



SKIN BOOSTING

Manager of Beauty Full Time Megan Bromley offers some sound and timely advice on how to keep your skin looking its best during lockdown

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Beauty and make-up specialist Megan Bromley has been running Beauty Full Time in Marlborough since 2014. With 12 years' experience in the beauty industry, Megan spends much of her time hunting down the best products to make you look and feel good, as well as offering in-store make-up and skincare lessons and expert advice on social media. So who better to ask for her advice on looking and feeling our best during lockdown?

How did Beauty Full Time come about?

Well, it's a bit of a long story... It was established in 2001 by the previous owner whom I worked for from 2007 until 2014 part time, throughout college and university.

I was always interested in beauty and I studied Beauty and make-up at college. When I left uni and started to apply for jobs the previous owner asked me if I would like to purchase and continue to run the business. A big question for a 24-year-old! After much discussion with my family, who also run their own business, we decided to go for it and I've never looked back!

What kind of services do you offer?

We sell everything along the lines of make-up, fragrance, skincare and gifts. We carry many different brands too, from high end to high street, so there is something for everyone's budget. We also offer more personal services such as skincare consultations, providing new routines if you have a specific skincare concern, make-up

lessons, make-up application for events, make-up matching and fragrance advice. Myself and my team are all trained in either beauty therapy and/or make-up so we are always happy to advise and help.

What are you up to during lockdown?

We have always provided tutorials on our Instagram and Facebook pages, but as I have a little more time now I have been recording and posting full-length YouTube videos too. These tutorials are usually based around make-up techniques, skincare routines and new product arrivals. We also have a website which is very new, but has come in really handy for this time for people to order online. We can deliver UK-wide and we are providing a free delivery service if you are local to Devizes or Marlborough.



Now most of us are working from home, we're probably less inspired to wear full make-up – what should we be doing?

It really depends what you're doing. A lot of people I know are working from home and are still required to do conference calls, so I have posted a new Working From Home Tutorial on our YouTube page. This details how to do your make-up well in a shorter time frame using affordable products and you can follow every step I use or just pick out what you would usually do. The most important thing is skincare though: continue with a good skincare routine throughout lockdown and your make-up will look better now and when lockdown is over!



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Why is keeping your normal beauty routine important at the moment?

I have found that when I'm recording tutorials I actually end up feeling much better, more confident and uplifted in myself once I have got my make-up on. For a lot of people it really does give you a boost psychologically if you are feeling down just to look in the mirror and feel like you are ready to take on your day. It's also a great time to practise new looks and try new things, ready for when we are finally let out again.

How can people look after their skin if they're not getting much fresh air?

Make sure you continue with your skincare routine, or if you didn't really have one before, get into one now. It really is so important for the quality of your skin. As we're all at home more we also need to ensure you don't eat too much junk food. As well as its tendency to increase breakouts, sugar also breaks down the collagen which is present, which is what keeps our skin looking youthful! My top tips are limit your sugar and drink plenty of water to keep your cells hydrated. ➔





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Are there any home skincare treatments people can perhaps whip up themselves?

Using a mask once per week is a great way to keep drier skins hydrated or oily, breakout-prone skin refined and deep cleansed. Make sure the mask you’re using is suitable for your skin type. Also, exfoliating is good, but only do it once or twice per week. It’s a great way of removing dead skin and increasing micro-circulation. If you are out of your normal scrub you can mix sugar (brown or white will work just as well) with either coconut oil or olive oil and massage this on to the face – make sure you do it gently – and rinse off.

Once lockdown is over, what will be the key summer make-up look this year?

The key summer look for me is always flawless, glowing skin. Go for a pinky nude eye with long fluffy lashes and a pinky nude satin or glossy lip. I promise I will record a tutorial, so keep your eyes peeled!

Is your online shop working as normal?

Yes, the online shop is working as normal. You can order directly through our website beautyfulltime.co.uk and choose your postage option. Postage is free over £50 and if you live locally there is a free delivery service. Do message me on Instagram or Facebook or e-mail megan@beautyfulltime.co.uk to find out more about the delivery area. 📍

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