

AFRICAN  
WOMEN  
SCENES

# TOTAL MAKEOVER

BODY, BEAUTY, SPIRIT

INTRODUCTION BY SUSAN L. TAYLOR  
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Patricia Mignon Hinds and  
The Essence Total Makeover: Body, Beauty, Spirit



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The millions of sisters who read Essence have always known that looking and feeling good go together. True beauty is much more than perfect make-up and a great hairstyle. It's about maximizing your potential--spiritually, mentally, and physically. Here, from the publisher of the premier way of living magazine for African-American ladies, and with an inspiring intro by Susan L. Its editor-in-chief can be Susan L. The Essence Total Makeover presents practical advice covering all the beauty bases, from epidermis, hair, and wellness to physical, spiritual, and mental fitness.get your daily life in balance by seeing what functions and what could work better; Become familiar with how to:look after your face, cleanse and moisturize your skin layer, make face masks in the home, and moisturize your face to bring out your skin's natural glow;treat your hair with love, assess its condition, and decide which styles are best for you;nurture the body from head to toe, with everything from tested recipes for at-house manicures to professional advice on beginning an exercise plan; Taylor. Every chapter provides useful, in-depth guidance to being your best.utilize your soul power and discover peace in a world filled up with challenges. Essence may be the preeminent lifestyle magazine for African-American females.5 million.Illustrated throughout with amazing full-color photos, The Essence Total Makeover can be an indispensable companion for women on the run and on the job, at home and away. Celebrating its thirtieth anniversary in 2000, it includes a circulation of over 1 million and a readership of 7. Featuring suggestions from experts around the nation, and with a liberal sprinkling of superstar beauty secrets, The Essence Total Makeover is the essential guide to inner and external beauty for every female of color. Taylor, editor-in-chief of Essence, is usually a step-by-step guidebook on how to take full advantage of your possessions.incorporate healthy feeding on into your active life style;



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Five Stars great for chocolate teens total body makeover this book is hot for African American women, I really like the hair and makeup tips, at home pedicures, cooking and how to proceed about skin issues. This book, filled with stunning photos of beautiful Black females, offers practical guidance on hair care, skin care, nutrition, workout, and self-care. Five Stars great Stunning Finally a book that celebrates the wonder of Black women in every shape, size, and shade. I really like this book and also the other Essence reserve for its great tips and display of dark beauty. The author gives apparent, concise and well thought suggestions and concepts that can be applied atlanta divorce attorneys day life regardless if you are 21 or 71. It's like getting the indispensable information atlanta divorce attorneys issue of Essence, correct at your finger ideas.. Almost a complete makeover.. Not just a cosmetic make-over, but a complete body make-over. I do agree with SConte about the last chapter, not every person can be Christian and their spiritual section strayed a little too definately not the book's designed purpose. Other than that i do think this is a must have reserve for black women, also if it simply sits on the coffee table.. Although the tips are well-intended, I really believe they strayed too far in the religious path. The illustrations and images are great. I have always had queries about my pores and skin and how to look after it.. I desire all my sisters to get two, one for themselves to maintain and one for whoever views that they have it because for sure they'll make an effort to grab it. Excellent book. I possess finally discovered the answers to my skin and make-up care questions. Finally A Beauty Reserve for African American Women The Essence Total Makeover book is wonderful. until the last chapter The book is well crafted and unlike most books I've read, incorporates a multifaceted approach to self improvement. It teaches us to like value and ourselves unconditionally, celebrating our beauty both inside and out. I disagree, however, with a number of the advice within the last chapter of the book on "spiritual power". It offers all sorts of insights into dark skin and locks care. According to the book, one must know that God's "a given" and the truth that "We all have been linked to the omnipotent, omnipresence called the Creator." For me, this reserve could have remained more secular in this respect. FINALLY, A BOOK ESPECIALLY FOR AND ABOUT BLACK FEMALES This is a great read! There is so much helpful details that I predict that it will end up being the "Bible" for beauty and well getting for all dark females in the 21st hundred years. There are dishes and guidelines for creating a lavish in-house spa environment with elements you may already have in you house. Many thanks, Essence, for writing a beauty book for African American ladies.



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