

B³ Brush Beauty Balm



**HOW TO PREP SKIN FOR THE BEST
MAKEUP APPLICATION EVER**

www.b3balm.com



HEY THERE!

Do you struggle with getting the perfect makeup application?

I'm Julia Dalton-Brush

I'm a veteran makeup artist and the creator and owner of B3 Balm, an all-natural skin care line, and I'm here to share my top pro secrets with you!

This guide will walk you through the exact steps I use on set to lay the foundation for a perfect makeup application.



THE MOST IMPORTANT STEP IS

SKIN PREP

It's so important, that when I'm on set or working on a client, I will spend 25-30 minutes on skin care and just 10 -15 on the actual makeup application.

Just like artists take time to prep a canvas before they begin painting so their paint goes on properly, we must prep and address any skin issues so our makeup can go on properly too,

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STEP 1

CLEANSER



Start your routine by removing dirt and cleansing the skin (I prefer to double cleanse which you'll see in the next step). Avoid harsh cleansers that overly strip the skin and leave it feeling tight. At least once a week use an exfoliating cleanser to clear dead skin cells and help prevent clogged pores.

RECOMMENDED PRODUCTS



ROSE QUARTZ OIL CLEANSER

This amazing cleanser dissolves dirt & dirty skin oil, cleanses skin, is anti-microbial, promotes healthy skin tissue AND removes makeup without an harsh or unnecessary chemicals.



EXFOLIATING CLEANSER

The exfoliating cleanser is the perfect addition to your skincare routine. The oils help hydrate your skin & the finely ground pumice helps clear dead cells from the surface of the face, revealing new, healthy skin underneath and allowing other products to be more effective.

STEP 2

TONER



Toners help to remove excess dirt (I use this as the 2nd step of my double cleanse), traces of oil and makeup, correct and balance the pH of your skin & they like act as a delivery system for antioxidants, vitamins & toning acids.

RECOMENDED PRODUCTS



POMONA FACIAL TONER

A beautifully hydrating cleanser for the start or finish to your day. The rose hydrosol is designed to rejuvenate all skin types, nourishing the skin's health and restoring radiance. Witch hazel is a natural astringent that can help control inflammation and acne by decreasing oil and redness. It also lessens bacteria growth on the skin while speeding up the healing you may need. Finally, the peppermint hydrosol helps balance the production of excessive oils in the skin while helping prevent acne and breakouts. It also diminishes the appearance of blackheads, rashes, and redness of the skin. Please note this product is now clear and comes with a screw cap.

STEP 3

TREAT



Now it's time to treat any specific skin issues we have. I love face oils for this (my personal favorite is our Lillie Oil)! They are a natural way to give your skin exactly what it needs. I apply a face oil and then like to use a roller or Gua Sha tool to evenly distribute product & help sculpt the face.

RECOMENDED PRODUCTS



ROSE QUARTZ ROLLER + GUA SHA TOOL

These incredible tools aide easing anxiety and help promote feelings of well-being. They Improve circulation, reduce puffiness, and help smooth the look of fine lines and wrinkles. They also promote lymphatic drainage which helps to eliminate toxins.



LILLIE LUXURY OIL

Lillie is fast absorbing, has many essential Fatty acids, including OMEGA 5, which are essential in anti-aging and can help reverse skin damage, including dark spots and fine lines It helps improve skin texture and helps to firm the skin. With oils like Rosehip, Vetiver, Lavender, your skin will be so beautifully protected from any environmental hazards.

STEP 4

HYDRATE



Everyone needs a moisturizer, even if you have oily skin. The sun, weather and our environment can wreak havoc on our skin and we need to re-hydrate it. I also recommend an eye cream for anyone over 20. The skin around your eyes is the most delicate and this will help maintain the health, thickness, elasticity & smoothness of the eyelid skin

RECOMENDED PRODUCTS

NOURISHING UNDER EYE CREAM

B3's Nourishing Under Eye Cream has essential fatty acids and essential oils to help with all of your under eye needs. We added Helichrysum and Lavender Essential Oils to this cream to aide in ridding of dark circles, puffiness and overall under eye health.



HYDRATING FACIAL MOISTURIZER

The perfect hydrating moisturizer. Aloe Vera Juice, Shea Butter, Fractionated Coconut Oil and Squalane are the most hydrating elements out there. Tea Tree Oil, Rosehip Oil, Lavender and Frankincense Oils protect and rejuvenate your skin from daily environmental damage. It's the perfect mix to keep you feeling fresh and calm all day long.



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