

# AGING

Techniques



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MAKEUP

Learn how to age young  
men and women with  
step-by-step instructions  
using Mehron makeup.

## Female: Elderly



**Step 1:** Clean & dry face. The hair should be secured away from face. Choose an appropriate foundation base as close to the skin tone as possible or use colors to change the temperament of the character. Warm-

color bases suggest health. Cool bases such as blue, green or grey suggest an unhealthy character.



**Step 2:** Apply shadows over the foundation. Shadow colors are used over foundation and not on bare skin. These colors are darker than the base skin tone. In smaller theatres, the shadow should be a few shades darker than the foundation. In larger theatres, darker shadows should be used to create more contrast. Shadow colors are used to hollow out areas and create the appearance of wrinkles in the skin. In this photo, shadows have been used to hollow the eye sockets, the sides of the nose, the cheekbones, the temples and the neck area. Larger wrinkles under the eye and smile lines are also evident. Note that the shadows have a "hard edge" which is either slightly unblended or totally unblended, and a "soft edge"

which is completely blended into the foundation. The idea is to create a shadow transition from dark tone to skin tone. Copy the blending direction as shown.

**Step 3:** Apply highlights with colors that are lighter than the foundation. The highlighted areas should appear fuller and “pop” away from the base tone. First, the bone structure should be highlighted. Next, the cheeks, jowls and double chin should be highlighted. To create an aged effect, we paint the illusion of light coming from above, reflecting off the areas of the face that project out. These highlights are casting the shadows which we have painted in. For realism, the highlights must also have a hard and soft edge. The hard edge of the highlight should be against the hard edge of the shadow. They should blend away from each other creating soft edges on each.



**Step 4:** Apply wrinkles to the shaded and highlighted makeup. Think of the wrinkles as thin highlights and shadows. Each wrinkle has a hard and soft edge. Wrinkles are added horizontally on the forehead, to the area around the eyes, onto the cheekbone, to the lips, and horizontally on the neck crossing the vertical shadows. On the neck, blend the wrinkle upwards keeping the hard edge on the bottom. With all wrinkles, use the highlighting technique, keeping the hard edge of the highlights against the hard edge of the shadows, blending the highlight downward. Every highlight, shadow and wrinkle must be blended using this “hard edge/soft edge” technique. For older ages, make the wrinkles longer.





**Step 5:** Apply translucent discolorations. Common discolorations are age spots (created with a reddish-brown freckle color), and veins (created with a blue liner mixed into your foundation). Additionally, the highlights can be texturized by using a black stipple sponge with blush tone or bronze color. Age spots should be random and faint. Veining is best on the neck and temple area. All discolorations should be translucent and appear to be seen through the skin. Apply Colorset

Powder with a powder puff to set the makeup. Excess powder should be lightly brushed off with a powder brush.



**Step 6:** Apply Hair White and/or Hair Silver to grey the hair. Darker Hair can be greyed with Hair White and may require several coats to become white. The hair will absorb the color making it light grey. Each additional layer will become more white. Light-colored hair, such as blond, red and light brown can be greyed with silver and a layer of white. The color should be applied after the hair is styled and dry. Lightly brush or sponge onto the surface of the hair starting at the root. Allow each

layer to dry before applying additional coats. Applying too much will cause the hair to clump together and create an unrealistic appearance.



Apply lip coloring if desired. A finished red application suggests a neatly styled older woman. The inset photo uses the same makeup with no lip color. To create a more ragged look,

an unkempt hairstyle is used. Nicotine and Black Tooth FX create stained and chipped teeth. Caution: Tooth FX may stain veneers, consult a dentist before using.



## Male: Middle Aged

**Step 1:** Clean & dry face. Apply a foundation. A shade should be chosen to lightly tan or darken the skin tone.



**Step 2:** Apply stylized makeup shadows to accent the temples, cheekbones, the sides of the nose, upper lip, below the lower lip, the chin, and the jaw line. All of these shadows are blended either down or away from the center of the face.

Highlights are applied against the hard edge of the shadows and blended away from the shadow. For directions on blending highlights and shadows, see previous Steps 2 & 3 on the Female model. Next, lightly line the eyes on both the upper and lower lids with a dark brown pencil. The eyebrows are lightly filled in with a liner pencil.





**Step 3:** Shadows are applied to create a middle-aged effect. As with the old age makeup, the shadows are painted with the “hard edge/soft edge” technique explained in previous Steps 2 & 3 of the Female model. Note the placement of the shadows and minimal wrinkles used to create a middle-aged effect. Choose only the areas of the face needed to create the appropriate age. Always apply eye shadows on the upper eyelid and below the eye, the smile lines, and the forehead furrows. Apply Colorset Powder with a powder puff to set the makeup. Excess powder should be lightly brushed off with a powder brush.



**Step 4:** Highlights and Hair White are added. As with the Female makeup application, be sure to place highlights against the hard edge of the shadow. Place less emphasis on the bone structure for middle-aged makeup. Highlights are used to create the full areas that cast the shadows. Refer to the photo for blending directions. Use an amount of Hair White appropriate for the age of the character. For early middle age you may choose to grey the temples or salt and pepper the head and facial hair. To apply, refer to the previous Female Step 6 directions.



**Step 5:** Wigs or styled hair can dramatically change the look. In these photos, a salt-and-pepper grey wig is used to create a conservative middle-age look.



**Step 6:** A dramatically different look can be created using the same age makeup but adding long whitened hair, a beard and a mustache. Hair styles can also be used to create the look of other historical periods.



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**Artist:** Joe Rossi has designed makeup for feature films, network television, commercials and for theatre, opera and ballet. He has taught master classes and workshops for over 20 years at many institutions including Boston University, Brown University, Emerson College and Salve Regina University. Film credits include Osmosis Jones, State and Main, Thirteen Days, Outside Providence and Stuck on You. Television credits include Unsolved Mysteries, Saturday Night Live and makeup for three U.S. Presidents.

**Models:** Carolyn Glick, Ann Reddick, Jallah Leonard and Francesco Nuzzi

**Makeup, hair & wigs by Joe Rossi**

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**Mehron, Inc. Chestnut Ridge, NY 10977**

**Mehron Ltd. London EC1M 4BH**

**[www.mehron.com](http://www.mehron.com)**