



For Moms Who Need to Feel Just a Little Bit Sexier And a Whole Lot More Confident

By Alice Seba

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Foreword by Mila Sidman – MomsTalkNetwork.com



As a mom of three young children I know first hand how difficult boosting your confidence can be. A lot of us have been there at some point. You know where the weight slowly creeps up, you stop doing your hair and exercise becomes a distant memory.

Eventually, we end up feeling frumpy and the furthest thing possible from sexy... not great for our confidence. The worst part is this reduced confidence affects not only you but everyone around you as well. As the saying goes, "If Mama Ain't Happy, Ain't Nobody Happy."

There's so much truth in that statement. As a mom we have a huge responsibility and our kids rely on us and learn from us. A confident and happy mom will find it easier to raise happy confident children. And what about your husband? Your reduced confidence can lead to loss of interest in sex and is bad news for your relationship in general... not a great recipe for a happy marriage.

I really enjoyed this guide and Alice's advice has been a huge influence in helping me realize I need to take time out for myself. I've started exercising; getting my hair done and have even bought some new clothes.

I'm slowly gaining my confidence back and it's also starting to make a big difference in my marriage. Just the other day my husband commented that I seem much happier... and it's so true that with improved confidence usually comes an improved relationship.

It's taken me nearly 5 years to get back to this point... the last 5 years consisted of pregnancies, late nights, and toddler tantrums. Looking back, I realize I only saw myself as a mom during that time and didn't identify with the "woman" side of me (you know the one that's still there even if you're a mom).

I feel much better about myself now and have realized that you can be both a great mom and your own too. I hope this guide helps other moms realize that they need to take a little time out for themselves.

The bottom line is, and it took me a long time to realize this, that moms need to take time out for themselves in order to fulfil this huge role and responsibility we've been given... enjoy your time, your family will thank you for it ☺

Mila Sidman

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Welcome and a Little Disclaimer from Alice



I'm so glad you decided to pick up a copy of the *Hot Mama Makeover*[™]. I hope that you'll be able to take these easy-to-apply ideas to give your confidence a boost and turn yourself into one hot mama!

But first, I must make a little disclaimer before we begin. I'm not a doctor, a therapist or any other medical professional. I'm just a mom who wants to share her experience with other moms. Please don't take anything in this guide to be medical or professional advice. If you have any concerns about any of the advice provided, please consult the appropriate professional.

This information is provided as is and offers no guarantee that you will experience the same results. Just think of me as a friend sharing her experiences and opinions. These ideas might work for you as well.

Why a Hot Mama Makeover

Being a mom is the most rewarding and exciting thing in life, but it also can take over our lives. From the time that little baby is born, it's so overwhelming and so new. We are completely focused on trying to be the best moms possible.

Now, there's nothing wrong with trying to be the best possible mom, but the best possible mom is a happy mom. If you're so focused on taking care of your kids and leave your needs and taking care of yourself off to the side that can be a real drain on your energy, health and confidence.

Our children deserve to have a confident mama serving as their role model.

Our Poor Self-Image – Cut it Out!

Before we get started with the core components of the *Hot Mama Makeover*[™], I want to talk about self-image. Almost all women suffer from some degree of poor self-image. I'm not exception. You probably aren't either.

The thing is, we are our worst critics. When you look in the mirror, you don't see what other people see. When you're looking at yourself, you probably see a person who:

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- Has a bigger tummy than you do.
- Has a bigger nose than you do.
- Has thicker thighs than you do.
- Has more zits than you really do.
- Has a worse hairdo than you do.
- Has a wider butt than you do.

Okay, I think you get the point. I won't belabor the point with the details, but it's true. We usually don't see ourselves the way other people do and it's important to remember that.

If you're married or in a love relationship, your partner probably already thinks you're hot regardless of any bumps and lumps that you might be self-conscious of. If he doesn't think you're hot, we'll talk about that a bit later.

If you have a friend who is a thin little stick (I have a friend who is a size 0-3), know that there are things about you she probably wishes she had. I have the boobs my tiny little friend will never have. In other words, we all have our assets. Take stock of your assets and feel great about them. ☺

So, next time you look at yourself, try to see yourself through other people's eyes. They don't analyze every curve or lump or blemish. They see you as a whole. See yourself as a whole too. And trust me, even if you're not perfect (and please don't tell me you are trying to be), if you're more confident – you will seem more attractive to yourself and to others.

And speaking of not being perfect, as a Hot Mama you need to learn how to...

Embrace Your Imperfections

Name one person in this world that's perfect.

It's okay. I'll wait.

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Okay no, I really can't wait that long. You can't think of anyone that is perfect because there is no such thing as a perfect person. But there are plenty of people who strive to be perfect. Is it a movie star that has starved herself until she fainted on the set? Or is it someone who has had so much plastic surgery in the search for perfection that she now looks more like a circus freak than a beauty queen?

The fact of the matter is - you'll kill yourself trying to be perfect. People are beautiful in all their shapes, sizes, colors and forms. Look around you – in the real world. Forget about the air-brushed models and pencil-thin actresses. Who do you think is beautiful in your every day life? Are they perfect? Really...they're not are they?

So, we've established nobody is perfect, but we all have our assets. What are yours?

Name Your Assets – Focus On These

Everybody has assets. Some are physical and some are not. Even the assets that aren't physical are things that make us more attractive. For example, a good sense of humor or the ability to really listen to other people talk.

Sometimes our assets are physical. Even if you've packed on a few extra pounds (haven't we all?), you might have the deepest blue eyes that makes your man melt. Maybe you have soft and silky hair or pearly white teeth. These are all things to feel good about and accentuate.

I'd like you to list 5 of your physical assets and 5 non-physical assets and keep those in mind. If it's hard to think of them at first, please don't worry. You're starting to build more confidence and at first, it's tough to say what's great about you. If you need help, ask your friends and family. I'm sure they'll know lots of great things about you!

Physical Assets

Non-Physical Assets

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If He Doesn't Think You're Hot

Earlier, I suggested that your partner probably thinks you're way hotter than you feel. In most cases, it's probably true. We just don't often have the ability to look at ourselves objectively until we learn to appreciate our assets and embrace our imperfections. If he's still affectionate with you and wants to have sex with you...then he's still probably into you...mentally and physically.

If he's not affectionate with you, you have to ask yourself is it because you're pulling away? Has he given up because you said no so many times? And are you saying no because you just don't feel attractive anymore? (Been there, done that!)

You need to take some responsibility for this vicious cycle and turn it around.

If he's not affectionate and he tells you he's not attracted to you anymore, that doesn't mean all is lost. Different people place different levels of importance on appearance. But please consider the fact that he's not feeling so attracted to you anymore probably has less to do with your appearance and more to do with your confidence level and the way you treat your partner.

Again, you can't place all the blame on you partner.

Let me put out a scenario for you:

You're a busy mom. Taking care of the kids, career and household chores seems to take up most of your day. By the end of it, you're so exhausted; you're not really interested in having sex, let alone having any intimate conversation or other meaningful interaction. When he asks for a little affection, you brush him off.

After all, you're a busy mom. He SHOULD understand.

Well, mama, you're not getting off so easy here. Unless you've given birth in the last couple months or your doctor says you can't have sex, there aren't any excuses. I know that might not be what you want to hear, but so be it. No, you don't have to have sex every day, but you also shouldn't be refusing every time he asks.

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Or here's another scenario:

Over the years of bearing children and being immersed in motherhood and your daily “duties”, you’ve put on some extra pounds. This makes you feel self-conscious and you don’t feel as sexy as you did before. And so the vicious cycle begins. You feel horrible about yourself and turn your partner away. This causes strain in your relationship and you feel worse and gain even more weight.

Instead, if you allowed yourself to be loved, you’d be closer to your partner, you’d feel better about yourself and it would be easier to reverse the cycle of weight gain.

Bottom Line Is:

If you value your relationship with your partner, you have to work at it. That includes the physical part of your relationship. And let me tell you, there are benefits to that physical relationship:

- It burns calories and can help you tone your body.
- It makes you feel sexier. The physical expression of love is an amazing confidence booster.

So, next time you think you don’t “feel like it”. Give it a try with an open mind. You might be surprised at the results. Sometimes life is stressful and it’s tough to relax and let go, but once you get started, it’s easy to forget all the things that went wrong with your day.

By the way, “Have more sex” was going to be the 7th step to the *Hot Mama Makeover*[™], but there were two things to consider:

- More sex is actually a side effect of the *Hot Mama Makeover*[™]. When you follow the 6 steps, sex comes more naturally.
- Many mamas are single...and I’m certainly not suggesting that serial casual sex is a good way to boost your confidence. NO WAY!

I suppose there could be another scenario where your partner doesn’t find you attractive anymore, even though you try to be intimate with him. All is not lost because if you follow the 6 Hot Mama Makeover steps, these will help him see you in a new light.

I’m not a therapist, but if he doesn’t seem interested in the newer, sexier you, it might be time to consider alternate solutions and exploring the problem deeper.

But let’s turn our attention to how you’re feeling can affect your children...

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The Way You See Yourself Affects Your Children

Even if what I've said doesn't yet strike a cord with you, I hope this does.

If your lack of confidence shows, your children can be affected. If they hear you say that you're fat, your hair is awful or you're ugly, they take this to heart. It also reflects on their own self-confidence and behavior.

I realized this one day when we were on holiday with friends. My youngest son was sitting on the pull-out bed with my friend and her two kids. My son said, "Make room for Mommy. She has a big bum."

Woops! Obviously, he's been listening to me. That was my wake up call to watch what I said in front of my children.

With so many young girls on diets, obsessed with their clothes and worried about their looks, we don't need to contribute to the problem. A confident mother who encourages her children – will more likely have confident kids.

So, if you don't want to boost your confidence for yourself, you've got to do it for your kids without being obsessed with your looks.

Some people may think that boosting your confidence with physical improvements is superficial – but appearances are important. If you've "let yourself go" physically over the years, it probably has a lot to do with your plummeting confidence level. The Hot Mama Makeover is a casual approach to beauty. I'm not going to ask you to turn yourself into a plastic-looking Barbie doll.

Let's talk about the simple steps that can help you feel a whole lot better about yourself.

The Hot Mama Makeover: Your 6 Steps to a Hotter Mama

Below, I've listed the six steps, in very simple terms, so you have an overview of what's included in a Hot Mama Makeover. Keep reading after this section to find specific tips to incorporate these steps into your busy lifestyle and to keep your expenses down if you're on a budget.

These are things you'll do on an ongoing basis, but by no means will any of these things occupy our entire day. You have better things to do.

1. Get Your Hair Done – This is going to be your biggest expense (and again, I'll give you some tips to keep your costs down), but I encourage you to make it. You don't have

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to go to the most expensive stylist, but a regular haircut goes a long way. It makes your hair look healthier, gives you more body and a new haircut is a great confidence booster. You can also get coloring done or do it yourself at home.

How Often: A haircut can usually be left for up to 12 weeks, depending on styling and other damage that is done to your hair. Hair color will usually be touched up every six to eight weeks (or a bit longer for subtle changes).

2. Getting a Pedicure &/or a Manicure – Some people feel more sexy after a manicure and others after a pedicure. Some love both! The feet usually do it for me, but the occasional manicure goes a long way for me as well.

How Often: Fingernail color often starts to crack and needs redoing about once per week. Toenail color usually looks good for about 2 to 3 weeks. A full manicure or pedicure can usually be done once per month or so. If you get acrylic nails done, you'll probably need to return every two weeks.

3. Exercising – Sorry, it has to be here. I don't expect you to run marathons, but you've gotta do something because a hotter body makes you feel more confident. Even small changes can make you feel a whole lot different. Even if you start walking a couple times a week, join and GO TO a gym or go big and enter the Ms Olympia competition, you're doing your part.

How Often: I'm not going to preach at you on this one. The more you exercise, the better you'll feel, but it's up to you how often and with what intensity. Just plan to do something at least 2-3 times per week.

4. Eyebrow Wax – It's an obscure, but weird thing. I didn't have my first eyebrow wax until I was 33. I didn't miss it before...I've always been told I have beautifully shaped eyebrows...but the problem was they ran together, kind of like a low-grade Bert (you know, the guy from Sesame Street). It's painful, but it's only a few minutes of pain every month or so. Plus, it becomes more bearable each time.

Reshaped eyebrows can make a big change to a face. If you don't usually apply eye makeup (me neither), this can give you a fresher look around your eyes.

How Often: It depends on how fast your hair grows back. Mine comes in quickly at about 4 weeks or so. You might be able to wait 6 weeks.

5. Lip Gloss – Other make-up takes a while to put on, but lip-gloss is fast. I usually only wear lip gloss, but if I'm heading out in the evening, I might add some eye shadow, eyeliner and mascara. Forget about the caked-on stuff on your face because it never looks natural...and natural beauty is what is most attractive.

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How Often: Try lip gloss every day and reapply as necessary.

6. Sexy underwear – It doesn't matter your size or shape, there's underwear that makes you feel more sexy. Even if you can't afford the fancy lingerie, go to a nicer lingerie shop or department store to get advice on what works best for you.

How Often: Go shopping for a few nice items and then wear them every day – but do wash them prior to wearing. ☺ Just teasing you, of course!

Now, you might be overwhelmed and think – I don't have the time (or possibly the money) to do all those things. Well, you don't have to do everything at once. Start with one and move onto the next. But don't procrastinate...the sooner you're fully into your *Hot Mama Makeover*[™], the better you'll start to feel.

One final note of caution. These aren't things that you can do one time and then be done with it. This is a maintenance plan and includes things that must be continued or you lose your Hot Mama status. I will provide you with tips to make the most of your different routines, so you don't have to repeat them so frequently (except the exercise part – there's no shortcuts there!).

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So, let's go into each makeover step in detail.

The Hair Guide

There's no denying it – a nice hairdo will always make you feel better about yourself. If you can choose a low maintenance haircut that complements your face shape and a color that is right for your skin tone...you'll have an instant confidence booster for a busy mom.

Personally, I hate hair maintenance, so I choose hairstyles that will continue to look good with little maintenance. I also have good news for you – if you're washing and styling your hair every day – no need. In fact, washing your hair every day causes damage to your hair and causes you to lose oils that you need. So, relax, you don't have to coif every day.

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Choosing a Hairstyle For Your Face Type:

Even though you may like a hairstyle you see in a magazine, it may not look good on you. Consider these tips before making a decision on the style you'd like.

Heart shaped - Don't mimic the shape with a center part. Go for the side or eliminate a part altogether. Choose a length that goes at least to the chin. Anything shorter, and the point of your chin just emphasizes the shape. Bring your hair down along both sides of the face to narrow the heart's width, and fill in the chin to collarbone area with waves and curls.

Round-shaped - Try not to add to the width of your face with a lot of hair in our face. Side parts are usually recommended as a part in the middle can extenuate the roundness of your face. Long hair that goes past the chin and lays flat against the cheeks is okay, but try for volume to keep your face from overpowering the hairdo.

Square-shaped - Avoid using a center part, which will only draw attention to the width and depth of your face. A layered cut with a slight curl in towards the chin for a cut just underneath it will really narrow things down.

Oval-shaped – Lucky you, you have a wide variety of choices.

Of course, not all faces fall into one category, so get an opinion from your hairdresser n what he or she thinks will work for you.

TIP If you want to see example what various styles (and colors) would look on you, try the service provided by The Hairstyler. You can View your photo or with thousands of hairstyles and color combinations that suit your face, including short, long, celebrity and everyday hairstyles.

Find out more at:

<http://www.hotmamamakeover.com/tryastyle.html>

It's a super affordable way to avoid a big mistake with your hair!

Choosing the Right Hair Color for Your Skin Tone

If you consult a hair stylist, her recommendations for a new hair color for you will likely be made based on whether your skin tone is warm or cool.

That may sound very simplistic, but it's not, since "cool" can encompass everything from a pale skin with no pink to it, to a flushed skin tone with hints of blue.

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"Warm" skin tones range from a paleness that has an underlying golden tone, a pink flush over basically brown tinted skin, or even light skin with darker undertones in a range of golds and tans.

Your skin color came with your natural hair color as complements. But over time, or with premature aging, your hair color can change and you want to try something new. The trick is in choosing what will enhance your skin tones, and not just a color that is different from the old one.

Remember when choosing to color your hair that you will need to keep coloring it. This is what kept me from doing it for a long time. I knew as a mother of really young kids, upkeep would be a challenge. Eventually, when I got into it, upkeep wasn't an issue. I loved getting out to the salon for a couple hours break and keeping my hair color vibrant and beautiful.

Still, if you don't think you'll get to color your hair very frequently, you can choose colors that are not too drastic a change from your natural one. You can also use semi-permanent colors that will fade over time – making the growing out process a little less noticeable. Plus, semi-permanent colors are much healthier for your hair. But remember, semi-permanent won't likely completely wash out, so you can expect some visible roots as your hair starts to grow in.

If you go semi-permanent, you can only choose a color similar to your own or darker. You can't go lighter as that requires bleaching – which is not so healthy for you hair. If you decide to go lighter, most definitely seek the help of a stylist so that minimal damage is done and your color turns out just the way you want it to.

To find the right color for you, consult your hairstylist or do some homework right on your computer...

TIP Again, see exactly what your color and haircut will look on you at:
<http://www.hotmamamakeover.com/tryastyle.html>

How to Choose the Right Hairdresser

If you're unhappy with your current stylist, are relocating or just don't have a hairdresser yet, the best way of finding hairdressers with the potential to meet your needs, is by asking people whose cuts and styles you really like. Get names from friends, family and co-workers. That will give you an initial list to work from.

The best hairdressers are not always the most expensive, or the ones who work in big name salons. They may be a small, owner-operated salon whose customer service far exceeds that of the larger salons.

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Once you have a list of hairdressers, call and ask if you can make an appointment to discuss your hair. Explain that you haven't quite decided what style you would like and need to see what a professional thinks of your hair. Then arm yourself with some pictures of cuts that you like, or have had before.

Be ready to tell them what styles you have tried in the past, what colors, how often you shampoo, whether you use a blow dryer, and any other things that may have an impact on the health and condition of your hair. If your wardrobe consists of a lot of items in particular colors, make sure they know that as well.

Try not to make your decision a financial one, unless the rates of the hairdresser you like are absolutely outrageous. Sometimes it is worth paying a little more to get exactly what you want.

If you're on a budget, you might seek out hairdressing schools that offer cuts and color done by students at a discounted price. These are students who have had enough training to use you as a guinea pig. It's a great way to support education, save some money and look great yourself.

Do a search on the Internet or consult your local yellow pages for hairdressing schools that offer this service.

Tips for Coloring Your Own Hair

For many years, I cut my own hair and I did my own coloring. My haircuts were usually okay, but sometimes ended in disaster. Now I always recommend getting a professional haircut, but often an at-home hair coloring can work out well.

So, let's talk about coloring your own hair.

Generally speaking, the colors available through salons have higher quality ingredients, and the hairdressers have specialized knowledge of how each color can affect your hair. However, for uncomplicated jobs, such as lightening or darkening your natural shade, home products will do a perfectly good job. Just realize when you lighten your hair, you are bleaching it and you may want to leave the potentially damaging task to a professional.

When coloring your hair, make sure you won't be interrupted...at least at the critical times of initial application and rinsing. You might want to color your hair after the kiddos go to sleep, are at school or someone else is watching them.

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When you get started, make sure you have all the supplies you'll need and put them within easy reach of where you'll be doing the coloring. Make sure you have a timer, and note afterwards, exactly how long you took for each stage of the process. This can help you determine how to apply the next coloring, i.e. leaving it on longer, or less time.

Once your hair has been colored and you are satisfied with the results, you'll need to repeat the process every 4-6 weeks to keep it looking good – at least that's what stylists and dye manufacturers recommend. However, if you have only a slight color change or covering grey, you can probably get away with 8 weeks or so.

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For Moms with Limited Time &/ Or Budget: Making Your Hair Color & Hair Cut Last

Okay, I can hear you laughing about the “moms with limited time” thing. What mom isn't on limited time?! Well these tips are for you to make your cut and color last longer and keep you from having to make too frequent trips to the salon. The added bonus is that fewer treatments means plenty of money saved.

- Buy professional hair-cutting scissors to do quick trims of bangs or other areas that need more frequent maintenance.
- Keep your hair healthy to prevent damage that needs to be cut out: Avoid washing your hair every day, limit your time with the blow dryer and other heat styling tools. Try curlers or other styling tools that don't require heat.
- As already mentioned, try less drastic color changes so that roots are not as noticeable. If you're going with the same color or darker, choose a semi-permanent color that fades over time and won't show roots as readily.
- Going darker (unless it's an extreme change) usually doesn't look as obvious when roots come in lighter.
- Take care of your color. You can use shampoos and conditioners recommended by your stylist. I personally use [John Frieda's Brilliant Brunette Shampoo](#) and Conditioner (and related products) to keep my brown hair shiny and healthy. It smells good too!

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Frieda's line of color-specific shampoos are designed for natural and color-treated tones. He also has a "[Sheer Blonde](#)" and "[Radiant Red](#)" line as well. Since my hair is neither of those colors, I've never tried it...but can assume that the quality is just as good.

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The Pedicure & Manicure Guide

This is fun! You can easily do your manicures and pedicures at home...or head out to the day spa for some extreme pampering treatment. You can invite a friend over to do each others treatments or make a day of it with your friend and let the professionals take care of it.

There's something about having really cute feet with nice color that can make you feel really good about yourself. Especially, in the summer months or at bedtime when you're in bare feet.

When we're little girls, we often admire the ladies with the beautiful long and wonderfully colored nails. When we grow up and have kids, we find out that it may not be so practical. Of course, there are exceptions and many moms love keeping long nails. If you have naturally strong nails, it might be easy for you to keep them long.

Or you might want to have durable acrylics put on. I've done the acrylics in the past and loved the way they looked on the outside (I only broke my nails a handful of times – once by pushing the button to get my son out of his car seat), but they can get really dirty in behind. They aren't as easy to clean as natural nails. If you go for acrylics, ask your nail aesthetician if she has any recommendations for cleaning your nails.

Even if you don't do long nails, nicely polished and manicured cuticles look great. The crooked nails and hang nails you may have been sporting will now be a thing of the past.

Let's start by talking about manicures:

Stuff for Your Manicure Kit

There is no reason at all that you can't keep her nails looking good, by doing your own manicure at home. Even if you have your nails done professionally, you'll probably want

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to have many of these tools available for touch-ups and situations when you can't get out to spa or nail salon.

You can save a lot of money and do the job on your own time, at your convenience, with just a few essential tools. There are many pre-packaged kits on the market. Not all will have the items you need or want. So take some time to look at the packages, and compare the price difference between kits and buying the individual items. Some of the items you'll find in kits, or recommended for manicures, include the following:

- **Nail polish remover** - Acetone-free is essential if you have acrylics
- **Cotton balls or gauze pads** – To remove polish
- **Fingernail clippers** – Well, for clipping your fingernails!
- **Cuticle clippers** - You may or may not want to include these as you need to be careful not to cut your skin with cuticle clippers. You might just want to use orangewood sticks instead.
- **Cuticle cream** – To soften cuticles for easier pushing and to keep them healthy.
- **Orangewood sticks** – To push cuticles back for a cleaner and more polished look on your nails.
- **Emery boards / Nail files** – Instead of cutting your nails all the time, use an Emery board to keep a nice smooth shape. Use Emery boards when your nails grow longer or if you chip your nails. You'll get a nicer shape than if you use clippers.
- **Guide stickers** – If you're going to do a French manicure, these will help you paint in the right place.
- **Nail polish** – Keep a variety of colors on hand to suit your mood. If you're keeping your nails short, stick with lighter shades.

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Giving Yourself a Manicure

This is a perfect way to enjoy some "down" time while pampering yourself. First, gather together everything you'll need for the job. Nothing is more irritating than to be relaxed and enjoying the whole session and have to get up and go look for something you forgot.

First, you'll want to clip nails if absolutely necessary, but filing is preferable. You can also take care of hangnails or other bits of dry skin at the same time. However, do be careful not to cut yourself or your cuticle, as bacteria can get underneath the nail and into the bed.

Metal files tend not to be very precise or refined in how they wear the nail down. Unless you have invested in a top quality diamond file, emery boards are recommended, using the board to stroke from the outside corner of the nail, towards the center, shaping as you go. Do one side of the nail, then the other, and wipe off any dust after each nail is done.

Next, take a small bowl and fill with warm water and a few drops of bath oil. Soak both hands for 10 minutes. Put on some music, or watch a favorite video. Take your hands out, dry them, and massage a little cuticle oil or lotion into each finger. Then use an orangewood stick or cuticle tool, to push the cuticle back. Finish off by moisturizing your hands. If applying polish, wipe the nails first with some remover, to get rid of any lotion. You may like to use gauze pads for this as opposed to cotton balls, as they leave fewer fibers.

What to Expect When You Get a Professional Manicure

A manicure can be not only a practical necessity, but also a small pampering luxury, that gives you a break from daily stresses. So even if you do your own nails most of the time, having a professional job now and then, can be a real treat.

To start, your hands will be washed and disinfected. Depending on the salon, you may then be treated to moisturizers for the skin and a hand massage. If it's a basic manicure, the next stage will be massaging an oil or cream into your cuticles, and soaking in warm water or other solution for up to ten minutes. This softens and lifts the cuticles, to allow for trimming.

One hand at a time is dried, and the cuticles trimmed or pushed back with an orange stick. Once they are taken care of, attention turns to the nails themselves. They will usually be filed, instead of clipped, unless there has been a break or accident to the nail that can't be repaired this way.

In general, emery boards are used to stroke away the edges or corners of nails, as opposed to metal files. However the "diamond" files are excellent, but few salons use them. The

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nails may be shaped according to the salon practice, or your personal preference. There is a trend to the blunt, square cut, but many women prefer a gentle rounding. One rule of thumb is to cut the top of the nail the same shape as the bottom.

When the nails are done, you have the fun of selecting a nail polish to suit your mood or outfit, after which a protective coating may also be applied, to keep them fresher, longer. Again, with shorter nails, keep the color lighter. Dark color makes your nails appear even shorter.

Now that we've taken care of your hands, let's talk about your feet.

Pedicure Kit

Giving yourself a pedicure at home isn't difficult, but sometimes, choosing a pedicure kit is. According to the brand or manufacturer, it may not contain the things you need, since everyone's feet have different requirements. Here is a list of the type of things included in pedicure kits. If you find a kit that has most of what you would like, then the missing items can usually be bought separately.

And again, just like with manicures, even if you get your pedicures done professionally, you'll probably want some of these items for touch-ups and in-between treatments.

Finally, many of the items below will already be in your manicure kit, if you've already created one.

- **Toenail clippers** – Toenail clippers are typically larger than fingernail clippers for easier trimming of your nails.
- **Cuticle clippers** – Just as I mentioned in the manicure kit information, you may not want to include this in your kit. There is danger of cutting yourself and sometimes using orangewood sticks is sufficient for pushing back cuticles.
- **Orangewood sticks** – For pushing back cuticles.
- **Callus shaver** – This tool is godsend for people like me who live in barefeet all year round and tend to have hard build up on big toes and heels. However, be careful with this tool as you don't want to shave too deeply and hit nerves.
- **Nail file / Emery Board** – For filing and shaping nails.
- **Pumice stone** – To get rid of hard calloused skin on your heels and toes.

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- **Toe separators** – To keep your toes apart while applying polish. You can also wrap gauze in and out of your toes from below to keep your toes apart. Gauze is often more comfortable than the toe separators.
- **Foot soak** – You can soak your feet in something as simple as a shallow bucket or go for a foot spa complete with bubbles and massagers. I use the latter when I have a pedicure at home!
- **Cuticle cream** – To soften your cuticles prior to using orangewood sticks.
- **Moisturizing lotion** – There are even creams on the market especially designed to keep feet soft and healthy.
- **Polish remover** – To remove old polish
- **Polish** – Even if you keep your fingernails and toenails short, you can get away with darker colors on your toes. Have a little fun with your color!
- **Cotton balls / gauze pages** – To remove nail polish with polish remover.

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Giving Yourself a Pedicure

Your feet get as tired as the rest of you, and even though they are covered most of the time, the skin can become dry, rough and irritated. Giving yourself a pedicure once a month, or more often, can be a treat to your feet and your whole "self" as you take the time for a little self-pampering. For me and my crazy feet, I need to do some upkeep between full pedicures or my skin gets incredibly rough and has the tendency to crack.

- First, you'll want to remove any polish you're wearing.
- Next, clip your toenails, remembering to clip straight across, with a curve towards the outside, but not into the corners where you can get ingrown nails.
- Take a foot bath (I love my home foot spa and it wasn't terribly expensive), or just a dish pan or shallow bucket from the dollar store. Fill it with warm water and a little bath oil or salts. Soak feet for 10-15 minutes to help soften nail cuticles and dry skin.

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- Apply a cuticle cream and work in well, then push the cuticle back with an orange stick or cuticle tool. If a cuticle is damaged and needs cutting, do so very carefully with the proper clippers.
- Next, use a callus shaver, if you want, to reduce calluses and corns. Remember, you have to be very careful not to go too deep or you could uncover sensitive skin or cause bleeding. But if you have very thick calluses, this can really help.
- Depending on the extent of your dry skin, which occurs most often on the heel area, you may want to apply an exfoliating cream to a pumice stone or other tool, and work gently at removing the top layer. For areas with only mild dry skin, your hands and the cream will be enough.
- Finish off with a good moisturizer cream for your skin and some cute polish for your toes. You may want to use polish remover to clean the moisturizer off your toes to ensure you have a clean painting surface.

That's how to take care of things at home, but if you're looking for a real treat here's...

What to Expect When You Get a Professional Pedicure

Like a manicure, a pedicure can be both useful, and a personal luxury that leaves you feeling relaxed and refreshed for the rest of your day.

The first thing your aesthetician will do, is to trim and shape the nails, cutting straight across, with a gentle rounding that leaves the corners free of the sides of the toe, to prevent ingrown toenails.

Next, your feet will be soaked in a basin of warm water and soap, or other preferred treatment such as oils. Some spas come complete with foot baths with jets and massage chairs – very nice! The time allowed for this varies, but the purpose is to soften hard, dried tissue. One at a time, a foot is removed from the basin, and a foot file that is well-soaped, will be used to remove the worst of the roughness. Each foot is then rinsed, and patted dry.

A cuticle cream/softener may be applied, along with the gentle pressure of an orange stick, to push the cuticle back. These seldom need trimming, and if one should be torn, will be snipped very carefully to avoid causing infection of the nail bed.

Attention then returns to the foot, where an exfoliating cream may be used to remove the last of the dry or rough skin on places like the heel. This is then wiped and/or rinsed off the feet, and a moisturizing lotion applied. Depending on the salon's technique, this may

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include a foot wrap with a warm, damp towel, to help the cream penetrate deeper into the skin. Many pedicures also include a quick, but oh so relaxing foot and calf massage.

To finish off, the nails are wiped with a polish remover to make sure any cream is removed, and then a base coat, and your favorite color is applied to help show off those new open-toed slingbacks!

Making Your Manicures & Pedicures Last Longer

If you're on a budget or just don't have the time to get your hands and feet done all the time, here are some tips to help you get the most out of your treatments:

- Choose lighter polishes as any cracks or chips will be less visible.
- If you get your treatment done professionally, bring in your own bottle of color or buy the color from the salon/spa so you can do touch-ups later.
- Wear gloves while washing the dishes to preserve your color and keep your cuticles from drying out.
- Wear socks to protect your feet from drying out and cracking. I don't like that one! If you have cute toes, you wanna show them off, but this will help make everything last longer.
- Use cuticle cream or oil regularly and take a few moments to push back the cuticles every few days.
- If you don't have the time, definitely avoid acrylics. Even if nothing breaks and the color stays on well (I find color does last longer on acrylics), you will have to go for fix ups every two weeks because of natural nail growth.

Exercise Guide

I know you might still be angry at me for saying that you have to exercise, but I'm telling you it's good for you for all kinds of reasons. Obviously, there are health benefits...but sticking to an exercise schedule, even if it's mild:

- Gives you a feeling of accomplishment
- Can help reshape your body in subtle or even drastic ways
- Gives you more energy for all kinds of activities.

All three of those are amazing confidence booster, so it's time to start adding exercise into your daily routine. No excuses! Here are some tips on...

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How to Incorporate Exercise in Your Regular Routine

Keeping your body toned and in shape can be difficult when you're holding down two jobs - one that brings in a paycheck and the other that keeps your home and family, functioning. Even if you're a stay-at-home mom and don't work outside the home for pay – your plate is extremely full.

If you don't feel a regular gym program is for you – it doesn't mean you should forgo the chance to exercise. Not only will it benefit your body, but physical activity can also work off the adrenalin that piles up due to stress.

- One of the best exercises around is walking. It really does work more than just your legs. Consider parking further away from work if you drive. If you use public transportation, get off one or even two stops short of the office and walk the rest of the way.
- If possible, organize a walker's group, or even just a companion to walk with during your lunch hour. You'll enjoy the fresh air, and come back for the afternoon's work, invigorated and more relaxed.
- Chores at home offer the opportunity for such things as using an exercise bicycle while waiting for the laundry to finish drying. Cooking and arm curls with weights are also possible, and doesn't take away the focus on either activity.
- Get down on the floor with a baby on their blanket and do yoga or other exercises. You'll work out the kinks, and they'll enjoy the company!
- If you're into the gym (and it can be fun and motivating as the results come), find a gym with a good child-minding service.
- Get out with the stroller for walks every day...or even a run.
- Play and dance with your kids. If you're kids are older this may embarrass them, but find other ways to get active with your kids through sports or other physical activities.

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Here's some more tips shared by moms just like you:

If you ever need more advice from moms, just drop by the message board <http://www.MomsTalkForum.com> and meet a great bunch of ladies. These are some tips that message board members shared:

- *“Let the kids exercise with you to a video! Mine get pooped,”* says Jenni Hunt from Tualatin, Oregon. She has three kids ranging in age from 1 to 6.
- *“Lift small weights while at your desk or reading a book,”* suggests Arika Liddiard of Shacklefords, Virginia.
- Homeschooling mom Kari St. Louis from California says, *“Since I homeschool I am able to incorporate the kids P.E into my workout schedule such as going jogging in the afternoon before it gets too hot & include them into my daily routine of ab crunches.”*
- *“My mom bought my dad a little contraption for under his desk, that allows him to ‘pedal away’ while working,”* said Ellen C. Braun, mom of 3 boys.
- Carrie Lauth, busy mom of 4, is full of tips and here they are:
 - *Take the stairs. Always.*
 - *Park far away from the store*
 - *Walk from one store to the other in the shopping complexes*
 - *Run around and kick a ball with the kids at the playground instead of just sitting and watching*
 - *Wear your baby around while you do housework/gardening etc*
 - *For fun, go biking, swimming, hiking etc with the family instead of sedentary activities all the time*

Whatever you can do to get more physical fitness into your life, do it. Personally, I like to stay active with the family, but I also really enjoy getting out to the gym at least 3 times per week. If you've thought you might want to get to the gym, but just don't see it as being possible here are some tips to help you:

Choose a Mom-Friendly Gym

Search around and find a facility that meets all your needs it from location, to cost, to programs.

If you haven't decided exactly what you want out of your time at a gym, you might want to visit one with a personal trainer that can help you achieve your goals, whether that is

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stress reduction, weight loss, body toning, etc. They can suggest programs that will help you get there at a pace that is comfortable for you.

If that's out of the budget, you can always talk to the staff at the gym that will usually walk you through the gym, show you the equipment and make suggestions on your exercise program.

Here are some things to consider when choosing a gym:

- Do you want to stop in on the way home from work?
- Are you going to be fitting sessions in while the kids are off to their own evening activities? Then you may want to search for a gym that is located in the same area as your job or the kids' major activities to make transportation easier for everyone.
- Or will you be mainly attending when your kids are at school? If you drive them to school, you might want a gym that is on that commute.
- If you have young children and need childcare, ensure they have childcare available. Some gyms charge an extra fee for childcare and although it seems rare, some do include it in your membership price. Be sure to check out the facilities and ensure the available hours fit your schedule. Before you sign a contract, you should be able to go through a workout and use the gym facilities. Tell them that you'd like your kids to experience the childcare area as well before making a commitment to their program.
- Do you like to workout on your own? If so, ensure they have the equipment you like to use.
- Do you like group classes like aerobics, step classes, spinning or cardio kickboxing? Be sure they have the classes you like and that they are at convenient times for you.
- Do you plan on taking a shower and getting ready at the gym? Some moms with small children love this feature because they can get ready in complete peace while their kids enjoy playing in the childcare area. Look for showers with privacy that suit your comfort level, hair dryers and other extras you might like to have available.

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Eyebrow Wax Guide

As I mentioned earlier, an eyebrow wax is a great way to add more definition to your eye area and clean up some of the “mess” you may have growing around there. If you don’t wear eye makeup often, this isn’t a substitute, but it does create a more polished look.

I’m a wimp and always let the professionals handle it. An eyebrow wax, plus a go over the upper lip, costs me roughly \$25 a pop...but there are many places that charge less.

If you want to do it yourself, here’s...

How to Wax Your Own Eyebrows

Waxing for some women, is preferable to plucking for various reasons. Waxing lets you get rid of more hairs at once and tends to last longer than plucking. What you have to remember, is that both procedures are going to hurt a little, and that the hair will grow back at approximately the same rate, in anywhere from 6-10weeks.

Most people estimate it at 8 weeks or so, but I sometimes have hairs coming in at full force, by 4 weeks. Once you start waxing, you’ll see how often you’ll need maintenance, but it doesn’t take long to do yourself or get someone else to do it.

When it starts growing in, you will need to decide whether to pluck as soon as hair reappears, or wait until it is long enough to be removable with wax. If you have particularly thick eyebrow hairs, the re-growth process can be painfully obvious, but if you get your wax done professionally, I find they are able to do touch ups on fairly short hairs.

- An astringent to clean and de-sensitive the area first, is a good idea.
- Waxes are available commercially, that can be heated inside a pot of water to soften it.
- It should then be applied to the areas that you want hair removed from, in the direction the hair grows. But do not let it dry! After using an application spatula or brush to control the extent of the waxing, immediately lay a small strip of material (muslin is preferred) on top of the waxed area. Pull the skin taut with one hand, and use the other to lift the end of the strip, and remove it quickly in the opposite direction to which the hair grows.
- After you are done, avoid make-up, creams, or sun exposure until the skin is less irritated.

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As far as shaping your eyebrows go, I'll cover some of the considerations in the next section...

What to Ask For When You Get Your Eyebrows Professionally Waxed

If you're a little hesitant to do the job yourself, and are going for a professional wax job, there are a few things you can do, to make sure you get the results you want.

The first is to decide exactly what it is that is wrong with your eyebrows. Are they too deep from top to bottom? Is there no arch? Do you have a "single" brow that almost grows together over your nose? Are your eyes close together?

The answers to any and all of these questions, will help determine how the problem is rectified. If basic shape is the problem, you can experiment at home, to see what changes you really want to make. Stand a few feet back from your mirror, and consider your overall face shape, and eyebrows.

Move up to the mirror and take an eyebrow pencil to mark where you would like to see your eyebrow start, end, or arch. One of the common rules, is to make sure that both ends of the brow are on the same level. Dragging the outer end down, or shortening the inner end, can result in an exaggerated expression.

Draw your ideal eyebrow with the pencil. Don't like the shape? Wash it off and try again. Once you've decided where you want the eyebrow to go, then you can take a look at whether you will need other attention, such as minor trimming of the hairs that remain after the waxing. Then you're off to the salon with your newfound information.

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Lip Gloss Guide

As you know by now, I hate to fuss with makeup. I wear make up only a couple times per week – if that – and even then it's minimal. One thing I do apply almost every day is lip gloss. It's much easier to work with than lipstick (I don't think I've ever learned to apply it properly!) and luckily, lip gloss is very "in" right now.

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How to Choose the Right Lip Gloss

For me, lip gloss is a nice alternative to the heavier, denser color of an actual lipstick. It's easy to apply on the go and it's much forgiving of mistakes than lip gloss.

When choosing a lip gloss, you have to keep in mind that the color in the tube is often much darker than it will appear on your lips, since most lip glosses are translucent what the color will look like also depends on the natural color of your lips.

The key to getting what you want out of lip gloss use is experimentation. Try a few different brands and colors to see what you like.

As far as texture goes, you might want to try a few different kinds to see what you like best. Some gloss is quite sticky and thick, but those are the kinds that seem to last the longest. The thinner, less sticky versions may be more comfortable, but they will likely require frequent reapplication.

Try a little sparkle...have a little fun. Lip gloss only takes seconds to apply and adds color to your face.

My favorite lip glosses include [Yves Saint Laurent's Smoothing Lip Gloss](#) and [Lancome's Juicy Tubes](#). YSL provides an amazing gloss and plumpness and looks the best when applied. But Juicy Tubes rival that gloss and plumpness – plus Juicy Tubes seem to last much longer on the lips. And don't forget the sweet taste of the Juicy Tubes. YUM!

If you're on a budget, there are plenty of good lip glosses to try. I've tried many and my favorites are definitely the ones I mentioned, but from the more affordable selection, I can recommend [Rimmel's Vinyl Lip Gloss](#).

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How to Apply Lip Gloss

To keep your lips moisturized, you might want to apply a layer of lip balm before using gloss. This also allows for smoother application, but keep it light with the lip balm or you'll have to reapply your color frequently.

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For quick touch ups, and just a hint of light, apply your gloss with a fingertip in the center of your lips, then press together and move back and forth. This gives you a thin layer that brightens your lipstick or lips, without the glare of untouched gloss.

Sexy Underwear Guide

Now, I'm definitely NOT talking about thin strips of fabric that go up your rear end...well, unless of course, you're into that type of thing...but I always recommend flattering and comfortable underwear that gives you that extra boost of confidence a Hot Mama needs.

How to Choose Lingerie That is Flattering

Give your self-esteem a boost by choosing lingerie that is flattering to your body type and skin, and that you really like.

One item that many women find handy, is the chemise. These range from strictly at home wear, to those that make attractive tops for wearing with the jacket of a summer or Spring suit. The thin straps and cut just above the breasts, will show off a nice collar bone, and well-shaped shoulders, while dropping loosely below the breasts to balance the body shape that is small on top and widens at the hips. It can also be flattering to the woman who has a little extra padding on the upper body, when paired with a narrow, dark skirt or lacks. A matching bustier is attractive and just that little bit naughty.

Teddies, which are like a chemise and panty combined, are the choice of women if you want to emphasize your waist, and provide a smooth look under your clothing. I find this often end up going up my rear end, so would rather have two pieces. If you prefer separating the underwear lingerie, into matching bras, and panties you can enhance or reduce the shape of their hip with the cut.

When it comes to evening lingerie, babydolls are most suited to those that have nice legs, no matter how long. They're equally attractive for the short or tall woman. Those with fuller figures may prefer the long, elegant lines of a peignoir and gown set that will cling in the right places and drift loosely to show off your figure as you move.

How to Choose the Right-Sized Bra

Choosing the right sized bra is more than a fashion concern. A bra that is too tight or small can give you back aches, and one that is too loose can be very irritating as it slips and shifts with movement that could be potentially embarrassing.

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When deciding what sizes to try on, you should take two measurements. One is under the bust, and the other is over. First, measure around your rib cage, just below the bust. As a rule of thumb, add either four or five inches to make an even number. This is your "band" size. Next, measure around your chest at the fullest point of your bust. Stand up straight, but do not push your chest out. The difference between this measurement and your under bust measurement, gives you an idea of the cup size. If the difference is one inch greater, it is an A cup, and so on, according to how much bigger the bust measurement is. Now you can try on bras in that size and cup.

When putting on the bra, use the middle set of hooks. If it cuts in to your body, use the outer set, before trying a larger band measurement. Lean forward so that the weight of your breasts is fully in the cups. If there is too much overflow in a full-fit bra, the cup is too small. If it wrinkles and is loose, the cup is too big.

Standing straight, raise and lower your arms. If the bra rides up over your breasts, try adjusting the shoulder straps to a longer length. If it is still loose, try a smaller band width.

Remember that material can affect the fit as well, with full support bras often having stiffer material and underwire supports, and sports bras having more "give" for physical activity.

 **Hot Mama Shopping Guide Alert:** [Check out](#) the shopping guide at the end of this guide for places to buy products

Other Sexy Tips from Moms Like You:

From Carrie Lauth, homeschooling mom of 4:

“Pedicures: I feel sexy all over when my feet are soft and cute

Spicy food: Indian gets me in the mood. Every time. It's the spices I think. They get the endorphins flowin'

New undies: A pretty new bra or undies. Just because I'm a mom doesn't mean I have to wear skanky bras.”

Melissa Baughman of Westland, Michigan says,

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“I totally agree and practice all of Alice's Tips~

Another that ALWAYS makes me feel sexy is a fabulous lotion and perfume. Right now I'm hooked on Philosophy's "Amazing Grace". Lotion up right after your shower and alllll day you have those moments where you catch a whiff and its just so decadent you cant help but feel sexy.

Also when I really want to boost my spirits I'll light candles and turn off all the lights... relax on the couch on watch the flames dance!

Sense of smell is a wonderful pick me up!”

Tishia Lee, single mom of a 7-year old boy says,

I love using a perfumed shower gel, then the body lotion & then the body spray - my favorite is called Pure Seduction from Victoria's Secret (my sister got it for me for Christmas).

Also this one is kind of silly but I really struggle with the whole body image thing and because I'm 'LARGER' all around I generally wear clothes that are baggy on me or men's tee shirts. So I've began noticing that when I wear something that is a bit more 'fitting' to me, I'm really starting to feel like a woman and becoming more in tune with the fact that a larger woman can also feel 'sexy' if she wants to....LOL!

So That's It: Get to It!

Well, that's all there is to the *Hot Mama Makeover™*. If all the 6 steps are brand-new to you, just start with one or two-at-a time.

Here are the 6 steps again:

1. Get your hair done
2. Get a manicure and/or pedicure
3. Get some exercise
4. Get an eyebrow wax
5. Put on some lip gloss
6. Buy some sexy underwear

Remember, these aren't things that will consume your daily life. If you only have a few minutes to get ready in the morning, slap on some lip gloss and you're ready to go. Schedule home manicures and pedicures for when the kids are in bed. It's a nice relaxing

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ritual before you go to bed yourself. Have someone else watch the kids while you get your hair done or go shopping for some nice underwear...you deserve a break!

Everything you do to take care of yourself and to make you feel more attractive has huge rewards for you and your family. Here's to a happy and confident Hot Mama!

Hot Mama Shopping Guide

Browse this section for clickable links to various products and service to make your Hot Mama Makeover a snap!

Hair Products

Hair Color at Amazon - Temporary Colors, Permanent Dyes, Herbal Tints and Highlights by L'Oreal, Revlon and Miss Clairol.

<http://www.hotmamamakeover.com/hair-color.html>

Scissors and Shears at Amazon - Rubis, Vogue, Tweezerman, Miller and several other name brand scissors and shears. <http://www.hotmamamakeover.com/shears.html>

Hair Products.com - Shampoos, Conditioners, Brushes, Shears, Finishing Sprays, Hair Color. Name brand products from Chi, GiGi, BaByliss, Redkin, Caruso, Oster, Wahl, and many more. <http://www.hotmamamakeover.com/hair-products.html>

John Frieda's Brilliant Brunette – Also look for conditioner, glosser, mousse, finishing cream and more. <http://www.hotmamamakeover.com/brilliant-brunette.html>

John Frieda's Sheer Blonde – Also look for conditioner, glosser, mousse, finishing cream and more. <http://www.hotmamamakeover.com/sheer-blonde.html>

John Frieda's Radiant Red - Also look for conditioner, glosser, mousse, finishing cream and more. <http://www.hotmamamakeover.com/radiant-red.html>

Lip Care

Beauty Bridge - theBalm, Babor, Youngblood brand tinted lip gloss.

<http://www.hotmamamakeover.com/beauty-bridge.html>

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Buy Cosmetics.com - Clinique, Max Factor, Estee Lauder and Calvin Klein are just a few of the name brand lip products you can find here.

<http://www.hotmamamakeover.com/buy-cosmetics.html>

Cosmetic Mall.com – Lip plumper, gloss, liners and shapers by Estee Lauder, Guerlain, Remy and others. <http://www.hotmamamakeover.com/cosmetic-mall.html>

Lancome Juicy Tubes – Ultra shiny lip gloss. <http://www.hotmamamakeover.com/juicy-tube.html>

Yves St. Laurent – Smoothing lip gloss. <http://www.hotmamamakeover.com/smoothing-gloss.html>

Rimmel Vinyl Lip Gloss – High gloss, long lasting shine.

<http://www.hotmamamakeover.com/vinyl-gloss.html>

Manicures & Pedicures

Mother Nature.com - Manicure and pedicure sets by Earth Therapeutics.

<http://www.hotmamamakeover.com/mother-nature.html>

Skin Store.com - Nail conditioning and repair products by Babor, Barielle, Trind, Summers Lab. <http://www.hotmamamakeover.com/skin-store.html>

Pedicure Kits at Amazon - Pedicure kits, lotions, oils, birchwood sticks by Bliss, Essie, Barielle and Tweezerman. <http://www.hotmamamakeover.com/pedicure-kits.html>

Manicure kits at Amazon - Manicure kits, sea salts, cuticle lotions and nail repair product by Estee Lauder, Seacrest and Barielle.

<http://www.hotmamamakeover.com/manicure-kits.html>

HomeMedics Foot Spa - BubbleBliss bubble spa foot bath.

<http://www.hotmamamakeover.com/foot-spa.html>

Therabath Hand Treatments – Hot paraffin wax treatment for smooth hands.

<http://www.hotmamamakeover.com/hand-treatment.html>

Lingerie

Always for Me - Baby Dolls, Cami's, Gowns, Chemises and other lingerie for plus size women. <http://www.hotmamamakeover.com/always-for-me.html>

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Maidenform - Bras, Underwear, Camisoles and Shape-wear at great prices.
<http://www.hotmamamakeover.com/maidenform.html>

Bigger Bras - Body shapers and Lingerie by Vanity Fair, Tatiana and Bali.
<http://www.hotmamamakeover.com/bigger-bras.html>

Henry and June - Elegant Moments, Magic Silk, Risque, Sassy Wear and many other brands of lingerie. <http://www.hotmamamakeover.com/henry-june.html>

Eyebrow Waxing

Eyebrow Wax at Amazon - Shapers, wax, tweezers, strips lotions by Sally Hanson, GiGi and Lorac. <http://www.hotmamamakeover.com/eyebrow-wax.html>

Facial Crèmes at Amazon - Nivea Visage, Burt's Bee, T. LeClerc brand moisturizing, revitalizing and wrinkle control cremes specifically for the face.
<http://www.hotmamamakeover.com/facial-creme.html>

Eyebrow Kits at Amazon - Eyebrow kits for arching, stenciling and touch ups.
<http://www.hotmamamakeover.com/eyebrow-kits.html>

Cosmetic Mall.com - HairOff instant cold wax strips, Sally Hansen warm wax applications. <http://www.hotmamamakeover.com/cosmetic-mall.html>

Exercise

Jogging Strollers at Amazon - Single wheel jogging strollers by Nordic Track, InStep, Keltly and others. <http://www.hotmamamakeover.com/strollers.html>

Walking Shoes at Amazon - Reebok, New Balance, Avia and Rockport walking shoes.
<http://www.hotmamamakeover.com/walking-shoes.html>

Wal-Mart - Home gyms, workout videos, calorie counters, heart rate monitors, bands, balls and other workout equipment. <http://www.hotmamamakeover.com/walmart.html>

Work Out Items at Amazon - A variety of videos, music, mats, bands, balls, and other equipment for all types of workouts from yoga to weight lifting... for under \$25.
<http://www.hotmamamakeover.com/under-25.html>

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