

BY THE WAY

GYM makeup — Style or Insanity!

It should come as no surprise that makeup and intense workouts 'DO NOT' go together! No one wants smeared mascara around their eyes and neither do they want foundation trickling across their necks during workout.

Yet, quite often the only time you get to hit the gym is after a long day of work where chances are you have makeup on and 'no time to take it off' or your gym days sadly coincide with the days when your skin happens to be uncooperative.

Do you ever wonder if there is a middle ground so that you can work out without having to show the rest of the world those hyper pigmentation around your eyes?

WHY NOT TO WEAR MAKEUP AT ALL

During a workout, your pores open up to let the body cool down. As makeup covers your pores, the chemicals can clog your pores. This makes it difficult for the skin to breathe.

Sweat, however, is just not your only concern. During working out, you are in constant contact with the floor, and equipment such as yoga mats, bicycle handles and weights, which are the ideal breeding ground for the bacteria that cause acne. Wearing makeup makes it easier for the bacteria to cling onto the skin. As a result, you are more likely to have breakouts, blackheads, and irritation of the skin.

WHAT CAN YOU DO INSTEAD

Opt for a hydrating and brightening skincare regimen to give your skin that beautiful glow instead. First, start with a cleanser. Go for the ones that give a bit of exfoliation and are also on the moisturising side. Dab some toner on and you are good to go. If you are working out outdoors, do

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not forget to apply sunscreen.

WHEN IS IT OKAY TO WEAR MAKEUP TO THE GYM

Never! Ahem! Maybe sometimes... only if you have a 'zero' option to remove the makeup before beginning the exercises! In that case you can opt for sweat proof makeup that prevents you from sweating at all and blocks the skin pores to prevent the development of zits.

Yes! Thank God for research and development!

Then again there are many others amongst us who love to put a dab of makeup wherever we go even if that means going to the loo or the gym. In that case if

you really have to do it then there are some tricks to reduce chances of breakouts. The first rule is to not overdo it. Do not use tonnes of products, especially those with a dewy finish, and definitely skip the foundation. Instead, keep it minimal and slightly dab your face with just loose powder. For those of you wanting more coverage, use a matte finish concealer to spot correct specific areas if needed. If you want a bit of colour on your lips, try a tinted lip balm instead of lipsticks.

Finish off your look by filling in your brows with brow gel.

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Photo: Collected

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