



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 hand in hand. True beauty is much more than having perfect makeup and a great hairstyle. It's about maximizing your potential -- spiritually, mentally, and physically. Here, from Essence Books, is a step-by-step guide on making the most of your assets.

The **Essence Total Makeover** provides useful, in-depth, very practical advice on how to be your best. You will learn how to:

- Care for your face, cleanse your skin, and moisturize it to bring out its natural glow
- Treat your hair with love, assess its condition, and decide what style is best for you
- Nurture your body from head to toe, with everything from recipes for at-home manicures to expert advice on beginning a fitness program
- Incorporate healthy eating into your active lifestyle
- Get your life in balance by taking stock and seeing what works and what needs to be changed
- Tap into your soul power and find peace

Illustrated throughout with stunning full-color photos, **The Essence Total Makeover** is a must-have for any woman of color looking for easy tips and practical techniques to reveal her total beauty.

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