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Keeping Up Appearances

by [Jamie Bedrin](#)

Posted on Oct 03, 2006

When it comes to cancer, it doesn't matter if you're sporting a long ponytail or the latest pageboy. Other than the illness, experts say women fear going bald the most about cancer. Chemotherapy and radiation can also wreak havoc on skin and nails. Enter makeup expert Lori Ovitz. Her book *Facing the Mirror with Cancer* (Belle Press 2004, \$24.95) gives cancer patients tips and tools they need to look good and feel better. The book uses diagrams and photographs of patients to guide cancer patients through the process of facing the mirror.

Ovitz is a makeup artist with more than two decades of experience in the beauty industry. She is also the wife of a cancer survivor. For the last several years, she has been working with patients at the University of Chicago Hospitals & Health System teaching them how to tinker with their make-up routines.

Facing the Mirror is a beauty handbook with how-to advice geared toward people dealing with cancer. The book is divided into four sections focusing on different needs. One section is devoted to skincare. For example, the book recommends that people undergoing cancer treatments stick with products made for sensitive skin and avoid those with fragrance and additives. In her chapter focusing on men's appearance, Ovitz writes that men typically have questions about shaving and whether they can use a razor and aftershave while undergoing chemotherapy treatment. Another chapter discusses eyebrows, which many cancer patients lose partially or entirely during treatment.

"Eyebrows are important because they frame the face," said Ovitz. She recommends putting on eyebrows everyday because once patients learn to manage their eyebrows their outlook improves considerably. "If you look at yourself and you look really sick and you have no eyebrows on, you're going to feel sicker."

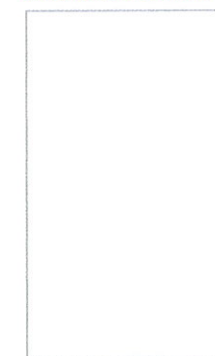
In *Facing the Mirror*, you'll find step-by-step instructions on how to apply false eyelashes. You'll learn what tools you'll need to help create your signature look. Speaking of eyes, Ovitz devotes a chapter to applying under-eye concealer, which she says helps camouflage dark under-eye circles and brighten up the entire face.

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Need to brighten yellowing or discolored nail beds? Dip an extra-soft toothbrush into bleach and gently buff your nails. When it comes to wigs Ovitz advises buying a synthetic wig. To keep it in place, try using double-sided, hypo-allergenic adhesive surgical tape, which can be found in wig shops. Wash your wig about once a month.

You don't have to be a product junkie to benefit from *Facing the Mirror with Cancer*. Ovitz's tricks and tips will help cancer patients use makeup as a tool in treatment.

Facing the Mirror with Cancer is available at www.amazon.com and www.facingthemirror.org. Fifty percent of the book's profits go toward cancer research and cancer-related causes.

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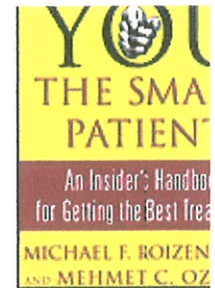
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