

SUMMER Makeup TIPS FOR SKIN PICKERS

APPLICATION

Products with SPF

When applying makeup like primer & foundation, opt for brands with added SPF. Colore Science sells an easy to use (but pricey) brush-on powder with SPF in their Sunforgettable line.

Lip Protection

Choose nourishing lipsticks with Vitamin E and SPF to help soften and soothe triggering, dry lips.

Setting/Finishing

Use a setting spray with SPF after applying makeup to help it stay put, try Milani's SPF 15 Seal Spray. Throughout the day, mist with a finishing spray to refresh and protect.

Lip Protection

Bring on-the-go tools like translucent hydrocolloid patches to cover any triggering bumps. Try Hero Cosmetics ultra-thin Mighty Patches, which are great for layering with makeup.



SWEATING

Waterproof Products

Choose waterproof eye and eyebrow items to avoid smudging throughout the day. Makeup Forever's Full Cover Concealer is also a great option when covering blemishes or picked areas.

Cleansing Towelettes

If you sweat off your makeup, carry travel-size makeup wipes like Dickinson's Witch Hazel towelettes or Neutrogena Wipes. For triggering oily areas, bring a couple oil sheets to dab on your skin. At the end of the day, remove makeup with wipes to avoid hand-to-skin contact and looking in the mirror.

Keep Touch-Up Tools on Hand

If shine or sweat is a trigger to mirror time, carry on-the-go makeup brush for quick re-application.

Pocket Fans

Carry a fan to mitigate sweat instead of touching your face to wipe it off.



Do What's Comfortable

It's OK to wear makeup or it's OK to go makeup free. If you feel unable to leave the house without makeup, challenge yourself to do one small public task makeup free and see how it feels.

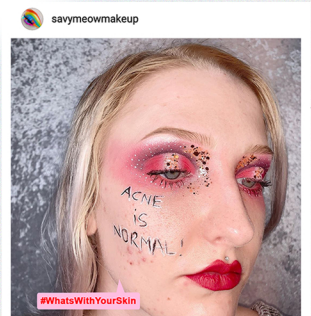
View Makeup As A Tool

Whether you're covering up sores or spots because it makes you comfy or to lessen picking triggers, think of makeup as a tool! It's also a great outlet for creative expression.

Try experimenting with new looks. It's a fun exercise to view makeup as something other than just a cover up.

Self-Love

Remember that you are beautiful, no matter how many scars, scabs or perceived imperfections you may have. If you're feeling low, check the #PickingMe tag to see other's sharing & owning their Skin Picking experiences.



ACCEPTANCE

GET INVOLVED

Get Video Inspo

Watch our CEO Lauren McKeane's Get Ready With Me: Dermatillomania Edition, for helpful tips on your morning routine during a picking flare-up.

Stay In-The-Know

Sign up for our email newsletter at pickingme.org/emailsSignup for more skin care tips.

Connect With The Community

Share your experience with other skin pickers by joining our Online Skin Picking Support Group. Visit pickingme.org/onlinesupportgroup to join!

Challenge Perceptions

Take part in our #WhatsWithYourSkin challenge by covering any part of your body with unlikely objects and snapping a pic. See others are redefining "good skin" at pickingme.org/whatswithyourskin.

