

Our Workshop

Signature Steps



TORONTO, January 15, 2008 - Cancer can rob you of your energy, your appetite and your strength, but it doesn't have to rob you of your self-confidence. At the heart of Look Good Feel Better is the free 2-hour workshop featuring the program's Signature Steps that focus on skin and nail care tips, makeup application techniques, hair alternatives and cosmetic hygiene. These steps help women make choices about how to manage the appearance-related effects from cancer and its treatment, addressing the most common side effects including changes in skin and nail texture, hair loss and facial puffiness.

These two-hour workshops are made possible by the member companies of the Canadian Cosmetic, Toiletry and Fragrance Association (CCTFA), program sponsors, and the designated hospitals and cancer-care facilities across the country that host Look Good Feel Better workshops. More than 1,800 dedicated industry trained volunteers deliver more than 1,500 workshops annually to women facing the challenges of cancer. In looking better, women experience a renewed self-confidence.

Signature Steps

For those unable to participate in a Look Good Feel Better workshop, here are some of the Signature Steps that can easily be practiced at home:

- Eye makeup remover, followed by tissue off cleanser and alcohol free toner, gently cleanses delicate, infection prone skin
- Moisturizer helps alleviate skin dryness, often associated with treatment
- Concealer will help diminish the look of dark under-eye circles
- Foundation subtly evens out skin tone and texture
- Loose powder provides a soft look to the complexion and sets foundation
- Blush adds a touch of healthy looking colour
- Eyebrows, temporarily lost as a result of treatment, can be easily recreated to give more definition to the face
- Eyeshadow is a quick and easy way to brighten one's look and balance the eyes
- Eyeliner, dotted along the lash line, can create the illusion of lashes which are often sparse, or even temporarily lost to treatment
- Mascara can restore volume to thinning lashes and gives definition to the eyes
- Lipliner defines the lips and adds balance to the face while preventing lipstick from smudging and feathering
- Lipstick can brighten any look and lift spirits even when wearing no other makeup

Learning to practice good cosmetic hygiene is a priority at the workshop because of compromised immune systems due to low blood counts and proneness to infection. During the workshop, hair alternative specialists share important information related to hair loss and address a number of stylish options including wigs, turbans, hats, scarves and caps.