



High Performance Beauty: Makeup and Skin Care for Dance, Cheer, Show Choir, Pageants and Ice Skating

By Christine Dion

Princeton Book Company. Paperback. Book Condition: new. BRAND NEW, High Performance Beauty: Makeup and Skin Care for Dance, Cheer, Show Choir, Pageants and Ice Skating, Christine Dion, 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.

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