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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**7 Easy Tips to Make Time for Beauty**

**By Barbara Myers**

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Need more time for yourself? Follow these simple tips to look your best every day.

1. Take a bath or shower at night. Not only will your mornings go more smoothly but you'll have time for your hair and make-up or for a healthy breakfast.
2. Place your bare essential make-up in a small cosmetic bag. Dump contents on the counter. Place each item back in the bag as you use it. Store elsewhere any items you don't use daily.
3. Schedule your next hair appointment while you're at the salon. Write it in your planner. Save the time and hassle of calling back later.
4. Keep your favorite cuticle cream and hand lotion by your bed. Apply generously every night.
5. Find one color of nail polish you love and use it exclusively.
6. File your nails during the kids' bath or while watching TV.
7. Drink enough water. Experts advise 64 ounces per day. Carry a bottle of water with you everywhere. Place a mark on the label each time you refill and you'll drink more.

Barbara Myers is a professional organizer and speaker. Free tips booklet and e-zine to help you take control of your time by organizing your life. Visit <http://www.ineedmoretime.com>

**A thing of beauty is a joy forever! And that can be You!**

## 7 Easy Tips to Make Time for Beauty

**By Mike Yeager**

It is said that a thing of beauty is a joy forever. That probably explains why possessing beauty and being beautiful is one of the foremost preoccupations of human beings. Over the years, consumerism has transformed such preoccupations into frank obsession. Inner beauty is no longer in - skin-deep beauty certainly is! But what is wrong with that? Cosmetology and the beauty industry have come of age, aided steadily by advances in cosmetic surgery. Daily workouts, gym sessions, visits to beauty parlors and keeping in sync with beauty and fashion tips has certainly become trendy.

Enhancing your beauty.

Beauty is in the eye of its beholder. Perfect beauty is but an illusion, but if you can feel good about yourself by enhancing your looks, you may find more joy in your life. And it is not too difficult to achieve. The media is full of beauty tips and beauty products. Beauty supplies are always at hand - be it at the Shopping Mall or on the Net. However, it is beautiful to be simple and yet simple to be beautiful. One can surely start from ones home itself. Maintain a regulated lifestyle. Six to eight hours of sleep with fixed times for fixed quantity meals, avoidance of "junk" food and high calorie stuff, lots of fluid intake, high priority for vitamin-rich fruits and a rigid regime of self-discipline, would certainly make a good start in ones quest for beauty.

Mike Yeager  
Publisher

A thing of beauty is a joy forever! And that can be You!  
A Beauty Salon Will Help You Look Your Best!  
The right Beauty Supplies Will make you look Great!  
Make time for beauty  
Skin Care Enhance Your Pretty Look

The Ultimate Rose Garden- Neighbors envy, owners pride!  
Profitable Crafts Vol 2  
Profitable Crafts Vol 1  
The Art of Kissing  
Hints for lovers



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