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## Makeup tips for women who wear glasses and contact lenses

Tricks for superior eye-makeup that sets the stage for your eyes behind glasses

**Many women who wear glasses and contact lenses are familiar with the problem: It can be quite difficult to create dramatic eye makeup when you wear vision aids. Not only do the vision aids and the frame of the glasses have to be taken into account; the type of vision problem you are correcting plays an important role as well. Your eyes may look too small or too large, the eye makeup may interfere or imprints in the makeup can be seen on your skin through the glasses. How can you address these issues?**

Actually, a pair of glasses may be a beautiful fashion accessory. However, especially women who need strong lenses do find it a challenge to pair their glasses with makeup. Here are some hints for women who have this problem.

The first thing you need to be mindful of is the use of the proper foundation for your face. Make sure your makeup is wiping and water resistant, so that unattractive lines below the glasses and at the sides of the nose do not even develop. Given that the frames of glasses frequently cast a shadow across the face, it helps to use a foundation that is one shade lighter than your natural skin tone in these areas. Apply a thin layer to the lid and beneath the eyes. If your skin has a tendency to be oily, the use of a light powder will help to reduce shiny areas in the T-zone (forehead, nose, and chin). Finding the right foundation for a dark complexion is not easy, as many hues are too light and end up resembling a mask. Because skin tones on the forehead and chin differ from those on the cheeks, using two shades of foundation usually works best. A hint of gold or copper powder highlighting the cheekbones gives the face a radiant look. Asian women can find appropriate products somewhat more easily - these should be light with a yellowish tint. Concealer or even camouflage makeup is very important for women with Asian complexions, as surface irregularities and pigmented spots are common in this type of skin.

Women who wear glasses should pay particular attention to their eye makeup. If your vision is very blurry without your glasses, ask your optometrist about so-called makeup glasses. These glasses allow you to fold the lenses away individually. As a result, one of your eyes can see very well while

you are applying makeup to the other one. Of course you can also use a makeup mirror with a zoom effect mirror. It's another way to simplify the application of eye makeup and one that is great for travel as well.

## **Makeup tips for farsighted women who wear glasses (plus lenses)**

In particular women who are extremely farsighted and who wear plus lenses are familiar with the problem of substantially enlarged eyes. To compensate for this effect, use a smart makeup technique. Farsighted women who wear glasses should opt for dark, matte eyeshadow (brown, grey or green hues) to achieve a visual minimisation of their eyes. Eyeshadow that is liquid or creamy in consistency is a better product for you than powder-based alternatives, because the glasses amplify the small loose colour particles powder contains. Refrain from using shiny or glittering eyeshadow, given that these effects are also emphasised by the lenses.

Apply the eyeshadow from the inner corner of the eye to the outside without extending beyond the crease of the eyelid. Emphasise the fringes of the lid using dark eyeliner or a pencil. This will make your eyes look smaller. Apply everything with great care as the enlargement effect of your lenses will make makeup bloopers more evident. Do not apply too much mascara on the top and use no mascara or very little on the bottom.



Unflattering google eyes effect.

## **Makeup tips for nearsighted women who wear glasses (minus lenses)**

Nearsighted women who wear glasses face the exact opposite problem. Unfortunately, their glasses make their eyes look smaller. Consequently, short sighted women should avoid dark eyeshadow and thick eyeliners. Choose bright and shimmering colours such as rose, lavender, beige, light grey or white. The exception: Asian women should preferably choose a colour between light grey and beige.





Unflattering minimise effect.

To make your eyes look wide open, you can apply a lighter coloured eyeshadow to the interior corner of the eye and choose a slightly darker hue as of the centre of the lid. Extend it all the way out to the exterior corner and allow it to get progressively darker.

Choose white eyeliner for the inner lid of the eye. If you prefer to use a liner pencil, make sure you select a brighter hue such as grey or brown and apply liner only from the last third of the width of the eye to the outer corner. Apply lots of mascara to further increase the size of your eyes. Dark-skinned ladies can generally do without, as they generally already have thick, black eyelashes.

## A few general hints

Polarised lenses and shaded lenses tend to tone down colours; so use your eye makeup more boldly.

Make sure you match your eyebrows to the frame of your glasses. Pluck excessive hair growth periodically, but do not go too far – the current trend calls for a beautiful natural look. You can also use liner to enhance your eyebrows. However, make sure that the colour you choose is not too dark. Brown suits every type.

Contact lens users should always insert their lenses before they apply makeup. This prevents makeup particles from getting under the lens, which can cause the eyes to tear up and may make your makeup runny. Given that powder has a tendency to push itself between the eye and the lens, contact lens wearers should definitely choose liquid or cream-based eyeshadow. Use eyeliners preferably on the upper lid and not on the bottom one, because it may get beneath the lens as well. This will prevent itchy, teary eyes and irritations.

A few hints for your lip makeup: If you are wearing a distinct or colourful frame, make sure you use a more subtle lipstick colour or gloss. If your glasses have a more understated classic look, you should definitely choose a bolder lipstick colour.

Of course you can also do something to ensure your lenses are never too thick. Modern high refractive materials allow women who need strong prescription glasses to get thinner > [fashionable lenses \(HighIndex\)](#) and maintain a very natural look.

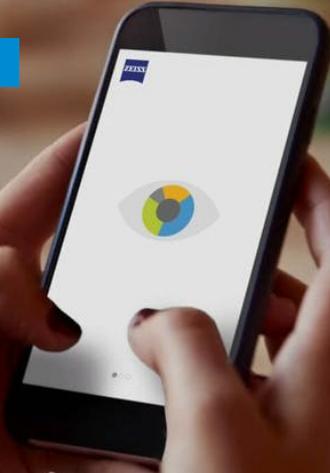


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