



# Winter Makeup

By Yvette Stines

budget, you can add extra steps to your cleansing process. For example, exfoliation, a mask application and the use of hot towels work well.

**BH:** What is the proper skin regimen that an individual should conduct in the winter?

**DT:** In the morning, cleanse and moisturize with a moisturizer that contains SPF. In the evening, cleanse and moisturize as well, but use a moisturizer with no SPF. It is important to exfoliate at least two times a week; if your skin is oily, exfoliate

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## FP AD Cardiovascular Disease tool kit

As the seasons change, we must continue to look our best; a new facial regimen and makeup will help us get started. Black Health Magazine caught up with the founders and owners of Illusions Cosmetics. Celebrity makeup artist Janice Tunnell and her sister, also a makeup artist and esthetician, Denise Tunnell, have collectively worked on movies such as "The Wedding Crashers," "The Notebook," "Daddy's Little Girls," "ATL" and "Stomp The Yard." Their clients include Idris Elba, musical group Destiny's Child, Terrance Howard, Boris Kodjoe and Vivica A Fox, just to name

a few. The Tunnells were kind enough to take time out of their busy schedules to give our readers facial and make-up tips for winter.

### Face

**Black Health (BH):** How do we treat the skin to prepare for winter?

**Denise Tunnell:** To prepare the skin for winter, you should get a basic facial just to assess the condition of the skin. At that point, a regimen is put together to treat skin conditions and to prepare you for the new season. If a facial is not in your



Denise Tunnell, makeup artist and esthetician.

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three times. For those with normal, combination and oily skin, cleanse with a creamy cleanser that will provide the skin with a little extra moisture.

**BH:** What are the essential facial products that you encourage for the winter?

**DT:** For the winter, I strongly encourage a moisturizer and exfoliator (facial scrub) and a lip balm (preferably one with SPF); also, be careful of too many products with fragrance in them. Fragrance may cause some sensitivity/

irritation in the skin.

**MakeUp**

**BH:** What are the trends for winter makeup?

**Janice Tunnell:** This winter metallics are back, held over from spring 2007. Neutrals and shimmers are big this season as well. Lip gloss has been a trend for the past few years. I believe the trend will go to matte lipsticks and highly pigmented lip glosses for the winter since deep shades will be popular.

**BH:** What colors are suggested for day makeup this season?

**JT:** For day makeup, the eyes will glow with a mix of soft autumn neutrals, expressive plums and deep greens. For the cheeks, use natural and subtle colors, and the lips will look great with rich colors like deep plums and wines. If you want to merge from a day to night look, add some metallic and shimmers for the eyes and red

lips are definitely a plus, especially for a holiday party.

**BH:** Lips tend to get dry in the winter. What are your suggestions for our readers?

**JT:** One should always prepare lips, especially in the fall/winter, with a base of some kind. To keep lips healthy in the winter, use lip balm all day; for those with dry cracked lips, a lip exfoliation is a plus, followed by lip balm before applying lip color.

For more information on Illusions Cosmetics and the Tunnell sisters visit: [www.illusionsbeauty.com](http://www.illusionsbeauty.com). **BH**

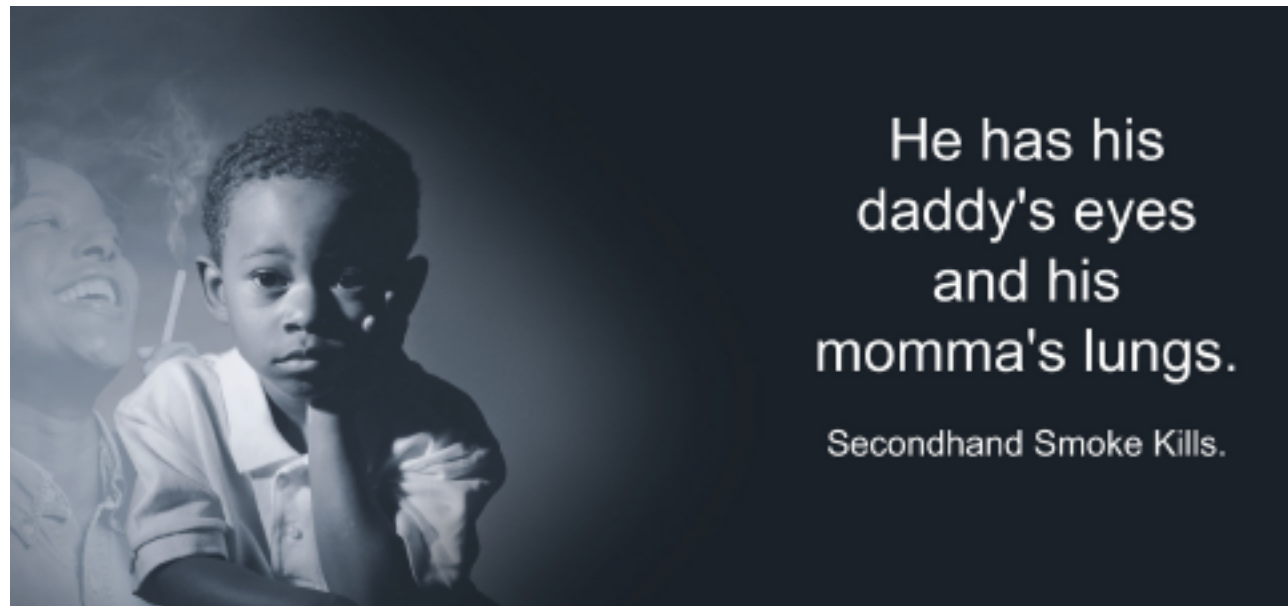
*Illusion Cosmetics*

*is available in a variety of shades and colors.*



Janice Tunnell, celebrity makeup artist.

# FP AD Mercedes Benz of South Atlanta



He has his  
daddy's eyes  
and his  
momma's lungs.

Secondhand Smoke Kills.