GRWM at 52: ICD Makeup Is My New OBSESSION! Transcript

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Clean Makeup Philosophy

Hey everybody, Dr. Remka, Stephanie Remke. So I'm in my bathroom. This is the real bathroom with like a real robe. I'll give it a second. Actually just going to throw on my makeup and I will tell you, I have been in a struggle to find a new makeup because my favorite makeup was this Australian brand, very clean.

and they pretty much went out of business. I was using Synergy Minerals for a long time. Non-toxic, clean, as clean as I can get is really, really important to me.

And I'm not a woman who goes out and buys makeup all the time, I don't go to makeup places, or I look at them as cancer causing machines, and I prefer to stay fertile.

Even at 52, yes. So I don't have a lot of makeup. And my makeup standard is, how clean is it? Is it going to kill me? I dont want cancer. I Don't want Alzheimer's. I don' want to be fat.

Endocrine disrupting chemicals in your makeup and your skin care and hair care and all of that. Do that, I don't dye my hair because it's toxic. So that is the most important thing to me.

I do want to look good though. If I try something that's relatively cleanish, makeup is not one of those things that will be the purest always ever on earth.

You're better off with nothing, typically. I don't like how some of them look, they look horrible. Beauty is not worth health to me. Some people don' care about that.

They're willing to die to be beautiful.

Applying Base and Concealer

Good for you. That ain't me. Okay. So, uh, you may have different, some of you don't care. I care a lot. Now, so when Ramon was like, we're coming out with makeup, I have all the things.

When you win, when you make a lotta money for a company, they give you free shit early before other people. that's all. i just make companies money so they like to give me stuff early.

So so because of that I got to see it now. I was like, I don't know what 4d means I Don't what a 4D cushion is whatever but Sure I'm mad that my Australian brand is ruined.

And what am I gonna do? Like I really not ready to go, you know, Pam Anderson Raw dog and all the time, okay I do wear makeup on stage and stuff, but I don't like to look like I wear make-up.

I dont wanna look it, I wanna feel like it. You know, when I photo-shoot or I'm onstage, oh that's a lot happening. My lips are real big, y'all did a LOT there.

And all the fake eyelashes, it's not really my thing. If it's your thing, that's fine. It's just not mine. I don't want to do all that. Too much. Hit it and go.

Let me show you. A little bit more tan because I've been in the convertible. So I'm going to get darker all summer. Which I like. Melanin is a semiconductor and a chelator of heavy metals and melanin keeps you well.

Mellanine makes you smarter, pumpkin. You make a special melanine in your brain called neuromelan. What? Yes. Stop avoiding the sun. I don't, that's a whole nother story.

But so I was wearing 23 as the base the other day, but then yesterday I I'm more tan. So I'm going to 25. So, I want to show you what this is. It's a hybrid cream powder and, oh boy, cream, powder, and liquid.

All three things in one. I was like, how is that possible? So look how it looks. Looks like a powder right? But you can use either the little pad that comes with it like this.

You know, so you have a little mirror. Or you can use a brush, you know, the pad would cut me more coverage, and then the brush would be lighter coverage.

So I use the Brush, but for drama, I'm going to show you. It's like a powder, right? You're like, oh, so I got like this, But watch. You see how it's wet?

Isn't that crazy? So anyway, let me pat it in. So then you pat, you dab, dab dab.

Contour, Lift, and Finishing Touches

That was actually a lot for me to put on. I wouldn't normally make it this heavy. Okay. But I'm going to show you. 25, I could just kind of cover me with 25. Let me just do that.

Say I am in a rush and we just want to make a little bit. Watch. Dab, just kinda blending. What my problem spots to me are like the dark circles under my eyes.

So I pretty much just put makeup like right here, like T-zone trying to blend this. I've always had a thing about the Dark Circles Indians, you know, it's dark and I had tendency towards anemia as a child as well.

so I would have like Dark circles in my eye a lot. And then down here I listen, I get them whiskers and pick them. don't judge me you can judge you probably do it so i mess with it down there and i've created like some scars i'm a picker it was a problem with chickenpox let me tell you so then i would just do this just like nice done and done okay doesn't even look like i wear anything you know now very subtle you don' t have to do anything, you dont have the powder notice i am not shiny but i m not dry now Listen, you want to get a little more extra and go like this.

So that was 25. I'm going to take this real light one, 21, I may use a smaller little brush. Okay. And I am going come in here and I will highlight a couple of things.

Hey! I could have done this first as well. It's kind of weird because I've got to look in the mirror you guys, I really can't. The lighting isn't awesome here.

I'm in my bathroom. Oh, coming off so you can see what I am doing. Alright, do you see that I just did to my eyes? Boom! Pow! Uh oh, fresh! Then you go a little bit down the middle.

Watch. And right there. It is like you are putting a filter of what a photographer and lighting would do right here. You see the difference? Then watch, I just kind of do a little blend.

Nothing. Boom! Yet again. Now, let's say you want to get a lil' fancier. And I could do, actually, bring some up. Because you get older and you have to pull stuff up, like you make it look like things are lifted.

So you create an illusion with, with the colors and you get older and then you lose fat in your face. We just, you loose fat. You have to decide, I'm over 50. you have go listen, do I want a fat gut and a fatty ass or a face?

Cause you can't have both. I mean you care, but I don't want it. Don't wanna fat face at the expense of a fact gut at visceral fat at a heart attack and diabetes.

Not willing to do it, so we just draw it in. 27, deep. So this would be the color like my mother would use. Okay? Darker shades. But the lighter, less color you have, you can contour.

You can already see I have shadow. I could use a finger. Or I can take the brush. Can you see that? We'll do it over here too. You can also do along the jawline if you want to get real fancy.

This creates contour it's called. And you do up here. See that. Watch, it'll all make sense in a minute. Then I can go down the side, watch. Just on the outside.

Ya don't have to do all this. but it's kind of fun. Okay, watch. Then I blend that in, blend it to create contour, shadows, as if I had some other things going on.

Blend this real well. What? What do you see a little bit of extra? Uh-huh. Uh huh. Look at it. Now, That's when you get a little bit more, except natural, natural looking, but a bit of, oh, pop.

This deep also can be an eyeshadow. Cause again, we lose fat in things. Just real subtle, just creating a, little, bit, of drama. See the difference? Just on the outside y'all and move it up.

Everything moves up and away. Things are falling. You have to make them look like they up in the air. like a bra. This is a Bra for your face. I should start marking it at that.

Welcome to it. Hashtag Bra For Your Face. Okay. Now the thing with this makeup. Oh, okay. Here's the other thing you can do. So let me just look at my highlight.

Had to be in another live in three minutes. Up, up, lift. spray this will not come off all day it's ridiculous how good this is notice how my face looks like it has a filter what this a stupid this makeup is so good but if I wanted to be extra bougie lip gloss this this the lip mask plumper hydrator there's no color look at them mm-hmm but wait you want some blush this Old people, listen, we have to lift up.

Don't be putting this stuff right here. You're not young anymore. The children can do here, you cannot. It must go up, okay. Look at, look at it, don't get me started.

So if you want to do it you can, You can get a little bit more extra. Blend it up up a little bit down up up and a bit there what what okay okay what you do okay listen then if you wanted to get real extra again you want to do like bronzer big fluffy brush where the sun would kiss you boom that's how you They'll dry my hair later.

Check it out. Anti-aging cell hydration, moisturization. Not killing me with poison, not gonna give me melanoma, Not gonna end up in my fat cells because it's all full of poison.

It's full a plant magic that's actually regenerating the cells. Bam!