



**45-Minute Deep Clean
Routine To Pamper Yourself**



Hey Beautiful!

Thank you for taking a few minutes to read my 10 secrets to a flawless makeup application!!

First, I must tell you that there is not one single makeup technique that you must follow! So don't get hung up on YouTube University.

The techniques that you see there may work for their skin type but not yours. It's ok, just have fun with it and practice until YOU are happy with the outcome.

Now I will share my skin care and beauty secrets with you...



SKIN CARE:

I think everyone should pick a day of the week where they can pamper themselves. For me, I use Sunday as my spa day. This is where I spend about 45 minutes to an hour to deep clean my face. My routine consists of:

1. Washing my face with [Lumiere De Vie Facial Cleanser](#) and gently exfoliating my face with a spin brush.
2. Next, I use my facial steamer by Conair to open up my pores for about five minutes.
3. Then I mask my face with [Lumiere De Vie Volcanic Exfoliating Mask](#), which cleanses all the dirt and excess oil deep within your pores.
4. After washing off the mask, I use, [Lumiere De Vie Toner](#) to ensure my face is well hydrated.
5. Once the toner has absorbed into the skin, I apply my serums: [Lumiere De Vie Illuminating Fading Fluid](#) which instantly hydrate and illuminate the face.
6. Followed by absolute FAVE, [Lumiere De Vie Needle Free Serum](#), which we all call it, "the face lift in a jar" because of its skin tightening properties and it improves the appearance of fine lines and signs of aging.
7. To seal the deal, I use [Lumiere De Vie Intense Rejuvenation Crème](#), which is super hydrating and penetrate deep into the skin for maximum moisturizing.



8. Finally, I enjoy a nice, chilled glass of my favorite Merlot.

Now that we have the Sunday Spa Day out of the way, it's Makeup Monday and we need to prepare our face to secure the slay!!!

SKIN PREP:

This is MAJOR KEY when it comes to wearing makeup!!! You must prepare your skin! DO NOT, I REPEAT, DO NOT skip this step! Skin prep, to me, is the most important step in makeup application. This will determine if your makeup stay and slay while skipping this step leads to your makeup slipping and sliding and we don't want that!

Therefore, you must [CLEANSE, TONE, MOISTURIZE, AND PRIME your face, in that order!](#)

Before I go, I want to share a little about color correcting and concealing as it this is a topic that I am most asked about.

Concealers are used for camouflaging things like dark circles or discoloration, pimples, tattoos and any blemishes that you may want to temporarily cover. Use sparingly and match the concealer to the shade of skin SURROUNDING the blemish.

Color Correcting Concealers comes in different shades and each color has its specific purpose for neutralizing blemishes.



Color Correction Guide

Pink conceals blue on fair skin. Most commonly used on fair-skinned women.

Brown is used to create depth and dimension.

Lavender is used to neutralize yellow imperfections or undertones on the skin.

Orange/ Light Orange/ Salmon is used to counteract blue tone in the skin usually to neutralize dark under eye circles.

White is used sparingly as a highlighter on the upper cheekbone, nose, Cupid's bow and inner eyes for a subtle highlight.

Yellow is used to conceal purple or dark shadows on olive skin. Most commonly used right above the lip on the mustache area. No worries, we all have facial hair.

Green is used to counteract redness or pinkness. Mostly used to camouflage pimples and areas around the nose. Neutralizes any redness on your face

*You must learn your skin type, undertones and foundation colors.
The technique that you follow on Instagram or Youtube is **not** for mature skin (women 35+)*



Product List & Links:

1. [Lumiere De Vie Facial Cleanser](#)
2. [Lumiere De Vie Volcanic Exfoliating Mask](#)
3. [Lumiere De Vie Toner](#)
4. [Lumiere De Vie Illuminating Fading Fluid](#)
5. [Lumiere De Vie Needle Free Serum](#)
6. [Lumiere De Vie Intense Rejuvenation Crème](#)