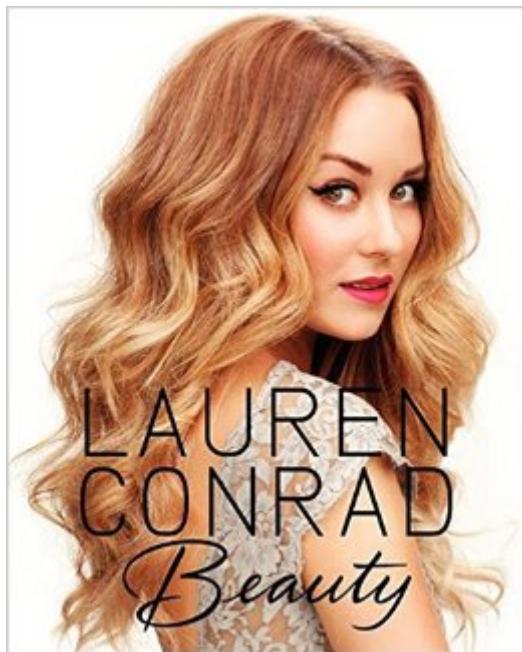


The book was found

Lauren Conrad Beauty



Synopsis

Whether she's in front of the camera or behind the scenes, style icon Lauren Conrad has spent years learning from the pros and perfecting her look, and now she's sharing all her beauty secrets. In her first guide dedicated exclusively to beauty, Lauren covers everything you need to know to maximize your own beauty potential. From tips for creating a strong foundation and maintaining healthy skin and hair through diet, exercise, and all-around wellness to everyday makeup techniques and tricks of the trade for special-occasion looks, Lauren Conrad Beauty provides the advice you've been waiting for. Lauren's personal anecdotes and illustrated step-by-step lessons for makeup, hair, and nails will have you looking great for day or night.

Book Information

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Customer Reviews

Ever since I learned who Lauren Conrad is, I've been a fan of her beautiful, blonde beach waves and stylish makeup. Even though I'm in my mid-30s and could've learned some of the beauty tips discussed in Lauren Conrad Beauty, I never really did because I just did my hair and makeup the way I thought I should without giving it too much thought. Along with that, I always loved the idea of achieving a similar hairstyle to one I saw her sport on The Hills but never quite knew how to make it look right so I gave up. Finally, I decided to break down and purchase this book because I am becoming more interested in learning how to do my hair and makeup so I feel great about how I look. Plus it's fun to experiment with different styles! Beauty is divided into two parts: Prep and Play. Prep contains five chapters on topics such as skin and hair care, stress, and fitness. While I knew some of the information discussed within these pages, I also learned quite a few new tips on ways

to make myself look and feel healthier. For instance, we all know stress is not good for us but I never knew just how much of an effect it can have on your face and hair (I suppose I need to work on lowering my stress levels which is not an easy feat while raising three-year-old twins!). Prep gives tips on finding the right hairstyle for your face shape, healthy ways to give yourself time to relax and de-stress, and getting exercise. Now for the fun part...Play! This section offers a lot of information on applying a number of types of makeup (foundation, bronzer, eyeliner, mascara, etc.), applying makeup for everyday as well as for party time, achieving your everyday hair style along with styling your hair when going out, and fun ways to give yourself a manicure.

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