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Hello,

Welcome to our second issue of Total Image hair.beauty.style.

Hope you enjoy our wonderful Fall Forecast of hairstyles!

As you can see from this photo, I'm a big proponent of "beach hair", but Paris (my cat) is impeccably groomed, and always takes a great photo.

You know a good cut color, or style is still the least expensive way to completely change your look, not to mention it's great to get some pampering by a professional once in a while.

Hope you find the hairstyle you're looking for, and thank's for reading!

Your Editor,

*Nina Laroux  
& Paris*

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beauty isn't an age.  
It's a state of mind.....

# LOVE THY SELF

## Beauty Dilemmas My Mother Handed Down To Me

By Dr. Yvonne Thomas, Ph.D.

Throughout time, the value of being female in many societies has been based on how physically attractive one is. Consequently, a female's self esteem often is largely affected by how she thinks she looks. There are many ways females can be influenced regarding how physically attractive they see themselves. Typically external factors such as peers, significant others, and/or media can play some part in shaping a female's beliefs about her looks. However, one of the earliest and most significant sources of influence on the female about her physical attractiveness may be her parents, especially her mother, through direct messages and indirect examples.

A daughter can be directly impacted by her mother in negative ways, usually unintended by the mom. If the mother herself has unresolved issues and feelings about her own physical attractiveness, she may subconsciously cast her own negative self-doubts and self-criticism onto others, including her own daughter. For instance if mom doesn't like her own hair because she thinks it's too thin or an unattractive natural color, she may overly focus on her daughter's hair and continuously advise her to try certain hairstyles that don't emphasize thin hair, or she may keep nudging her daughter to change her hair color so she looks "better." Negative observations about her daughter's hair may eventually cause the daughter to feel bad and unaccepting of herself. Unfortunately, these beliefs and feelings about oneself can create lasting low self-esteem in the daughter, similar to what the mom is still struggling with. Maybe the mother, due to her unresolved issues about her looks, feels competitive with her daughter regarding who is more physically attractive. For example mom may make repeated comparative comments about who is thinner. Often this occurs if both mother and daughter are trying to lose weight at the same time. Or the mother may be jealous of her daughter's looks and make negative statements to her, such as "When I was your age, I was prettier than you" or "Look at that zit!" when the daughter may have completely clear skin, except for one blemish. Obviously, these negative reactions from one's mother do not help in building and solidifying one's self esteem.

Sometimes, a mother may feel ambivalent about how her daughter looks and give the daughter no feedback or acknowledgement about any aspect of her physical appearance. This can be very damaging since the daughter may either feel she is invisible to her mom, or perhaps to everyone else, and feels she must be so unattractive that even her own mother has nothing positive to say about her. Then there are the indirect ways that a daughter's self image and self-esteem can be adversely affected by her mother. Frequently, when an adult woman emotionally struggles with recurrent acne, weight, or overall beauty issues, she probably has picked up some of her negative self-focus and self-judgment from her mother who may have battled with the same types of beauty dilemmas and "modeled" these struggles through example during the daughter's growing-up years.

For instance, let's say that mom never was happy with her complexion, and relentlessly kept pursuing and trying out the latest "miracle" acne and skin creams. If the daughter witnessed this continuously while growing up, she may have directly "inherited" her mom's insecurities and preoccupation about her skin never being "good enough" either, even if the daughter's complexion was acne-free.

No matter how a woman becomes so disparaging regarding her looks, it is critical to both her self-image and overall self esteem for her to become more self-accepting and self-loving. Otherwise, her beliefs and feelings about her looks may continue to be negatively inaccurate and hurt her in more areas than just her physical appearance. Often when a female feels poorly about how she looks, she may also feel less good about herself regarding other characteristics, such as her popularity, likeability, and potential for being loveable to others.

If the daughter and mother have a relatively good relationship, the daughter can try talking to mom about how it affects her when mom directly or indirectly has issues with her own or her daughter's looks. Usually the mother has no intention of hurting her daughter's self-image or self-esteem. By bringing this consequence to light, the mother may become more aware of and decrease her negative messages. She may even realize that she herself has some physical appearance and self-esteem insecurities that are limiting and hurting her.

In the end, neither moms nor daughters have to live with negative, inaccurate beliefs and feelings about their looks or any aspect of themselves. By identifying, testing out, and breaking free from incorrect images of oneself, one can obtain a higher self-image, self-esteem, and peacefulness within one's own skin.

### 3 steps to better self-acceptance

1. Learn to separate oneself from one's mother regarding how one truly sees oneself, and be aware who's beauty dilemmas are whose. Yours or your mother's.
2. Make a list of one's positive and negative physical appearance features.
3. "Break out of the box." Try something new or return to something old. Find out what really works for you.

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