

.....

Contact us

Address:
Beatson Cancer Charity
Beatson West of Scotland Cancer Centre
1053 Great Western Road
Glasgow G12 0YN

Telephone:
Wellbeing Centre - 0141 301 7667

Email:
info@beatsoncancercharity.org

Online:
www.beatsoncancercharity.org

.....

Twitter: @beatson_charity
facebook.com/beatsoncancercharity
instagram.com/beatsoncharity

.....

Registered in Scotland as a Charitable Company
Limited by Guarantee. Company No SC461242.
Scottish Charity Number SC044442.
Registered Office – Capella Building
10th Floor, 60 York Street, Glasgow G2 8XJ

We're with you

www.beatsoncancercharity.org

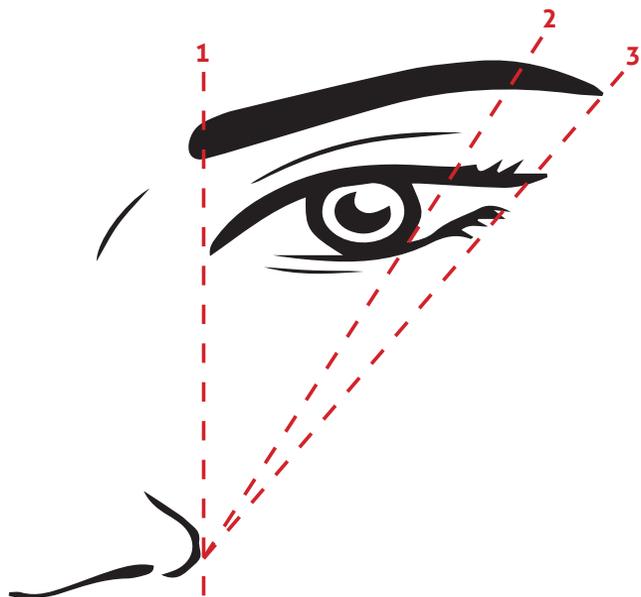
Be BEAUTIFUL



EYEBROWS

*A step by step guide to getting the perfect brows
after the effects of chemotherapy*





Before drawing in your eyebrows you need to know the basics, and this comes down to the size of brows that suit your features.

1. To measure this, use the eyebrow pencil that you plan to use and balance it straight up, parallel with the nose. The part of your brows the pencil touches is where the brows should begin. If the hair is very sparse or there is none present then you can feel the top of the eye socket and draw a small mark just above it.
2. Next keep the pencil resting against your nose and angle it diagonally so it comes across the edge of your pupil. This is where the arch of the brow should be, so draw another small mark here.
3. Finally, angle the pencil to the far corner of your eye and this is where the brow should stop. Put a small mark here.

PERFECT BROW SHAPE



It is important to have a sharp eyebrow pencil as the thinner the tip the more you can mimic hair strokes. Choose a pencil that is close to the natural colour of your hair and start where you made your first mark and draw small hair strokes, on most people these hairs go up the way. As you move along start angling the hair strokes so they look more horizontal and aim for the 2nd mark. After this point your brows naturally thin down to taper at the end, so continue stroking along till you reach this point.

If you feel the look is quite heavy then you can use a clean mascara wand to brush over it. This lifts off a small amount of the pigment and can also create a hair stroke affect.

Remember, practice makes perfect so don't worry if you need to try a few times to get the proper shape.

There are also many great products that you can use if a pencil isn't for you including brow stencils, fibres for sparse brows and eyebrow gels. So now you know how to get the best shape, experiment and see what works best for you.

Good Luck!