



# COLOUR WHEEL

Denise Ng, President of the Association of Image Consultants International speaks to Marie Claire about the importance of colour-matching. **TEXT RAINA NG**

**W**e are often afraid of make up but as Denise Ng believes, once you know how to recognise your colours you can cultivate makeup confidence. Denise begins, “wearing clothing and make-up colours that harmonise with our colouring brings out the natural beauty in us.” As she explains, It is not about what colour suits but more about learning and recognising the undertone of your skin colour and matching it.

## COLOUR-WISE

“To optimise our beauty and appeal, it’s important

to wear the right colours. When we wear the wrong hues we look and feel ill at ease. Our appearance is disharmonious, giving the impression we are unsophisticated or fake. Moreover, colours that don’t suit our colouring have an ageing, straining, paling or darkening effect which is both unattractive and subconsciously off-putting to people we meet. The right colours brighten the face, erase lines, shadows and blemishes and appear to even out the skin-tone.”

So how do we know what are the right hues? One way to gauge our colours is by how much we like it. “We are naturally drawn to clothing and makeup colours that harmonise with our personal

colouring and bring out the natural beauty in us. This is because our temperament has a natural inclination towards certain colours that suit us.”

## MAKEUP PERSONALITY

“Your personality influences how you wear your make-up and your personal colour choices. Our make-up style and colours are a great way to express our individuality but appropriateness is key when choosing colours for different occasions.”

## AT WORK

At work we often have to portray a slightly more professional facade to give out a certain impression. “Choose low-key colours such as browns and greys for the eyes, light pink or peach for the cheeks and a light to medium lip colour.”

## AT PLAY

For after work events you can tone up your day makeup by adding colour. If you are more of an extrovert, you may want to wear a brighter lip colour to reflect your personality. Adding extra eye liner and mascara also dramatises your day do.

## WEEKEND CRUISING

This is the best time to up play your personality and express yourself anyway you want. It is also a good time to be adventurous. According to occasion you can use colours to glam up, sparkle and shine. “Hype it up for a party night with more colours, heavier eye-liner, add on those lashes and define the lips.”

## COLOUR MATCHING TIPS

The bottom line is that if it looks natural, you have got it right. “You know if a colour is correct for you when the colour sits well and looks totally natural. Amazingly, even bright eye and cheek colours can look like they belong! If they don’t, the make-up will look artificial and clown-like. Colours like moss green can appear like natural shading on

## DENISE’S 5 QUICK CODES

1. Your most flattering clothing colours are often also your best make-up colours.
2. You inherently love the colours that suit you so listen to your inner voice when choosing make-up hues.
3. Choose colours that work with your body colouring rather than what’s in fashion.
4. When choosing a foundation, powder, concealer or eye-base colour, match the colour exactly to the skin. Always try on a foundation, see whether it “disappears” into the skin and check the colour match in natural light.
5. If a powder or blusher looks dusty on the face, it’s not a good colour match.




some people and yet on others the eye will look bruised. The correct foundation ‘disappears’ into the skin, blending in perfectly. The wrong one looks like a dusty mask with a defined line of colour at the borders.”

**Are you warm or cool?** Start with an open palette. You can wear any colour as long as it is the right undertone. The key is knowing whether your colouring is warm or cool. “All colours are relatively warm or cool. Warm colours are more yellowed and cool colours are more blued.”

- Warmer skin tones are tones with a slightly brassy and yellowy cast to the skin. “Warm tones harmonise with cosmetic colours with a warm base such as beige, browns, peaches and moss green.”
- Cooler skin tones have a pinkish, greyish and reddish tinge. “Cool-tones rose-beige, pinks, blue-reds, taupe, blues, greys, purples and silver suit this type of colouring.”

**Are you light or dark?** Another colour matching tip is to ascertain how vibrant, dark or strong the makeup colour is comparative to your personal skin tone. Denise offers a few pointers:

- Those with a bright, fine, fair to medium complexion suit light to medium vibrant colours with some gloss or sparkle. Those with a robust complexion, which may be fair but tans to a rich bronze, are flattered by muted matte earthy shades and metallic shine.
- Those with a striking or high contrast look (very fair or very dark skin with very dark hair and eyes) are best with intense, vivid colours. Those with a soft, light colouring are best in pearlescent pastels. 

## TOP TIPS

- Choose foundation and powder with the same undertone of yellow, peach or pink as your skin.
- Wear make-up colours in lighter or deeper versions of your body colours for a neutral sophisticated look.
- Choose colours that reflect the strength or softness of your colouring and personality as well as its look of brightness, clarity or muteness.
- Brighten your eyes by drawing a fine white line at the inner lash of the lower lid. A very fine line of silvery-blue also opens them up and draws attention to your eyes.