouflage has been applied to the face, a full make-up may now be applied. The foundation colour selected should match the colour of the camouflage make-up.
- 8 Apply foundation up to the area of camouflage make-up and blend so that an invisible finish is created. Putting an oily cream foundation over the camouflage make-up will only move or remove the camouflage make-up: it is best to use a non-oily or liquid foundation.
- 9 Record on the client record card the make-up products selected and application technique used.

TOP TIP

- **Covering a deep red mark:** use a green pigmented make-up first, then apply make-up that matches the skin tone over the top.
- **Covering a dark brown mark:** use white, opaque make-up first, then apply make-up that matches the skin tone over the top.
- **Covering a lighter mark:** commence with a darker foundation and apply make-up that matches the skin tone over the top.



Covering a deep red mark



This completed camouflage make-up is waterproof

BEST PRACTICE



Lighting

Make-up to disguise or enhance facial features must be subtle and applied in the lighting that the client is going to be seen in.

TOP TIP

Manufacturer's instructions

Check the manufacturer's instructions on how to apply the camouflage make-up. Brands vary and some may require different preparation or setting techniques.

HEALTH & SAFETY



Make-up containers

If using make-up in containers, always remove it with a clean spatula.

BEST PRACTICE



Skin tone

Copy the surrounding skin tone carefully to ensure the most natural effect, i.e. add freckles, or shade the camouflage make-up to match darker or lighter areas.

Outcome 4: Instruct and advise the client on cosmetic skin camouflage techniques

Demonstrating, instructing and guiding the client through the applications is challenging and rewarding.

The aim is to show the client how to apply the skin camouflage so they can competently do it themselves.

TOP TIP

Experiment!

It is important to experiment with different applications to ensure the best result.



ACTIVITY

Research the origins of cosmetic camouflage on the British Association of Skin Camouflage website – www.skin-camouflage.net.



ACTIVITY

Practice your consultation techniques with your friends or family to become confident and relaxed.



ACTIVITY

Research to see if your local hospital offers skin camouflage make-up services. It may be possible to organize some work shadowing or experience through your learning establishment.

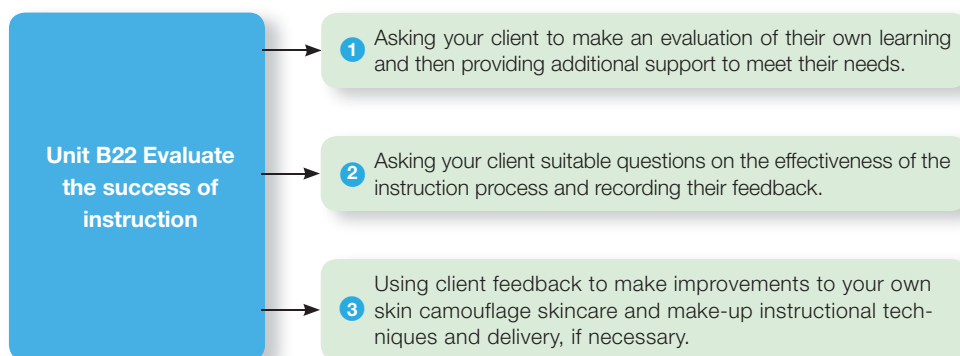
- 1 Discussing and recommending suitable camouflage products and application tools to meet the client's skin camouflage needs.
- 2 Demonstrating application on the areas to be camouflaged and checking the client's understanding
- 3 Using instructional techniques which are clear, logical and delivered at a pace suitable for the client.
- 4 Guiding the client through self application and removal of the skin camouflage product in a way which is suited to the client's needs and the products being used.
- 5 Guiding the client on how to select and apply compatible cosmetic and skincare products, for use under or over the client's camouflage.
- 6 Allowing the client sufficient time to practise skin camouflage techniques on themselves. Explaining the importance of adopting safe and hygienic working practices to minimise risk of cross-infection.
- 7 Providing the client with opportunities to give feedback, ask questions and seek clarification.
- 8 Ensuring empathy and sensitivity to the nature of the client's condition are shown throughout the instruction.
- 9 Reminding the client on the need to seek medical opinion if the condition changes.

ALWAYS REMEMBER



- 1 First, make sure you know their level of understanding. Have they any experience of skin camouflage, do they regularly apply cosmetic make-up or have they little experience or perhaps tried it with bad results so are not confident?
- 2 As you work check your client understands by asking them to go through what you have demonstrated and encouraging them to do it himself or herself. The hands on practical approach is always the most successful.
- 3 Do not be patronizing or talk down to your client. Maintain a friendly, calm and confident approach and treat them with respect. You will quickly know if they want to be relaxed and friendly or maintain a more formal atmosphere.
- 4 Instruct the client while looking into the mirror for facial work and other areas you cannot see easily like chest and or shoulder. This is how they will be working at home.
- 5 Be clear, logical and step-by-step. Do not get sidetracked with chat because you will confuse your client and they will not remember your instructions.
- 6 It can be useful to ask your client to bring in other skincare or cosmetics they already use to see if they are compatible with the skin camouflage you are applying. You can show them how to use them as well. For example, their usual foundation may be too oily to go over the camouflage make-up without dissolving it. You may need to recommend an oil free foundation.
- 7 Be patient and allow the client the time to practice the techniques you are showing on themselves so they feel confident.
- 8 During the instruction keep checking for understanding. Clarify any steps they may be confused about while being sensitive to their problem.

Outcome 5: Evaluate the success of instruction



To make sure that your instruction has been successful it is best to ask the client if they feel that they have learnt what they need in order to apply it themselves and if they feel confident about it. Also check that your instruction technique has been effective and ask if there is any way they could suggest that you could improve. This way you can always learn and improve.

TOP TIP

Topical medication and silicone gel may be used under skin camouflage make-up. These products are water, not oil based so they dry on the skin and will not dissolve the make-up.

Airbrushing

Airbrushing techniques are used for all types of camouflage and corrective make-up. The technique involves using an air-powered (by compressor) **airbrush** which sprays extremely tiny droplets of make-up in a water suspension over the area. Several sweeps of the airbrush are used to carefully build up the colour and amount needed. The make-up is especially formulated for the airbrush.

Preparation The skin is prepared by cleansing, toning and blotting with a tissue. Moisturiser is not normally used as it may interfere with the result of the airbrushing. Very dry skins that need moisture have a fine layer of jojoba oil air brushed onto the make-up when it is completed.

The order of work is the same as normal for the application of make-up. Mascara and lipstick are applied in the normal way once the airbrushing is complete.

Airbrushing has the following benefits:

- a sheer, flawless coverage can be achieved
- it is hygienic as the skin is not touched with brushes or sponges
- the seamless blending and long-lasting properties make it suitable for covering blemishes and tattoos
- it is suitable for all **skin types** and colours
- the application is very quick
- it is both rub and water resistant
- it sets on contact with the skin

How to apply camouflage and corrective make-up with an airbrush

ACTIVITY

Research the psychology of changed image. Start with the cosmetic industry's charity Look Good Feel Better – www.lookgoodfeelbetter.co.uk



Step 1



Step 2



Step 3



Step 4



Step 5



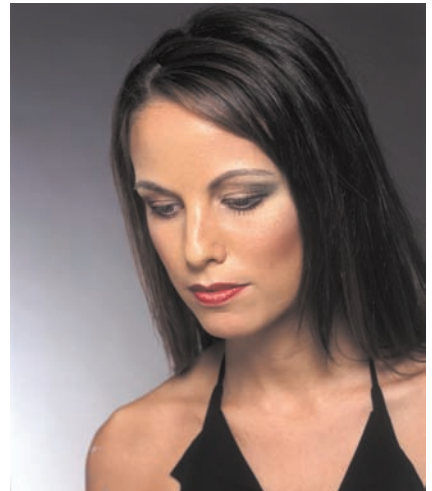
Step 6



Step 7

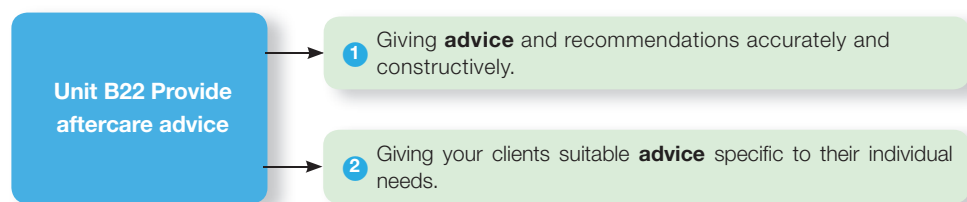


Step 8



Step 9

Outcome 6: Provide aftercare advice



Aftercare advice

- All the make-up must be thoroughly removed using the appropriate cleansers and toners. Camouflage make-up manufacturers normally specify their own brands. These are often oily, in order to help remove the waterproof make-up effectively. The client must have the right cleanser and toner for use at home. Recommend a good skincare routine and stress the importance of hygiene and keeping make-up and applicators clean.
- Care should be taken if the area covered becomes wet. Advise the client to pat the area dry gently with a soft towel.
- Corrective make-up should not be left on for longer than 24 hours at a time as it may clog the skin and cause irritations and spots.
- Once you have shown the client how to apply the make-up, they can apply it for themselves at home. Recommend that the client applies the make-up in the proper light.
- Explain to the client that the camouflage make-up should be treated gently in order to keep it looking effective. Rubbing may remove or smudge it, e.g. from clothes or straps.
- Oily products such as body lotions will remove the make-up, so must not be put onto the skin in close proximity.
- The client's current skincare routine should be discussed because incorrect skincare routines can affect the condition of the skin.
- The client should be advised to wear regular sun protection in the case of pigmentation disorders.

Contra-actions

Camouflage make-up is formulated to be used on sensitive and delicate skin types, so allergic reactions (**contra-actions**) are rare recognised by irritation soreness and erythema. However, if skin irritation occurs, cleanse all traces of make-up from the skin and advise the application of a soothing lotion. If skin irritation continues, ask the client to seek their GP advice.

Blocked pores, pustules may occur if the client is not following the correct **aftercare advice**. Discuss how to cleanse the skin thoroughly and advise against wearing the make-up for longer than 24 hours at a time.

ACTIVITY

How would you apply make-up to conceal a red-coloured birthmark on the cheek and dark shadows under the eyes? Describe the service from start to finish. Include the method and order of applying the make-up.

ASSESSMENT OF KNOWLEDGE AND UNDERSTANDING

Having covered the learning objectives for **Specialist skin camouflage** – test what you need to know and understand by answering the following short questions below.

The information covers:

- health and safety
- how to work safely and effectively when providing skin camouflage
- client consultation, planning and preparation
- anatomy and physiology
- psychology
- contra-indications and contra-actions
- skin camouflage
- instructional skills
- aftercare advice.

Health and safety

- 1 Why is it important to make sure that minors have signed consent and to have their parent or guardian present for the service?
- 2 While it is important not to treat a client with a contra-indication why is it also important not to discriminate against a client with an illness or disability?
- 3 Explain why it is necessary to have full record cards for a skin camouflage service and to keep these records up-to-date and signed.
- 4 If you had the client positioned at too low or high a level what might you suffer from?

How to work safely and effectively when providing skin camouflage

- 1 Explain what are the best environmental conditions to apply skin camouflage in and why?
- 2 Which types of disinfecting and chemical cleaners are suitable for the different types of applicator and how would you carry this procedure out?
- 3 Describe how you would position a client for the best skin camouflage application for the face and body?

Client consultation, planning and preparation

- 1 How would you vary your consultation techniques for clients who have different cultural and religious backgrounds?
- 2 How would you vary them for clients of different ages, disabilities and gender?
- 3 Why would you ask your client to point out to you the area they would like to have camouflaged?
- 4 Explain how you would use your questioning and listening skills to find out all the information you need.
- 5 Describe negative and positive body language and how you would use this to ensure an effective consultation and service.
- 6 Why should you make sure that you gather full current and ongoing medical information that may affect your service?
- 7 How would you ensure that your client has time to ask questions?
- 8 Why should you record your client's answers to questions about contra-indications and why might this be legally significant?
- 9 If you suspect a client has a contra-indication why should you not name it and how would you encourage them to seek medical advice?
- 10 Why must you respect your client's modesty, privacy and sensitivities relating to their appearance when working with them?
- 11 Why should you be able to recognize your own limitations when dealing with a client's skin camouflage requirements?
- 12 What might happen if your client has an unrealistic expectation of the results from the skin camouflage?

Anatomy and physiology

- 1 How does photosensitivity of skin differ in different skin groups, i.e. Fitzpatrick Classification System? (See **Chapter 15 Self tanning** in the textbook page 492.)

- 2 Describe the **three** main types of skin scarring: **atrophic** scar tissue, **hypertrophic** scar tissue and **keloid** scar.
- 3 Describe the causes and appearance of vitiligo, melasma and age spots.

Psychology

- 1 What are some of the psychological effects that may occur with someone with a changed image?
- 2 Why is it necessary to understand the correct psychological approach when working with people who require skin camouflage services?
- 3 What is body dysmorphia and why is it important to understand it?
- 4 Why should skin camouflage be considered to be a medical rather than a make-up/cosmetic application?

Contra-indications and contra-actions

- 1 Describe the contra-indications that may need medical referral.
- 2 What contra-actions may occur during the services and how would you deal with them?

Skin camouflage

- 1 What are the principles of colour theory and why will this knowledge help in selecting and applying skin camouflage?
- 2 When may it be necessary to apply a complimentary colour prior to a skin match make-up?

- 3 Describe and explain how you would choose each of the products in the range, and for application to which types of condition?
- 4 Which cosmetic and skincare products are suitable to go with camouflage make-up and which are not suitable?
- 5 Why is it important to keep your own records and reference materials on camouflage make-up and conditions?

Instructional skills

- 1 How would you best plan your instruction session for timing, pace, etc,?
- 2 Which methods can you use for instruction?
- 3 Which types of questioning techniques can you use?
- 4 What are the ways you can check that the client has understood your instruction?
- 5 If you don't think they have understood, how can you adapt your instruction technique?

Aftercare advice

- 1 Which products can you recommend for home use and which would you avoid?
- 2 How would you advise the client to keep the camouflage make-up looking at its best for as long as possible?
- 3 Why is it important to evaluate the success of the client's skin camouflage instruction?