

THE ABSOLUTE LATEST IN HOT NEW HAIRSTYLES, COLORS & CUTS

total

image

HAIR.BEAUTY.STYLE

About Face
SEXY
HOT
& GLAM

styles that fit you

SKIN DEEP
*the latest in
nonsurgical help*

NURTURE
yourself...
it's OK

pro hair
ADVICE

12 FABULOUS
hair makeover
SOLUTIONS

170

hot hair looks

FEB / MAR

\$4.99US \$6.99CAN

03>



total image

HAIR.BEAUTY.STYLE

FEBRUARY / MARCH 2004

Hello,

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

'Tis the season of "hat head" for most of us right now.....But never fear! Spring is just around the corner.

So with the emergence of better weather, why not make a change. It doesn't have to be anything big (but it could be if you're so inclined). Maybe a new color, warmer haircolors are it for Spring.

Or, have you ever considered extensions? Suddenly everybody is doing them. Check out "Extending your Options" for a run down on all of the techniques currently available.

If shorter is what you're after, then take a look at our "Hair Galleries" for a sneak peek at what's to come for Spring.

Remember "change is good"

See you next issue,

Nina Laroux

EDITOR

Nina Laroux

TECHNICAL EDITOR

Penelope Saunders

CONTRIBUTING WRITERS

Karen Shelton, Edie Noppenberger

Dr. Yvonne Thomas, Marketing Solutions

ART DIRECTOR

Susan Bruning

NATIONAL ADVERTISING SALES

Cathy Anderson 810.610.3435

CIRCULATION DIRECTOR

David Abramowitz

CIRCULATION

Curtis Circulation

PRINTING

RR Donnelley



PHOTO BY TOM CARSON

HAIR BY: TONY ANDERS
KENNETH'S SALONS & SPAS
COLUMBUS, OHIO

MAKE-UP: BETTY MEKONNEN
FASHION BY: ATHENA DUGAN
PRODUCED BY: THE GLOBAL HAIR
& FASHION GROUP

PRINTED IN THE USA.

ABOUT YOU

The Value of Nurturing Yourself

by Dr. Yvonne Thomas

Hair by Gino Bravaro for Bravaro Hair, Vernon Hills, IL / Make-up by Tony Ferguson / Image by The Global Hair & Fashion Group / Photo Tom Carson



By nurturing yourself in different ways, you create and reinforce positive self-esteem.



Photo by Starla Fortunato

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

In this hectic and fast-paced world we live in, it is all too easy to get caught up in taking care of everything and everyone except ourselves.

Sure, it's wonderful if we get some pampering and caretaking from those in our lives, but there is also a very positive and special effect that comes from **NURTURING YOURSELF**. Simply put, by nurturing yourself in different ways, you create and reinforce positive self-esteem, as well as provide ways through which you can feel more peaceful, calm, and centered with less stress, anxiety, and/or depression. The very action of taking care of oneself in a variety of ways often indicates that this is a person who **VALUES, APPRECIATES, AND RESPECTS** oneself, and doesn't keep taking oneself for granted – something unfortunately too few people know how to do. Another perk of taking care of yourself is that you can be exposed to and experience different things that can touch, uplift, and/or broaden your world.

There are many ways one can be self-nurturing and self-loving. Note that these apply **BOTH** to those who **ARE** and who **ARE NOT** in happy, healthy relationships, because being nurturing and loving to oneself can enhance not only one's self-esteem, but also the quality of one's relationships with others.

Often, one can be self-loving by using some form of **SENSORY STIMULATION**, such as through touch, sight, sound, smell, and taste. Some examples of each of these include the following:
touch: through facials, massages, showers/bubble baths, saunas, and wearing fabrics that feel good against one's skin; sight: through seeing aesthetically-pleasing objects, such as sunsets, artwork, and colorful gardens;
sound: through playing uplifting or personally meaningful



Hair by Julie Newville for Secret Images Salon, Ft. Lauderdale, FL

There are general ways a person can be good and nurturing to oneself that can enhance one's mind, body, and soul.

music, whatever your taste is, be it classical or heavy metal or anything in between;
smell: through incense, perfume, and aromas that are pleasing to you and convey emotional warmth (cinnamon and vanilla scents are known to frequently have this effect); and taste: through allowing oneself to eat something of a reasonable quantity that one really enjoys (unless you struggle with overeating or an eating disorder).

Also, there are **GENERAL** ways a person can be good and nurturing to oneself that can enhance one's mind, body, and soul. These include consistently engaging in exercise and healthy eating, getting enough sleep more than not, being in regular contact with significant family and friends, participating in enjoyable hobbies and interests, laughing and having light-hearted, humorous moments, being active in creative outlets, and experiencing the joy of unconditional love from a pet.

In addition, a person can be self-nurturing by **GETTING OUT OF THE "BOX"** one may be stuck in and experimenting with new things one hasn't tried before. Maybe you can participate in some athletic activity if you are usually sedentary or try reading if you are typically "on the go." Perhaps you haven't changed your hairstyle and/or color, or makeup, or fashion style for years – or days. Maybe it's time to be brave and try something new and fresh, let it sit with you for a couple of weeks, and then evaluate if you want to keep your new look.

In general, the nice thing about doing these different self-nurturing gestures is that they can lead to a **MORE EMOTIONALLY AND PHYSICALLY HEALTHY, FULLER LIFE**. Not only will you be getting the benefits of taking the time to tune into, acknowledge, and actively meet **YOUR** needs and interests, but you will also be able to **GROW** in many diverse, wonderful ways which, ultimately, can help you become a **MORE FULFILLED, SELF-CONFIDENT, AND NURTURED YOU**.



Hair by Julie Newville for Secret Images Salon, Ft. Lauderdale, FL

being nurturing and loving to oneself can enhance not only one's self-esteem, but also the quality of one's relationships with others.