

Total Beauty

T H E T O T A L M A K E O V E R C O M P A N Y , L L C

Contributing Writers

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W e l c o m e !

Hello and welcome back! I am Kenya Johnson, the President of The Total Makeover Company and Chief Editor of the 'Total Beauty'. I am so excited to be sharing another issue of the 'Total Beauty' with you. This month is especially special to me because it is my birthday month. I am grateful to have accomplished much in the little time I have been on this earth. I have achieved some of my dreams and look forward to the fulfillment of others.

You can also achieve your dreams and accomplish those goals you have set for yourself. All you have to do is believe in yourself. I believe in you!

INSIDE THIS ISSUE:

To Trust Is To Believe	2
Pamper Me Pretty	2
It's time to make a change!	3
Sign-Up!	4
Book Reviews/ Comments	5

Have an awesome day!

Kenya J. Johnson

Kenya J. Johnson, M.P.G.C



My biggest accomplishment.

My children,

Brian II and Brandon Johnson

To Trust Is To Believe

By: Hope C. Taylor

Trust in the Lord with all your heart, and lean not on your own understanding....”

Proverbs 3:5 (NKJV).

Women need to feel secure through the sunshine and the rain. This is a part of our nature. Trust is a word with few letters but one that is packed with meaning. To trust God sounds and seems easy when things are going according to plan, but what happens when things are not going well? The momentary situations (because things are subject to change) where our trust in God is tested. It is in that moment where we examine ourselves to see if we really believe what God’s word says about us and what he has promised us. With trust comes peace. With doubt comes fear. God’s word is what helps us to stay steadfast and unshakable because God’s word never fails.

P a m p e r M e P r e t t y S u g a r L e g W a x

2 C sugar

1/4 C lemon juice

1/4 C water

2 tbsp vegetable glycerine

waxing cloth strips (buy at the drugstore) OR use strips of linen cut to the size of these strips

wooden popsicle sticks (to stir the wax and to apply) Combine all ingredients in a saucepan. Stir frequently while heating to 250 degrees F or softball stage. Pour into jars and cover with lids. If you use plastic jars, you'll be able to microwave this mixture instead of heating it on the stove. That's it!! You just made your own leg wax/sugar that you'd pay \$20 for in the stores!

To use the Sugar Wax:

Heat in the microwave for ten seconds on high. Using a wooden stir stick, stir VERY well. It should be warm but not HOT. Please be very careful when heating up this wax - it's very easy to burn yourself.

If the wax isn't warm enough, place it back in the microwave for five seconds, and stir again. Remember, this is hot sugar syrup - if it gets too hot you'll be badly burned. Lightly powder the area to be treated. Spread a thin layer of the wax on in the same direction as the hair grows. Apply the waxing cloth strip over the applied wax, and rub down well to get the wax to stick to the cloth. Pull your skin taut, and in one quick motion pull the

fabric off of your skin AGAINST the direction of hair growth. Continue with the other areas of your leg or wherever you're waxing.

When you're done waxing a complete area, rub in lotion, aloe vera gel (fresh is best) or oil to soothe your legs.

You can use the homemade waxing strips again if you soak it in soapy water to dissolve the sugar off the fabric and then toss it in with your wash as normal.

It's Time To Make A Change!

In August we will be starting a new Self-Esteem/Self-image group. This will be the third group to go through the program. So far The Total Makeover has had much success and is improving with every person and every group. This is a three month program that will get you started on your way to a better and more confident you.

The Self-Esteem/Self-Image group is designed to teach, build & restore women to reach their full life potential not just physical, but mental, emotional and spiritual. Each woman attending this group learns to love themselves for who they are and who they have the potential to become. By attending this group you will learn to become a support for others, learn to live life to the fullest and move beyond the past on the road to your destiny.

This group is hosted by Kenya Johnson, a certified Master Personal Growth Coach by Rhema International. Knowing what it is like to have low-self-esteem and poor self-image, she pours herself into every group member that attends. Many areas will be discussed during these group sessions that include but not limited to: self-esteem, self-image, body image, disappointments and much, much more. This group will in no way take the place of therapy.

This new group will begin, Monday, August 21, 2006 @ 6pm. The cost for this group is: \$40 dollars a month or \$120 for all three months.

All materials used are included in the cost of the program (workbooks and reading materials). All who are interested must sign up by Saturday, August 12th. If you would like to sign up for the upcoming group please contact us at (313) 272-0415 or email us at: info@thetotalmakeover.com.



Order your workbook today!



Sign—Up Today!

Self-Esteem/Self-Image Group

Name	Address	City, State	Zip Code	Phone Number
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Order total: _____
 Tax: _____
 Shipping: _____
 Total: _____

Method of Payment

- Check
- Money Order
- Visa
- MasterCard
- American Express

Name _____
 Address _____

 Phone _____

Credit Card # _____ Exp. date _____

Signature _____

Special Offer
Self-Esteem Group Cost
 \$25.00 per week
 \$100.00 per month*
 \$300.00 Total program*
 * Prices includes all materials used.
If you sign-up by August 12th you will get \$15 dollars off the per week fee bringing a total of \$40* per month and \$120* per total program.



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WE'RE ON THE WEB!
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The Total Makeover
"Restoring Beauty from the Inside Out"

My Confession

I am fearfully and wonderfully made. God made me in His own image. I will not believe the things that friends, family members, employers, my spouse or the world tell me I am. I will not listen to the distorted views of the world's idea of a healthy self-image. I will not give in to the things that they say. I will look into the mirror and love what I see. I see a woman of God full of power and authority. Devil I serve you notice. You will no longer make me think that I am less than beautiful. In the name of Jesus I bind and rebuke every hindrance, obstruction and blockage that will not allow me to see myself in God's eyes. From this day forward I will see my self in the image of God. AMEN

G U E S S W H A T H A P P E N E D O N T H E W A Y T O M Y D E S T I N Y R E V I E W S / C O M M E N T S

Must I say how shocked I was at your testimony? I speak not merely of the identifications of your past transgressions, or the clarifications of the demonic realms ... but what really blew my mind was your total acceptance of who you were ... and your understanding that ... so that you could matriculate into who you now so awesomely are!

I was immensely blessed and it is easier now for me to understand the anointing of God upon your life. Now ... so much about you makes sense ... the favor of the King that is upon you, the multiple graces that you walk in, and your bottomless Passion for His Presence.

The book was powerful, transparent and many women (and men) will be healed, delivered, and set free as a direct of your anointing for truth and your expression of reality.

May the anointing of the Scribe be your both now and in the days to come!

Fulfilling Kingdom Destiny and the Apostolic Call,

Apostle Nina-Marie