Makeup Tips to Cover Psoriasis

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Makeup tips for covering psoriasis plaques and lesions

Makeup is a wonderful way to accentuate features, but it can be equally useful for hiding imperfections. Whether your psoriasis is limited to a few patches of psoriasis pigmentation on your body or tends to appear on your face and neck, there are some excellent products that can correct the redness and camouflage rough areas.

The challenge lies in the technique: learning to apply, blend and layer the products correctly can shorten your routine and greatly improve the effect.

Choosing the Right Products for your Skin

The severity of your psoriasis will determine how many products you will need, but every psoriasis sufferer should play close attention to their skin care and makeup routine. Since your skin is sensitive and irritating your plaques could lead to complications, treat your face and body gently from start to finish:

- **Clean and moisturize**. Before you get to the makeup, be sure to use an appropriate cleanser and moisturizer to prepare and protect the skin. Consult your dermatologist for skin care recommendations, and stick to moisturizers that are fragrance-free, hypoallergenic and non-clogging.
- **Reduce lesions**. Makeup works better on a smooth surface, so you may want to use a de-scaling technique (like occlusion or deep hydration) once a week to help slough off the hard, scaly patches.
- **Use liquid foundation**. Powders tend to dry the skin, and thick and chalky concealers can cling to raised spots. A smooth, liquid concealer is your best bet for good coverage, and if you still see some red areas after you apply it, you can touch up with a bit of concealer on top.

- **Be cautious with color correctors.** You may have heard that green and yellow shades can neutralize redness in your skin, but these color correctors can be difficult to use. Use a very small amount and blend very well to get the smooth, neutral surface you were hoping for.
- **Stick with matte finishes**. Focusing on the eyes or the lips can draw attention away from psoriasis patches on the face. But makeup that glows or glitters tends to irritate skin, and will accentuate uneven surfaces. Opt for matte finishes, which can be natural or dramatic, and will generally stay on for longer.
- **Lock in the effect**. Experts suggest a light layer of pressed powder once the foundation has set, which will leave a natural texture and keep your face makeup in place. When using camouflaging foundation over your body, a quick spray of waterproof hairspray will help prevent smudges and smears.

Next page: tips for better coverage and less discomfort.

Tips for Better Coverage and Less Discomfort

Your makeup routine shouldn’t demand too much time and effort, but it can take a bit of time to get the hang of

things.

Take some advice to keep your routine simple, your look natural, and your skin happy:

- **Less is more.** A light touch is crucial if you want good coverage, since too much makeup in too many places can wind up highlighting the inconsistencies in your skin. Remember that makeup can hide color changes, but it can't change the texture of your skin – raised plaques won't disappear completely under a coat of foundation, although you may be able to draw attention away from them.
- **Stay away from irritated spots**. You may be tempted to paint over uncomfortably itchy or sore lesions, but that's probably not a good idea. Makeup is a foreign substance, and should be kept away from cuts, open sores and otherwise irritated skin, since it will only make the discomfort worse, and could even lead to infection.
- **Use simple products**. In general, the more ingredients on the label, the more likely the product will interact with other products on your skin. Also, the more products you use, the trickier it is to apply and blend them well.
- **Practice in natural light.** Colors are greatly affected by the type and amount of light in the room, and what you see in your bathroom mirror may not be what you look like when you step into the sunlight. Place a mirror close to a window to get an accurate effect, or else change your vanity light bulbs from harsh white to the "daylight" variety.
- **When in doubt, turn to the professionals**. Makeup artists can work wonders with their know-how, professional products and experience. If you are having trouble with a particularly troublesome spot (or you don't know where to start), consider booking a consultation with a makeup artist at a makeup counter, or ask your doctor if they can recommend a corrective makeup artist who could help.

Using makeup is a great way to help you gain confidence and self-esteem, but cover-ups and concealers may not fix everything. If you find that you're spending lots of money on new products that don't seem to work, consult your doctor about changing your psoriasis treatment plan.

Medication can get flare-ups under control, and you can use your makeup to touch-up, rather than hide away psoriasis problems.