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DECEMBER / JANUARY

Hello,

Welcome to the third issue of **TOTAL IMAGE** *hair.beauty.style*.

I would like to start off by thanking all of you who have written and emailed us. Your comments have been great, with the exception of the email I received from my mother pointing out some questionable punctuation.....Sorry Mom!

Anyhow we're growing and gaining more sales so we must be doing something right.

We hope that you like our new Hair Gallery section that is now a permanent feature in **T.I.**

We've divided up the Hair Gallery into different sections (long, medium, short, texture, and up do's) so that you'll have a quick reference guide to the latest in hairstyling.

We are also focusing more on skin care. With a title like **TOTAL IMAGE**, we couldn't just limit ourselves to hair, and besides there's so much great new stuff out there (Check out *Lip Service* on pg. 79).

Dr. Yvonne Thomas is back to help out with problems below the scalp, while stylist Edie Noppenberger helps with problems from the scalp up.

This issue's feature story *It's a Mod Mod World*, shot entirely in London, gives us a glance at what's happening on the other side of the "big pond", which is usually a good fashion indicator of what's to come here in the US. So read up, figure out that New Year's Resolution, and have a great holiday season!

See you next year.

*Nina Laroux*

**EDITOR**

*Nina Laroux*

**TECHNICAL EDITOR**

*Penelope Saunders*

**CONTRIBUTING WRITERS**

*Karen Shelton, Edie Noppenberger*

*Dr. Yvonne Thomas, Annette Garkowski*

*Shelley Dawson Davies*

**ART DIRECTOR**

*Susan Bruning*

**NATIONAL ADVERTISING SALES**

*Cathy Anderson 810.610.3435*

**CIRCULATION DIRECTOR**

*David Abramowitz*

**CIRCULATION**

*Curtis Circulation*

**PRINTING**

*RR Donnelley*



HAIR BY: HOLLY BROWN  
LADIES & GENTLEMEN SALON & SPA  
MENTOR, OHIO

MAKE-UP: JODIE KEENEY  
FASHION BY: LAURIE CHESBROUGH  
HAIR & MAKE-UP PRODUCTS BY AVEDA

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# Looking Great After Pregnancy

by Dr. Yvonne Thomas



Monica McMasters for The B Street Salon / Savannah, GA

“There **IS** Life  
For You and  
Your Body after  
**Childbirth!**”



Photo by Stasia Fortunato

*If you would like more information or would like to talk to Dr. Yvonne Thomas, she can be reached at (310) 726-3944*

There are many reasons why women may not realize there is life for themselves and their bodies after childbirth, including focusing on what they are losing (their pre-pregnancy bodies) instead of what they are gaining (a baby), not taking time for themselves, and not having a balanced life schedule.

Sometimes, pregnancy may not feel so blissful - it can be fatiguing, physically uncomfortable, and morning sickness never feels good. And, unfortunately, sometimes the joy of being pregnant can be overshadowed by the preoccupation of "will I ever look good again after childbirth." Try to remember that getting pregnant is not easy or possible for everyone; many people struggle with infertility, the "biological clock," etc. Also, as slow an experience as pregnancy may seem initially, time can race by in a blur during the last trimester. Being pregnant is one of the most SPECIAL times of one's life, in spite of morning sickness and, of course, assuming you want to have a baby. So, take time to really BE IN THE MOMENT while you are pregnant and appreciate and enjoy the significance of this unique experience.

Additionally, moms too often can feel guilty, selfish, or overindulgent taking personal time for themselves. Certainly, with newborns, there is very little, if any, time to carve out for oneself since you are on your baby's eating and sleeping schedule. After your baby has adapted to a more predictable regimen, then it is HEALTHY for you to spend some "me" time taking care of YOUR needs, including exercising and eating properly. Everyone benefits from moms taking care of themselves; because you will be less stressed, tired, and overwhelmed, you will be much more effective in your other life roles.

Furthermore, it is essential for you to create a BALANCE in your life in which you can integrate the new you with the old you. Thus, the motherhood role needs to be added to your pre-parenthood roles (i.e., career woman, wife, friend, daughter, etc.), so that ALL parts of you can co-exist harmoniously and not be neglected or overlooked. Unfortunately, the mom's "taking care of oneself"

part often IS sacrificed or inadequately nurtured by her. Given that there is only so much one person can do in a day, moms often are not exercising enough or at all, not eating properly, not getting adequate sleep, and not taking the time to rejuvenate and reinvigorate themselves. Again, the less a mom takes care of herself, the less energetic and successful she will be in her other life roles, which can create a lose-lose situation for the mom (who may feel resentful, overwhelmed, stressed, depressed, anxious, etc.) AND for everyone else in her life.

To help create some "me" time and a balanced life plan, begin by making some basic, self-nurturing lifestyle commitments to yourself, including eating right (and regularly!) and exercising enough, and then add more activities of personal interest to you. In the parenthood whirlwind, moms often eat on the run or consume foods that are handy, but not healthy for them. And exercise can become non-existent, except for that great upper body strength you may get from lifting and carrying your baby around! You really have to start with meeting these BASIC NEEDS if you are going to truly look or feel good.

Next, create balance in your life where YOU are included by consciously carving out realistic chunks of time for all your life roles, including time for you. Writing down a schedule can be very effective because it is CONCRETE. Grab a piece of paper and list all your roles. Then, numerically rank what value each role has for you (the higher the number, the more it's a priority for you). Next, create a schedule to reflect your priorities whereby your higher priorities will definitely get their time, but also allot time to ALL the roles of your life. Note that some of your roles can be combined (you can sometimes exercise WITH your baby, etc.). And post this schedule in a place where you will be continuously reminded of and attend to each of your roles, and, thus, hopefully result in a more healthy, balanced life that includes you.

And, as with anything, one's MENTAL ATTITUDE has a huge impact on how successful one will or won't be in any endeavor, including looking (and feeling) great after pregnancy. If you have a self-defeating, pessimistic mind-set and expectation that you will never look good again or that it will take FOREVER to get some semblance of your old body back, you are doomed to fail. You have to feel it is possible, realistic, and doable - otherwise, don't even try! Remember, if you take some quality "me" time to emotionally and physically recharge yourself, you can do ANYTHING more effectively, including looking great after pregnancy!