



## Pat Danforth

*How to look your best when you're not feeling your best*

From October 1996 through June 1997, Independent Senior National Sales Director Pat Danforth underwent surgeries, chemotherapy and radiation for breast cancer. During that time, she says, she had loving personal support from her family, friends and Mary Kay associates. She experienced wonderful, competent care from her doctors and nurses who were aggressive about healing her. "Besides my mind," says Pat, "the only thing missing was my hair!" In this article, Pat gives helpful tips for women who are dealing with the physical changes that cancer can bring — mainly changes in your hair and skin type.

### **Moisture Replacement**

"Chemotherapy not only took my hair, it took much of the natural oil from my skin," says Pat, who was accustomed to having oily skin up to that point. "For the first time in my life, I had dry skin!" Pat's first suggestion is to take extra care to gently cleanse and moisturize your face and body skin adequately. She suggests using a more hydrating formula of skin care products than usual for your face, body, hands and lips.

### **Head Coverings**

"Let me begin by confessing that hair has never been a big deal to me. When I lost my hair to chemotherapy, the only difficult day was when my hair actually all fell out in the shower," says Pat. If the loss of your hair is imminent, she suggests getting a very short haircut, because the shorter it is, the easier it is to eventually lose it.

At home, Pat usually wore cotton terry turbans purchased from a beauty supply store. "Wigs are an obvious option," says Pat, "but you should buy one before your hair falls out so the salespeople can help you find a style that is similar to your own hair. The only things I didn't like about my wig were the discomfort and the extra heat. I found that scarves and hats were more comfortable and definitely cooler."

### **Hats Off to Hats and Scarves**

Pat enjoyed wearing a variety of hats through all seasons. Whether the hat was fur, wool, felt, cotton or straw, it always helped her to wear a wide cotton headband between her head and the brim. "The headbands can be purchased in beauty supply stores in a variety of colors to match the hat, and they help in so many ways. They protect your head from an uncomfortable brim, protect the brim from perspiration and body oils, and help secure the hat on your head."

Scarves also played a big role in Pat's wardrobe. Square scarves folded into a triangle seemed to work best. "I always wore the scarf with a matching or coordinating cotton headband for the same reason as the hats. If the scarf is slippery, you can tuck the forehead edge of it under the cotton headband to keep it from slipping off." Pat's signature look was to tie the knot on the side instead of the back for a more fashionable look.

Pat encourages women to have as much fun as possible with their "hairlessness." She says, "Realize it is a temporary condition and that it will eventually grow back. And when else will you not have to cut, dry, curl, comb and, best of all, shave?"

## Pat's 10-minute **Magic Makeover**

Recommended for use during chemotherapy treatments

**Yellow Concealer** - to camouflage blue-toned areas under eyes or blemishes

**Foundation** - Choose a shade closest to your own skin tone. A natural look is best.

**Concealer** - Use a shade closest to your skin tone to touch up any imperfections or discolorations.

**Eyebrows** - You may lose all or just some of your eyebrows. Brush any brows that you have, and apply eyebrow pencil in at least two shades that are similar to your hair color, using feather-like strokes. Brush to blend and soften the color.

**Cheek Color** - Use a soft color and blend for a natural look.

**Eye Color** - Apply a base color from lash to brow. Apply a contour color in the crease.

**Eyeliner** - Work a tiny bit of moisturizer onto the tip of your eyeliner pencil if the skin around your eyes is dry. Apply a lighter pencil shade in a somewhat thicker line and a darker pencil shade in a thinner line closest to the lashline for depth. Blend softly.

**Loose Powder** - Only if necessary.

**Brown Mascara tipped with Black Mascara** - Only if you have lashes.

**Lip Liner** - Use to enhance your lip line. Or use it to fill in the lip area first before applying lipstick to help your lip color last longer.

**Lipstick** - Apply over lip liner and blend.

**Lip Gloss** - Brightens your look and adds moisture to lips.