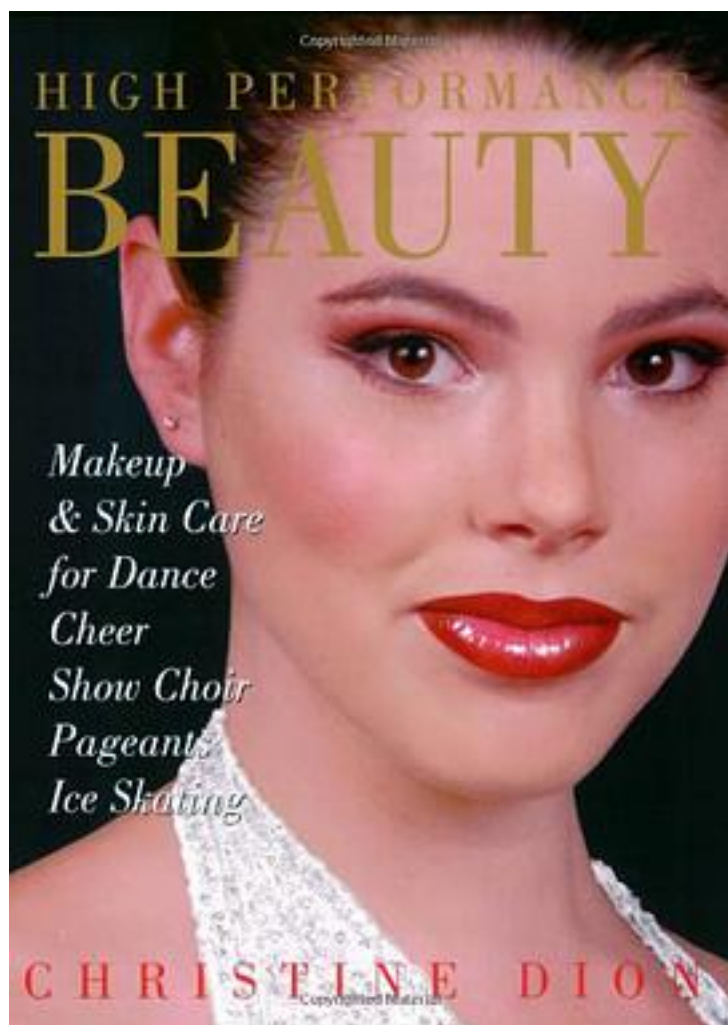


# High Performance Beauty



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Starting with the essentials of basic skin care and maintenance, this comprehensive

guide details tips and techniques for handling the unique makeup needs of performance athletes such as cheerleaders, gymnasts, and skaters. Following a discussion of the different skin types, daily routines and various products-including herbal remedies-the guide lays the groundwork for the creation of a flawless, long-lasting, face. In addition to detailing the fundamentals of makeup application, the book explains how to make allowances for extreme and varied conditions of performance spaces and demonstrates how to camouflage individual flaws. A section on character faces includes directions for creating a Spanish flamenco, a cabaret star, a ballerina angel, and a cat.

作者介绍:

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