

Beauty and Makeup Unit Study

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How to use this unit study:

Mamas, please read this unit along with your daughters and discuss biblical beauty, inner and outer beauty. Decide together when and if makeup is appropriate and which makeup should be worn and how. I hope this incites an ongoing conversation about beauty and makeup from preteen to adulthood with mothers and daughters.

Disclaimer: The statements and products referred to throughout this unit have not been evaluated by the FDA.

I am a wholesale member of [Young Living Essential Oils](#).

This unit contains affiliate links. Learn more in my [Disclosure Policy](#).

Some of the resources listed have not been personally reviewed by my family but come highly recommended by trusted sources. Please preview all books, websites, and articles before your daughter views them to make sure they align with your personal values and worldview. I am not responsible for nor do I endorse any advertisements or companies on websites or blogs listed in this unit study other than my own.

Beauty and Makeup

Unit Study

While researching for this unit study, I was overwhelmed by the images of young girls with provocative expressions. I was saddened by all the articles claiming tutorials on how to attract men with certain makeup and clothing. I think there's so much more to it than that.

I grew up in a household with Redbook and Glamour and Seventeen magazines readily available. While they had great tutorials for makeup and fashion, they greatly missed the mark on teaching women anything about real beauty. Not to mention the other articles they published. And it's even worse now when I see magazines in the checkout line!

My daughter is just now thirteen and I am so thankful I can teach her the ways of the Bible instead of and in addition to the world's ways.

I pray that we can teach our daughters that makeup is not necessarily a sin; it can be a useful tool. God is more concerned with our hearts than with our appearances.

But the LORD said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The LORD doesn't see things the way you see them. People judge by outward appearance, but the LORD looks at the heart." [1 Samuel 16:7 NLT](#)

What is Beauty?

First, let's look at the [biblical definitions](#).

Beauty for beauty's sake is not addressed in the Old Testament. The Lord's favor is beautiful and his hopeful promises offer "beauty for ashes" for his people.

Rachel, Abishag, Bathsheba, and Esther are singled out in the Bible for their beauty. Yet physical beauty was secondary to piety and resourcefulness.

The promised Messiah was prophesied to be a beautiful king ([Isaiah 33:17](#)). Yet the prophet also said that the suffering Messiah would have "no beauty or majesty to attract us to him" ([Isaiah 53:2](#)).

Beauty is similar, if not synonymous, with God's glory.

Believers are exhorted to live in a manner that will make the teaching of the Lord beautiful and attractive before unbelievers.

Now, what is man's definition?

Beauty is a characteristic of a person, animal, place, object, or idea that provides a perceptual experience of pleasure or satisfaction. Beauty is studied as part of aesthetics, sociology, social psychology, and culture. An "ideal beauty" is an entity which is admired, or possesses features widely attributed to beauty in a particular culture, for perfection.

It is the quality in a person or thing that gives pleasure to the senses or pleasurably exalts the mind or spirit.

The quality present in a thing or person that gives intense pleasure or deep satisfaction to the mind, whether arising from sensory manifestations (as shape, color, sound, etc.), a meaningful design or pattern, or something else (as a personality in which high spiritual qualities are manifest).

Explore the [psychology of beauty](#).

Beauty is different to God than it is to man.

Let's learn the difference between inner and outer beauty.

Inner Beauty

Of course we want our daughters to focus on inner beauty more than outer beauty. We want to begin when they're very young, instilling in them self-respect, not falsely high self-esteem. We want our children to rely on Jesus and exhibit the fruit of the Spirit and be courteous to others. We desire they be servant leaders. Beauty flows forth from the heart. Mamas, we can help cultivate those beautiful hearts for that inner *and* outer glow. Shine those lights for Jesus!

[Moses' face shone](#) from spending time with the Lord. Isn't that what inner beauty should be?

A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart. [Luke 6:45 NLT](#)

Bible Studies:

[Beauty in the Heart](#)

[Esther and Purim](#)

[The Wise Woman](#)

My daughter and I have personally completed these Bible studies with great success.

Outer Beauty

Every girl wants to be told, “You’re beautiful!” Yet the devil lies and tells us we’re never good enough, never pretty enough. There’s always someone fairer when we compare.

View this [video about how women are so self-critical](#).

Even fairy tales like Snow White has the Wicked Queen desiring to be the fairest of them all and plotting to kill the one who is prettier than she. View this article on [great beauty moments in literature](#).

But God made us each unique and beautiful in that uniqueness. Straight hair, riotous curls, freckles or porcelain skin or warm brown loveliness, light or dark eyes, slim or sturdy build.

You are beautiful.

The magazines lie. We wouldn’t really all want to look like the Photoshopped model on the cover. Even she doesn’t really look like that! I am so pleased to see girls being active for media to be honest, like [Julia Bluhm](#).

View [this video about how the media lies to us about what celebrities really look like](#).

Even that somewhat annoying song by One Direction has their object of affection not believing that she is beautiful. There’s a message there.

We shouldn’t rely on other people to convince us we are pretty.

We should be confident in the One who made us in His image.

*I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
my soul knows it very well. [Psalm 139:14 ESV](#)*

We have to work from the inside out, both in our hearts and with what we put into our bodies. We have to care for these temples of the Holy Spirit. I have some [tips here to help you practice healthy habits to balance your life](#). Eating well and exercise help your body function at its best. You can't have poor habits and expect your skin to shine. If your skin is dull or breaking out, there might be an inner imbalance that needs attention. Deal with that imbalance before scrubbing or applying concealer.

Makeup is meant to enhance positives and diminish negatives. We all have something stunning to play up. Less is definitely more. If you've ever seen someone in stage makeup (or those makeup clerks at the mall!), you know what I mean. They don't look natural. We can certainly be artistic and play up our God-given gifts with confidence. We all want to look our best.

Accentuate your eyes or lips or best feature. Conceal that blemish and powder that shiny nose.

*You are altogether beautiful, my love;
there is no flaw in you. [Song of Solomon 4:7 ESV](#)*

Skin Care

A good skin care routine is important to establish when hormones start changing the body's pH and bodies begin changing. A great, simple skin care routine has only three basic steps: cleansing, toning, and moisturizing.

Cleansing

I recommend gentle cleansing daily - mornings and before bed.

You never want to go to sleep with makeup still on! It grinds into your skin in a bad way, causing little abrasions which will create lines and wrinkles, make acne worse, irritate your eyes, and make your pillowcase dirty!

For regular cleansing, I use the natural lavender handsoap from Young Living. It gently cleanses but is also tough enough to remove all makeup.

I also enjoy **oil cleansing**, especially during dry winters. I keep a jar of half extra virgin olive oil and half castor oil on my bathroom counter. I massage some all over my face, lay a steamy damp washcloth over my face for a few minutes to help it further soak into my pores, then

wipe down my face. I often don't need to tone or moisturize after oil cleansing. It's all part of that process.

I keep a glass jar of baking soda on my bathroom counter with essential oils mixed in. I use that as a gentle scrub a few mornings a week. Exfoliate in the morning to remove dead skin cells from the skin regeneration at night and to promote that healthy glow. Our body does its healing while we rest. Oats and honey is another great exfoliating recipe.

Harsh cleansing makes skin problems worse! Those chemical acne products at the drugstore marketed to teens only confuse skin into creating more oil and they just don't help.

Toning

This often skipped step is important. After cleansing, you need to restore your skin's pH balance and minimize pores. I love the Young Living ART toner. Homemade natural options are witch hazel (with or without essential oils), green tea, or rosewater.

Essential oils to use with toning:

- Chamomile
- Geranium
- Juniper
- Carrotseed (great for sun protection!)
- Patchouli

Moisturizing

No matter your skin type, you must keep it moisturized! Those with oily skin often want to skip this part, but it's really necessary to balance the skin, even if you have oilier skin. You just have to use the right moisturizer for your skin.

For my morning moisturizer – I just use coconut oil. Occasionally, I will mix essential oils with it in a jar.

Essential oils for your skin type and the scents you love:

- **Essential oils for Normal (combination) skin:** German Chamomile, Lemon, Geranium, Fennel, Lavender, Jasmine, Rose, Neroli, Frankincense, Carrotseed
- **Essential oils for Dry skin:** German Chamomile, Lavender, Calendula, Sandalwood, Geranium, Patchouli, Rose, Rosemary, Neroli
- **Essential oils for Oily skin:** Cedarwood, Geranium, Clary Sage, Lavender, Ylang Ylang, Lemon, Peppermint, Frankincense, Patchouli, Sandalwood, Juniper, Grapefruit, Rosemary, Neroli

- **Essential oils for Mature skin:** Rose, Geranium, Myrrh, Patchouli, Lavender, Citrus, Frankincense, Neroli, Fennel, Clary Sage, Sage, Cypress, Sandalwood
- **Essential oils for Sensitive skin:** Lavender, Myrrh, Patchouli, Citrus, Frankincense, Rose, Geranium, Carrotseed. Be careful with Peppermint since it may irritate.

Recipes

Beauty oil – I keep a little glass jar with a dropper filled with this recipe and put it on every night before bed:

1 oz. Sweet Almond Oil (hydrates, brightens, reduces fine lines and wrinkles. Use another oil if you're allergic to tree nuts!)

3 Tsp. Vitamin E Oil (nourishes – antioxidant that protects and repairs your skin)

3 Tsp. Castor Oil (moisturizes and stimulates lash growth. reduces puffiness and wrinkles and scars.)

5-7 drops Frankincense essential oil

3 drops Lemon essential oil

3-5 drops Lavender essential oil

1 Evening Primrose Oil capsule (hydrates the skin and increases circulation. also reduces inflammation and clears pores.)

Mix the ingredients together. Puncture the Evening Primrose Oil capsule and squirt it in. Store it in a dark glass bottle with a dropper. Apply every night all over your face (especially eyelids!), neck, and décolleté before going to bed. It smells heavenly and nourishes the skin.

And this [brilliant article with a 3-step process to your personal moisturizer](#) couldn't be better if I had written it myself!

Skin Problems

Acne

Skin is our largest filtering organ. If we have skin eruptions in the form of pimples and acne, it's because our body is out of balance. Teens especially experience this as their bodies grow and develop. Eliminating chemicals and additives in diet can help the body do its work best. Eating natural foods, as close to nature as you can will be the most nourishment for a growing teen body. Drinking lots of water helps to flush out toxins and impurities. Gentle cleansing in the

morning and before bed will help keep the face oils in check. Moisturizing correctly helps the skin get nourished and it doesn't want to overproduce oil.

Dryness

Eliminate products with Linalool. It exacerbates eczema and other dry skin conditions.

Moisturize with natural products like coconut oil or the beauty oil recipes listed above. Don't get dehydrated. Use natural detergents for clothing and bedding. Run humidifiers or diffusers in bedrooms or workrooms to keep the air from getting too dry. Keep chemicals out of your diet.

Sun

Make sure you protect your skin from too much sun. I've known too many people (young and old) to get skin cancer from not taking precautions. Wear hats and clothing to cover your body and protect it during the 10-2 sunlight danger zone. Be wary of chemical drugstore sunscreen with harsh ingredients that could do more harm than good.

I love to make [homemade sunscreen](#). Carrotseed, Helichrysum, Myrrh, Roman Chamomile, and Lavender essential oils help with sun protection. I mix some of these with extra virgin olive oil or coconut oil. You can add zinc oxide powder for extra protection. Lavender also soothes if you get sunburned. Mix some lavender in a spray bottle of water and spray on sunburnt skin.

Other

Many skin irritations are from allergies. Do elimination diets to see what makes you react adversely. Change skin products to more natural options. Even organic and "natural" skin care often contains items that cause skin issues, especially in more sensitive skins.

Makeup:

Makeup has been used for centuries in religious rituals, to enhance beauty, and to promote good health. Whereas in ancient times, people used many dangerous, disgusting, and even deadly compounds in cosmetics, today's ingredients are relatively safe, if chemically artificial. I recommend finding the most natural makeup you can – from [Cowgirl Girl](#) or [Lemongrass Spa](#) or some other natural makeup company.

View the [history of cosmetics](#) and prepare to be amazed.

How do you know your skin tone and what makeup to use and what looks best?

We have to take into consideration many different aspects: hair color, eye color, eye and eyebrow shapes, how your skin reacts to sun, and undertones in your skin. And it changes over time!

Lately, my daughter and I love searching YouTube for makeup tutorials. One of our favorite makeup vloggers is [Jaclyn Hill](#).

[This site takes into consideration hair and eye color](#) and divides the “seasons” into cool, warm, clear, soft, light, or deep. Provides recommendations for colors and images of celebrities as examples of each coloration.

I like this article about [color analysis](#). Apparently, it links to [this article](#) which is pretty comprehensive in determining which colors will look best on you.

You can determine your coloring with [this nifty site](#) too, but I don’t necessarily recommend their shop.

Learning what colors look good and which colors you should shy away from is very important. And even if you realize you don’t look that great in yellow and you “pop” in pink doesn’t mean you can never use them in your palette; it just means you have to be more creative in where you use that color and which shade you choose.

Like clothing, I wouldn’t wear a shirt or scarf next to my face in a color that is not good on me. So too with makeup. Stick with the color tones that enhance your skin tone.

You have to consider your hair color and eye color and what makes you happy. For years, I was not comfortable in bright colors that made me stand out so I shied away from those and wore dull earthy tones that didn’t look best on me. But I felt less visible. I eventually grew up, learned confidence, and what colors looked best on me.

I now wear brighter colors and enjoy guiding my daughter in her color choices. She’s not really into makeup yet, but we’re preparing with good skin care and color choices. She already has a confidence in her likes and dislikes and what looks good on her that I wish I had possessed much earlier in my life.

Look for links to resources on the last page!

Makeup Application:

I believe that most young women need very little makeup. Young skin is supple and glowing and needs little enhancement. Most women just need a little powder for shine and a dab of mascara and lip color. Less really is more. Let your natural beauty shine.

For special occasions or the times you feel a little pick-me-up, here are some tips:

1. **Foundation:** gorgeous skin is dewy and natural. Tinted moisturizers or mineral powders are your best bet to even skin tone and get rid of shine without being heavy. Less is more.
2. **Concealer:** for when you have undereye circles or a blemish. Pat it on with a pinkie finger. Never rub it in. Here are some [great concealer tips and info](#).
3. **Powder:** sets your foundation. Loose powder is lightest and should be applied with a large fluffy brush. If you use mineral powder, it's like an all-in-one foundation/concealer/powder.
4. Play up your lips or your eyes, **never both**. Have fun with eye makeup or go heavy on the lipstick, but only one at a time or you'll look clownish.
5. **Play up your best feature.** Do people compliment you on your eye color or admire your lovely lips? Do they tell you they love your fuchsia blouse? Remember that and wear that color more. Accentuate your eyes or lips or whatever makes you extra special.
6. **Care for your brows.** Get them shaped by a professional and maintain them. I would look like I have caterpillars running across my forehead if I didn't!
7. **Eyes:** go in this order – shadow, liner, mascara.
8. **Don't go all black for eyeliner and mascara.** Brown is more natural and versatile.
9. **White eyeliner** on the inner eye corner makes you look brighter and eyes pop
10. **Blush last** so you can adjust the intensity of the color to suit the rest of your face.

And again, make sure to remove all makeup before bedtime! Coconut oil with vitamin E oil does well to remove even the toughest eye makeup.

Clothing:

It takes time and effort to put together a look that's comfortable, modest, and flattering. We may have favorite colors or styles that just don't look right on our bodies or with our hair color. Pinterest and other social media seem to make these problems worse. The sooner girls learn which colors and cuts work best, the easier it will be to put together a classic and frugal working wardrobe. Don't chase after the latest trends. Don't focus on what looks good on friends or magazine models or bloggers on Pinterest. That might not work for you.

Color harmony:

What does color say? Do certain colors make you feel a certain way? Here are some symbols and meanings of colors.



Analogous colors are any three beside each other on the color wheel.

Complementary colors are opposite each other on the color wheel.

Color combinations from **nature** are lovely and often break the “rules.”

Red represents power. It takes a strong woman to wear bright red lipstick. Wearing a red dress or shirt is empowering and great for interviews or an event you wish to control the outcome. Red is stimulating and noticeable.

Black is classic and elegant. It’s also a power color. Depending on the fabric, it could attract lint. Accessorize so you don’t look ghastly.

White is innocent and pure or sterile and harsh. It’s typically a summer color and goes with almost anything.

Orange and **yellow** are energetic, happy, and cheerful. But did you know babies cry more in yellow rooms?

Green is harmonious and earthy. It is easiest on the eye. It feels “safe.”

Blue is peaceful and tranquil and the most popular color. It helps show sincerity and calm.

Purple is luxurious and feminine. It was once only for royalty. It represents wisdom.

Brown is earthy and natural. It's a favorite color among men. Perhaps that's why so many clothing items for men contain brown?

Cool skin tones should wear **silver** and **pewter** and warm skin tones should wear **gold, copper,** and **bronze**.

These are just suggestions. Mix and match and do what works for you!

Your adornment must not be merely external—braiding the hair, and wearing gold jewelry, or putting on dresses; but let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God. [1 Peter 3:3-4 NASV](#)

Other Resources

Books:

Visit my [Favorite Resources page](#) for links to great books about parenting girls.

Blog Posts, Articles, and Series:

[She Wears Skirts](#) – I especially like Amy's advice on [which colors to wear](#) and [makeup, hair, and jewelry](#)

[Fresh Modesty](#) - homeschool graduate blogger!

[The Modest Mom Blog](#) has fashion and beauty advice. I really like [this post about following fashion trends](#).

Visit my Pinterest boards: [Natural Living](#), [Parenting](#), and [Girls](#).

Remember, you're **beautiful**. God made you in His image. Practice seeing beauty in everyone and everything. Be confident. Shine your light for Jesus. The joy of the Lord is your strength.

Happy girls
are the *prettiest*.
Audrey Hepburn



Jennifer is a displaced Southern belle. Amidst desperate attempts to balance her various roles as an Air Force wife, home educator, writer...she seeks daily dumptruck loads of God's grace. She shares her heart and passion for Young Living Essential Oils and Natural Health at her [personal blog JenniferALambert.com](http://JenniferALambert.com) and her family's Homeschooling Journey at Royal Little Lambs. Also, visit her on [Facebook](https://www.facebook.com/JenniferALambert), [Twitter](https://twitter.com/JenniferALambert), [Google+](https://plus.google.com/JenniferALambert), and [Pinterest](https://www.pinterest.com/JenniferALambert).



A large rectangular area containing 20 horizontal lines, intended for writing or drawing.

Inner and Outer Beauty

The worksheet is designed for a writing activity. It features a large rectangular area with a wavy top and bottom edge, intended for a drawing or illustration. Below this area are ten horizontal lines for writing. At the bottom of the page, there is a smaller rectangular box with a wavy top and bottom edge, likely for a concluding statement or reflection.