

Make time for beauty

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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!

Make time for beauty

By Kenia Morales

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In today's hectic World many of us women have little or no time at all to take care of ourselves. Wouldn't it be nice to have a couple of hours just for yourself? Or simply have a more put together look? Here are some tips that will allow you to make time for your own beauty routine!

- Schedule the beauty routine in your weekly schedule beforehand; even if you are going to do it at home.
- Make it a routine and stick to it, for example: I will do my hair and nails every Thursday night.
- Do you have dry skin and no time for daily moisturizing? Try buying soap for dry skin.
- Delegate at least one of your chores to your partner or a family member.
- Cut off your cooking time, and order out or prepare microwave dinner. You can also cook for two days and take the next day for your beauty routine.
- If you can afford it pay someone to do a portion of your chores.
- Have all the necessary items for your beauty routine in one place, to avoid wasting time looking for them.
- Do not take phone calls during your beauty time.
- Cut off or limit time wasting habits such as TV.

Kenia Morales is the publisher of online magazine <http://kpatra.com> "For Every Aspect of Today's Woman. Visit her site to find a variety of women related issues and topics" [click here](http://www.kpatra.com/keniascolumn.htm) <http://www.kpatra.com/keniascolumn.htm> to find Kenia's little piece of heaven her inspirational column

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

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

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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!
Take Care Of Your Inner Beauty
You Are Beautiful

Profitable Crafts Vol 2
Profitable Crafts Vol 1
The Ultimate Rose Garden- Neighbors envy, owners pride!
Hints for lovers
Wonderful Wedding Favors and Wedding Gifts

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