Contouring, in terms of make-up, means creating shadows...

Shadows would help to define certain areas, enhance shapes, and along with highlighter, allow a more sculpted look. This step-by-step guide will show you how to contour and highlight in order to bring dimension to the face. Make Up Artist Kamila Kowalska will show you exactly where and how to contour your face so it appears more sculptured and gets a fabulous glow.

First, prepare the skin by cleansing, toning, and moisturising. All this will prime your skin and enhance make-up application. Choose according to your skin type from within our amazing collections Triumph of Orchids, Aloe Vera, Beta-Glucan or Gold Regenesis.
Lightest colours are to be applied first. It is important to use the foundation colour which is lighter than your skin tone. The basic rule of highlighting is to highlight in places where the light would hit your face. Apply it to the centre of your forehead (taking it slightly to the areas above the eyebrows and a bit to the bridge of the nose), also under the eyes and chin area. Anything you highlight comes out and stands out more because anything light comes towards us. At the final step you will be amazed with this incredible dose of glow on your face you are going to achieve by highlighting. Another part of the face which needs the lighter shade is just above the jaw line. It will help to emphasise the cheeks. You will be able to see the it on the next photo.
Now to the contouring. It does the opposite of highlighting — everything we darken we see away from us and pushed back. Contouring involves applying darker shades in certain parts of the face, in the shade which is two or three shades darker than your skin tone. Contouring will bring shadows to the areas where you apply it, and that is what appears to be smaller and more defined. Apply the darker colour under the cheek bone, also to the temples, bringing it slightly up and to the jaw line. Also apply it to the forehead areas, as later you will see how much glow it brings to your skin.

Other products you can use in this STEP:
- Mineral Powder Honey Brown
- Mineral Powder Warm Chocolate
- Mineral Powder Brown Jasper

Kamila uses FM GROUP Advanced Foundation in Sandal Wood.
Do not worry if the lines do not seem to be perfect. That’s OK. Once you blend it - it’s all going to come together.

**Lighter shade:**
- forehead: including the areas above the eyebrows and to the bridge of the nose;
- under the eyes;
- just above jaw line;

**Darker shade:**
- under the cheek bone;
- to the temple bringing it slightly up;
- to the jaw line;
- to the forehead areas;

Kamila uses FM GROUP Advanced Foundation in Sandal Wood and Alabaster.
In order to achieve a narrower look to your nose, drop the straight line down to sides of your nose. If you are going for a shorter look and want to lift the nose a little bit, bring the contour down to the tip of your nose. With this type of shading your nose will be refined and will get definition.

Kamila uses FM GROUP Advanced Foundation in Sandal Wood.

Advanced Foundation
- Warm Walnut
- Ginger Cake
- Sandal Wood

Other products you can use in this STEP:
- Mineral Powder Honey Brown
- Mineral Powder Warm Chocolate
- Mineral Powder Brown Jasper
Now it is all about blending. Using the shade of foundation which matches your skin tone, start blending, until the harsh lines fade away. You can apply the foundation at the back of your hand first, and then tap the brush in it to get a small amount required for blending. All exaggerated contours while blending into the skin simply disappear and you are starting to see dimension given to the face. Blend the lines partially one by one, until there is no visible line of demarcation between the highlighter and your foundation.

Kamila uses FM GROUP Advanced Foundation in Ivory.
Now if necessary use a concealer to cover remaining imperfections. Concealer is an indispensable beauty product which perfectly conceals dark circles under the eyes and small blemishes. On top of that, its light-diffusing pigments will reduce signs of fatigue and give the skin natural glow, making it look fresh and rested. Apply concealer to the dark areas around your eyes that can make you look tired. Other areas that may need a lift are around the nose, under the brow and in the inner corner of the eye. These areas tend to become darker as we age. Also touch up to the Cupid’s bow. Tap the concealer with the fingertips, especially under eyes, where your skin is thin and sensitive.
You already know that highlighting is about adding light to your face. By adding light to certain areas of your face you are making it appear more radiant. Therefore, applying shimmery highlighter to accentuate any features you want to pop out even more – under the brow area to lift it up, in the inner corner of the eye to open it up, and to the Cupid’s bow so your lips look just irresistible.

Kamila uses TT FM Collection Highlighter in Arizona Gold.
To maximise a healthy glow, apply blush to the apples of your cheeks (at the lever of the cheek bone). This should be done before you powder your face so that it will blend with the rest of your make-up. Apply blush to the apples of your cheeks and sweep upwards toward the hairline. This will add dimension to your face and give you a pretty glow. In order to designate the correct point for blush application Kamila uses very simple technique which immediately reveals the cheek bone.
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Kamila uses FM GROUP Mineral Blush in Coral.
Apply finishing powder to your whole face to get rid of any excess shine, and set your make-up.

Other products you can use in this STEP:

- Loose Powder Harmony Sand
- Loose Powder Perfect Beige

Kamila uses FM GROUP CC Powder in Sensible Biscuit.
CONTOURING TUTORIAL

BEFORE

MAKE UP

AFTER
The final shot - contouring using FM GROUP Products.
Would you incorporate contouring and highlighting into your make up routine for good?