

MAKEUP REMOVAL SHEET

Eyes, lips and face | plan, remove, check

Note the makeup you need to remove and what remains after the first pass.

Before you start: wash your hands, take out contact lenses and set out separate pads.

1 AREA AND MAKEUP

☐ Eyes ☐ Lips ☐ Face and neck

What makeup are you removing?

2 CHOOSE A REMOVAL METHOD

For each area, note your product or method and its instructions.

Area	Product or method	How to use it; rinse if directed
Eyes		
Lips		
Face and neck		

3 REMOVE AND CHECK

How will you remove it? Note the motion and any rinsing needed.

What remains after the first pass?

4 DECIDE WHAT TO DO NEXT

☐ Makeup removed ☐ Makeup remains ☐ Discomfort: stop

What will you do now?

Makeup remains? Treat only that area with a suitable product or method. Do not press harder.
Remover left on your face after rinsing? Use a gentle facial cleanser as directed.
Discomfort? Stop. Do not add more products or rub the area.
Mascara: check the lash line for traces or sleeves still attached to the lashes.
Lip stain: if no more colour transfers and your lips feel comfortable, stop, even if a faint tint remains.

If your vision changes, you have severe eye pain, or blood or pus comes from your eye, go to an emergency department immediately.

Get medical advice promptly for other new or unusual eye discharge.

See a doctor if mild burning, swelling or redness does not settle.

beautylearn.com/en/guides/how-to-remove-makeup-eyes-lips-waterproof-products