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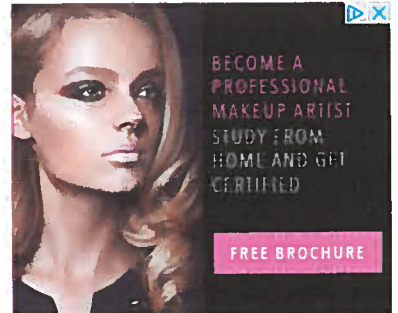
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# My Week Without Makeup



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**Lauren Tom**

On July 24, 2015

These days makeup has become an art. A fashion statement. A form of expression. An accessory.

We use our faces as fresh compositions and clean palettes while makeup has been our tool. We've been introduced to the world of contouring, toning and highlighting. We pay so much attention to detail and crave perfection.

For me, makeup has become a daily routine ever since I became old enough to wear it. For years I've watched my mom put her makeup on before work or a fancy event. As I sat there, I was mesmerized by the enhancing and defining qualities of makeup. I was captivated by the colorful eyeshadows and the shimmery powders. I marveled over the different lipstick shades, lining them up one by one from lightest to darkest. Makeup has become something so special, like a rite of passage.

For the longest time I've associated makeup with beauty. Going with the trends, I've practiced a handful of different looks and tried so many like the bright eyeshadow, colored eyeliner, smoky-eye, falsies and the cat eye, just to name a few. What I haven't experienced a lot lately is the no-makeup look. The no makeup challenge has been trending lately around the web, and I wondered what it would be like for me to take on that experiment. Would I feel differently without the security of

makeup? Would people notice? I was determined to find out during my week without makeup.

## The Beginning & Peoples' Reactions

The first day of the challenge was definitely the hardest. Following my normal routine I woke up and took a shower to get ready for work. I really had to fight the urge to put makeup on, and I still couldn't believe I was doing this! At work I felt kind of naked, like something was missing from my face because it felt so bare. I felt like everyone was looking at me and it was hard to look people directly in the eyes because I was so self-conscious about the way I looked. I definitely could tell all the women at work knew I wasn't wearing any makeup but no one said anything! Many of the guys couldn't even tell the difference—even my own boyfriend who saw me later that day didn't notice. However, towards the end of the day I was so glad to come home with my makeup-less self in the confines of my home.

The next couple days I realized that getting ready for work or going out was faster and easier when I didn't have to worry about makeup. My mornings became a lot quicker and I didn't feel as rushed either. I still felt a little weird with the whole not-putting-even-an-ounce-of-makeup-on. I wished I could dab a little powder on and swipe some mascara over my lashes. Since I couldn't dress up my face this week, I really amped up my outfit choices and curled my hair a lot. I went all out perfecting my attire with the accessories and made sure my hair was styled on point, with perfect waves cascading down my shoulders. I got a lot of compliments on my wardrobe I put together this week!

## The Pros & Cons

Towards the end of the week, I really began to enjoy not wearing makeup for a change. I felt fresh and I loved being able to touch my face or rub my eyes without worrying about messing up my makeup. On the downside, I did feel a little unprofessional and tired looking if I didn't get a good night's sleep. Baring no makeup caused me to take a closer look at the way other women did their makeup. More and more I noticed the amount of makeup being worn and the areas people tended to cover. Even the most natural looking makeup looks had some precision and effort involved.

Through this experiment, my skin was the best it has been in a long time. I barely broke out, and had no blemishes on my face. Usually if I have a breakout, I put more makeup and cover-up on just to conceal and hide it when I'm out in public. In the summer I wear even more makeup and cake it on because being outside melts it away or makes my face get extra shiny. Also, I noticed I was less tired at night when coming home. Sometimes when I have makeup on I feel as though my face is so heavy and gunky towards the end of the day, weighing my face down. That's why it's always refreshing when I wash my face when my day is over.

## Confidence & Beauty

Confidence-wise, this challenge really gave me a whole new perspective. Going without makeup is scary, especially if you're used to having at least something on your face. However, giving my skin a breather for a short time gave me a chance to look at myself and see that sometimes I don't necessarily need all those cosmetic products to make me feel beautiful and myself. Don't get me wrong, I still love my eyeliners, lipsticks, foundations and I love the prospect of shopping for beauty products (can anyone say Sephora?), but taking a few days off was eye-opening and refreshing.

I like how makeup can produce confidence and make you feel pretty and special, but I really believe that true and genuine confidence comes from within and inner beauty can shine through without makeup. Give your face a break and try this challenge for emotional and physical changes!

Feature Photo via [Framboise Fashion](#)

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