

# Exercise 3

Myself only Older

1. Start with a clean face; secure the hair out of the way
2. Though it seems counterintuitive, choose a foundation color that is a bit **darker** than what you used for Myself Only More-so. This will allow more contrast between the “skin tone” and the **highlight**.
3. When aging the face, of course there will be **wrinkles** and creases. But, before we dive into those, we need to focus on the bone structure. Because of the effects of gravity on aging skin, the **skull** underneath becomes more apparent.

4. Using a similar technique as in Myself Only More-so, highlight and shadow the face, only this time use **more** product. Make the deepest parts of the shadow fairly **dark** and the boniest parts of the face heavily **highlighted**.
5. Pay particular attention to these areas:  
**forehead, temples, eye sockets, cheeks,  
chin, philtrum**

6. Most people's noses appear to be **longer** and narrower when they are old. To create this effect, keep the **highlight** down the bridge of the nose fairly narrow and extend it beyond the **tip** of the nose. Support the effect with corresponding shadows along the **sides** of the nose.

7. At the jawline, you will make a choice based on *your* face. Make appropriate notes here:

- a. Narrow face: ***carve out under the cheekbone with shadow, blend shadow down to jawbone***
- b. Round face: ***curved shadow under the jawbone, fill the jaw area with round highlights***

8. Assess your work. Have you exaggerated the bone structure effectively? Does the nose look stripy? Blend any offensive areas.

9. Time to add wrinkles! Once you have located the appropriate placement for a wrinkle, you will use both your shadow and highlight colors and the flat edge of a brush. Load the brush with shadow and flatten the bristles against the container, creating a knife edge. Using a light touch, you can always add more color if necessary, lay in the shadow line. Without reloading the brush, place the brush on the line you just laid in and blend (pull) the color gently away from the line, *up* if the wrinkle is horizontal or *out* if the wrinkle is vertical. **SHADOW GOES ON TOP OR ON THE OUTSIDE OF A CREASE.** The desired effect is like that cylinder image in our notes: the shadow creates a line and then fades away gradually.

10. Every wrinkle that has a shadow must also have a highlight. Load the brush with the highlight color, creating the crisp **knife** edge as you flatten the bristles against the container. Apply the highlight so that it lies next to the shadow line, just **below** if a horizontal wrinkle or just **inside** if a vertical wrinkle. Again, without reloading the brush, blend the highlight away from the center of the crease. Keep the blending **subtle**; we don't want stripes on the face! Using the tip of a finger, gently pull the ends of crease out, so that it **fades out** rather than ends abruptly.

11.To locate potential wrinkles, make these faces while looking in the mirror:

- a. Foreheads—raise your eyebrows as high and tight as you can. Some of you will have multiple creases form, while others will have nothing. If you have creases, you must create wrinkles that **work** with your existing creases; they cannot intersect at strange angles as they will immediately look **fake**. If you have no creases, you can create forehead wrinkles **wherever** you want.



- b. Eyes—one at a time, scrunch (squint) your eye closed and observe what you see with your open eye. You should see some lines at the outside corner of the eye; these are called crow's feet. You should also see a pooch forming under the eye; this is called the eye bag. There is special treatment for the eye bag: once the crease is put in, fill the bag with highlight; this will make the pooch seem to droop forward.
- c. Brows—furrow your eye brows (make an angry face) and notice if you have vertical creases form above the bridge of the nose.

- d. Nasolabial fold—make a big, goofy grin at yourself. The line formed between the outside edge of the nose and the side of the **mouth** is the nasolabial fold.
- e. Mouth—apply natural lip color before aging, then make a tight pucker with your lips. You should see multiple **lines** form around the mouth. For a normal or nice character, only use **highlight** on these mouth creases; if we use much dark color around the lips, we start to appear **evil**.

12. Assess your work. Have you used proper technique with highlight and shadow? Have you addressed all areas of the face? Make necessary adjustments.

13. When doing age makeup on young skin, we find that no matter how many **wrinkles** we have applied, the subject still looks **young** and healthy. As people age, the texture of the skin changes. The solution is to **stipple** over the age makeup with the special sponge and multiple colors. Load the sponge and tap it off on the back of your hand. Using gentle, **dabbing** motions apply the stipple to the open areas of the face.

14. Final step is to apply powder to set the makeup.