



<http://dagonbytes.com/makeup/bruises/bruises.htm>

## Bruises

by



Required materials:

Red, Maroon, and Purple, Make up

Stipple Sponge

Baby Powder

Blood (fake of course)

The first thing you might want to do to get a realistic fake bruise is to look at a real bruise. If you don't have one handy, (don't smack you're little brother) just check out a sporting magazine, there's usually some injuries or a boxer who just got pummeled. These types of photos make great references and if your serious about make up you are going to want to start collecting pictures like this for your own reference library.



Then take your stipple sponge and rub it into your make up, (it doesn't matter if it's in stick or tub form) transferring a bit onto the stipple sponge. Whenever applying make up, a general rule is to start with the

lighter colors and progressively move to the darker ones, unless for a specific reason. So we'll start with red.



Next pat or press the stipple sponge sparingly over the area you wish to affect. Important: You don't want a solid color, so you're not painting or wiping it on. You want to pat or press it on so you retain the texture of the stipple sponge. Usually the more sparingly you use your make up the more realistic the bruise. In this case less is more. We want your skin to show through the make up. (Look at a real bruise it is very rarely, if ever, that a bruise is a solid color.)



Repeat this step with the maroon and purple getting more sparing with the make up as the colors get darker. As a basic rule you can never put on too little but you can put on too much, especially the darker colors. Too little and you just put on a little more, too much and you have to wash it all off and start again.



Once you have your bruise looking the way you want it the last step is to powder it to set it. You see, most make up is oil based, which means it will not dry. If you rub it, it will rub off, it will sweat off. So if you powder your make up it absorbs the oil out of the make up and sets it. (Not powdering is the most common mistake I see, a make up job that probably looked great when they left the house turns into a ball of muck the first time they break a sweat, or scratch their face)



Helpful Hint: If you had the money and resources you could go and get some expensive talc and some fancy shmancy powder puff or powder brush, but I just take some baby powder and dump it into a sock and tie the end of it off. That way all I have to do is pat it over the face.



For a beating survivor, I like to add a bit of blood in the nose for good measure. Strike a pose

Obtained from  
Omarshauntedtrail.com