# Fitness Influencer Kayla Itsines Shares Her 10-Minute Makeup Routine on Instagram



Australian fitness influencer Kayla Itsines, 32, has shared her simple 10-minute makeup routine on Instagram. Known for her fitness expertise and glowing complexion, Itsines detailed the specific products she uses to achieve her daily look.

The routine includes the $70 Charlotte Tilbury Flawless Filter foundation, $65 bareMinerals tinted moisturizer, $51 Tarte Cosmetics Shape Tape concealer, and $60 Charlotte Tilbury Hollywood contour wand. For her eyes, she relies on the $24 Sephora eyeliner, $22 Sephora colorblock felt liner in shade hot chocolate, and $44 Christina Sikalias mascara. She completes her look with the $55 Wonderskin lip tint, $36 Christina Sikalias lip pencil, and $45 Rare Beauty soft pinch liquid blush.

In her Instagram post, Itsines emphasized that this brief makeup routine serves as her daily "me time," helping her start the day positively. While she primarily focuses on health and fitness content, the fitness guru expressed a desire to share more aspects of her life with her audience, whom she has connected with for over a decade.