

MAKE-UP & HAIR CARE

—Sara D. & Hope

Typed by Davida & Heaven 9/85



It seems that many women wonder if they should wear make-up and if so, how much is advisable to use, specifically for daytime use. In Dad's house we try to look nice & presentable, especially for Dad's classes & dinner talks or when going out. Dad has given us a few general guidelines on make-up which we hope will be a help to our women, teen girls and our fishers of men.

Dad said that his mother always made a real effort to look nice & be a good testimony. She believed in wearing just enough make-up to look natural so that people can't really tell you are wearing any. Looking "natural" has also been Dad's criterion in our use of make-up. He has recommended to certain girls who have very pale complexions that they need to add some colour to their face, like natural "blush" on the cheeks and a "calm" shade of lipstick. If the girl is quite pale, she could also wear mascara on the eyelashes and perhaps eyeshadow, (like a natural shade of brown in the eye-creases), just enough to bring out the eyes a bit more. Several of us also wear "cover-up stick" under the eyes, the flesh-coloured make-up that helps to hide darkened areas and circles. Most of the teens, because of their natural colouring, have no need for make-up at all.

We've found many cosmetics like lipstick & mascara go "off" & get rancid in hot climates, especially if you've had them for a long time, so beware!

Public performers or some fishers of men may like a bit more make-up than this, at nighttime for example, & use eye-shadow or a darker shade lipstick, but creme foundation make-up, eyeliner, painted finger & toenails, bright, thick or "showy" eye shadows & all that just look very unnatural,

hard, flashy, & just too System. Some of our budding teen girls are desiring to decorate themselves this way, according to several reports, but as Maria pointed out, they're only "copycats" of their mothers & our fishers of men & our Family women who have set this kind of a worldly sample. So "C'mon, Ma's! Burn Your Bras!"—And frills & flashy fronts! Amen?

FACE & HAIR CARE

Since washing with harsh soap is not good for the complexion, but most people with oily skin need some kind of cleanser, & also for thorough removal of make-up, Maria & some of our staff wash their faces with a commercial type of face-creme cleanser which is especially good for oily skin & far less harsh & drying than regular soap. Even a couple of our men also use it who've had problems with very oily skin & blackheads, & our teens including David (10-1/2) also need to use this facial cleanser at times for their oily faces & noses & prevention of blemishes.

Apart from these basics of make-up mentioned above, we try to fix & keep our hair nicely too, wearing simple pretty hair-clips, barettes, or flowers, &/or wearing it up, or in a ponytail or braid or bun, etc. We've tried to teach even our little girls to take extra special care of their hair & not break it by yanking it out with a comb or putting sharp pins & the wrong kind of elastics & clips in it. Braided hair stays nicely arranged, less damaged & out of the face, perhaps with the help of hair clips on the sides. We like to fix even the littlest girls' hair nicely for dinner or classes & meetings.

We put conditioner on the girls' hair frequently to keep it healthy & easy to comb out. They've learned after shampooing to untangle their hair by running their fingers through it first, then gently combing it out (starting at the bottom) with a big, wide-toothed comb. Proper, gentle care of long hair, including trimming off the dead or frayed split-ends when needed, keeps it healthy, nice & long, & prevents having to cut it someday!

"The natural & normal ways are always the best & most beautiful, the happiest & most healthful—Just the way God made you! And that's really revolutionary!" (Revolutionary Women:14)