

### Tudor Make-up

#### White Face Paints

To create a really white complexion as seen in Elizabeth's portraits, Tudor people would need to mix together the following ingredients to form a face paint;

- Egg whites
- Powdered egg shells
- Alum
- Borax
- White poppy seeds



As this lotion would bleach the skin, it would be applied no more than three times a week; otherwise it would harm or irritate the skin. It was common for the neck, breasts and hands to be painted and sometimes little blue veins were drawn on top, to show how clear and fine the skin was.

In the classroom you could show examples of egg whites and egg shells and have children's face paint to try on the skin (if you or your class aren't allergic to face paint).

#### Red Lips and Cheeks

Lips and cheeks were emphasised with lip salves and cheek rouges made with the following ingredients;

- Vermillion (red crystalline mercuric sulphite)
- Gum Arabic
- Egg white
- Milk from figs

This would have been quite harmful on the skin. Elizabeth possibly used a lip salve made from cochineal (Mexican beetles blood), which is a harmless colouring used in food.

In the classroom you could provide red food colouring and a red lip stick or gloss to illustrate this.



#### Red Hair Dyes

It was thought the Elizabeth dyed her hair before she started to wear wigs. Red hair dye would have been made with lye, a mixture of wood ash and water.