Skin Evenness

Cmd-J

Image/Mode/CMYK

Select Yellow Channel

Cmd-A, Cmd-C

Image/Mode/RGB

Cmd-V

Cmd-I

Blend mode to Softlight

Create Mask

Lower Opacity to desired level.

Frequency Separation

Cmd-Alt-Shift-E (Stamped Visible) Name Color

I do minor retouching here with healing and cloning brushes

Cmd-J Name Detail

Turn Detail layer off

Select Color Layer and Gaussian Blur (value depends on image 3-6)

Select Detail Layer

Image/Apply Image

Set Layer to Color Layer

Blending to Subtract

Scale to 2

Offset to 128 and hit OK

Change Blending mode to Linear light

On Color layer you can change color by patch stamp, or I use lasso with a Gaussian Blur around 8 NOTE: you only change color on this layer)

Select Detail layer to alter detail. Use the cloning brush, patch and healing brushes. NOTE: Sometimes you need to alter detail and color to completely remove something.

Create Layer in between Color and Detail. Use brush with a Flow around 3%. This layer is used for modeling and or color change/blending.

Select 3 layers detail through Color and Group layers with Cmd-G Alt –click mask to create inverted mask Use alt to drag mask from evenness layer to this layer

You can adjust the opacity of the detail layer to soften the skin.

Eyes

Create Stamped Visible Layer Cmd-Alt-Shift-E Filter/Other/High Pass Value of 2

Change blending mode to linear light or soft light
Make curves adjustment layer if you want to lighten eye
Make Hue/Saturation layer if you need to remove a cast in the whites of the eye -add a mask
Group eye layers with Cmd-G and add a mask too eye
Adjust opacity to desired level

Teeth

Cmd-Alt-Shift-E Stamped Visible
Hue/Saturation Layer one desaturated the yellow channel
Alt-Mask to make an inverted mask
Paint into teeth
Adjust opacity to desired level