

Is your beauty routine affecting your health?

Makeup has the ability to boost our confidence and creativity. But there are also ways that makeup can affect our health. **Christine Katende** explores some of them.

Every woman wants to look attractive on the face. To this, she will apply any product that has been recommended in order to enhance the beauty.

Zaituni, a businesswoman, says she has to look attractive for her customers. However, she says when she started using a certain beauty product, her skin reacted negatively. Her face is now plagued by pimples and black spots, a much worse appearance to how she looked before.

Sleeping with makeup

Julie Katalemwa, a skin specialist, says choosing the right products for your skin is important, but knowing how to use them is crucial. She says, going to bed without washing makeup off your face is not advisable since makeup damages the skin and can, in the long run cause skin cancer.

"When you wear makeup and fail to properly clean it off, the skin pores get blocked causing pimples and skin rash. The skin may also look worn out and wrinkled," she explains.

Katalemwa says makeup does not necessarily mean applying powder or foundation, it also includes what you apply to the eyes and lips. Improper use may cause cracked lips, swollen eyes or red eyes.

"When choosing the makeup to use, pay extra care to the eyes since they are sensitive and any slight disruption can lead to eye damage," Katalemwa advises.

"Avoid licking your lips because lipstick if constantly ingested can increase one's chances of developing cancer," Katalemwa adds.



Avoiding adverse makeup effects

- After a hard day's work, Katalemwa recommends washing off make-up with a soft cloth and soap. Later cleanse the skin to give it freshness as well as allowing it room to regenerate. This keeps the skin pores open thus allowing the skin to breathe.

- She emphasises the need to choose a product that does not change your skin colour but one that makes it soft and clear.

- She adds that reading instructions on the packaging before buying or using the product is also important. "Test to know your skin type before applying anything," Katalemwa advises.



Using fake products

According to Katalemwa, counterfeit products are another dangerous killer that has affected people's health. Skin problems such as cracked lips, itching eyes or skin irritations, pimples and skin rash, among others are also as a result of using fake products.

"Fake products may irritate the skin immediately after application while for others it might take a before it reacts," Katalemwa notes.

It is very crucial to know where or from whom you buy the products. Most people pose as genuine sellers but in actual sense, they are marketing substandard items.

"Some dealers go as far as changing the expiry dates and packaging thus blindfolding the final consumer. Many people have fallen victim to such," reveals Katalemwa.

Bleaching

With bleaching, Katalemwa says the skin is easily damaged such that after a given period of use, the same cream suddenly reacts negatively.

"Most bleaching products have hydroquinone, a chemical that greatly affects the skin. It is advisable to buy a cream that will maintain your skin tone," she notes.

Skin type

However, Peter Russell Mugisha, a make-up artist, says it is not only fake products that irritate or damage skin but also products that are not made for your skin type.

"Different skin types have specific products that match them. A dry skin will do well with moist products while an oily skin matches well with matte products (those with a dry finishing)," he says.

According to Katalemwa, having uneven skin tone is often as a result of using harmful products.

Checking genuine products

- Check for the expiry date
- Check for the ingredients
- Price variations on same product
- Fake products give prickly sensation on sniffing them.

Clean your skin the natural way

Purpura leaves: Soak the leaves in hot water for a few minutes and when warm, use the water to wash your face.

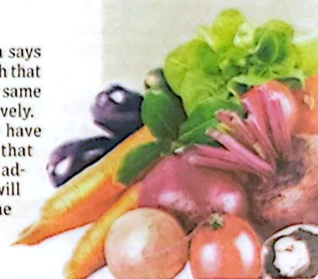
Ginger, garlic and tea leaves

- Boil the ginger with some garlic and later add tea leaves.
- Allow the mixture to cool and apply on your face. To store, add vinegar for preservation.

Others

- Dampen a piece of cotton wool or soft face towel and wipe your face before bed. This helps to cleanse as well as remove excessive oil.
- You can also use a honey mask, this helps to achieve a smooth and clear skin. Use it twice a week.
- Eat a lot of vegetables, fruits and drink plenty of water to keep the skin hydrated and clear.

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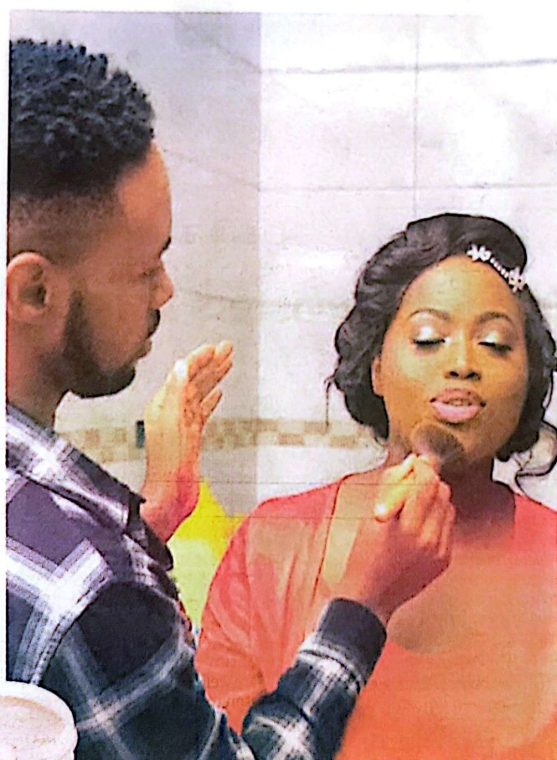


WATER BENEFITS

If your skin is not getting the sufficient amount of water, the lack of hydration will present itself by turning your skin dry, tight and flaky. Dry skin has less resilience and is more prone to wrinkling.

As water is lost in large quantities everyday, you need to replace it. However, water will reach all the other organs before it reaches the skin. So, it's important to apply water to our skin and keep it there—this will not only show a visible difference in hydration, but it can prevent wrinkles, as well. This can be achieved for example by using a hydrating moisturiser.

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Peter Russell Mugisha, a makeup artist beautifies a client at Kampala boulevard in the city centre. Always wash off makeup before going to bed. PHOTOS BY CHRISTINE KATENDE

