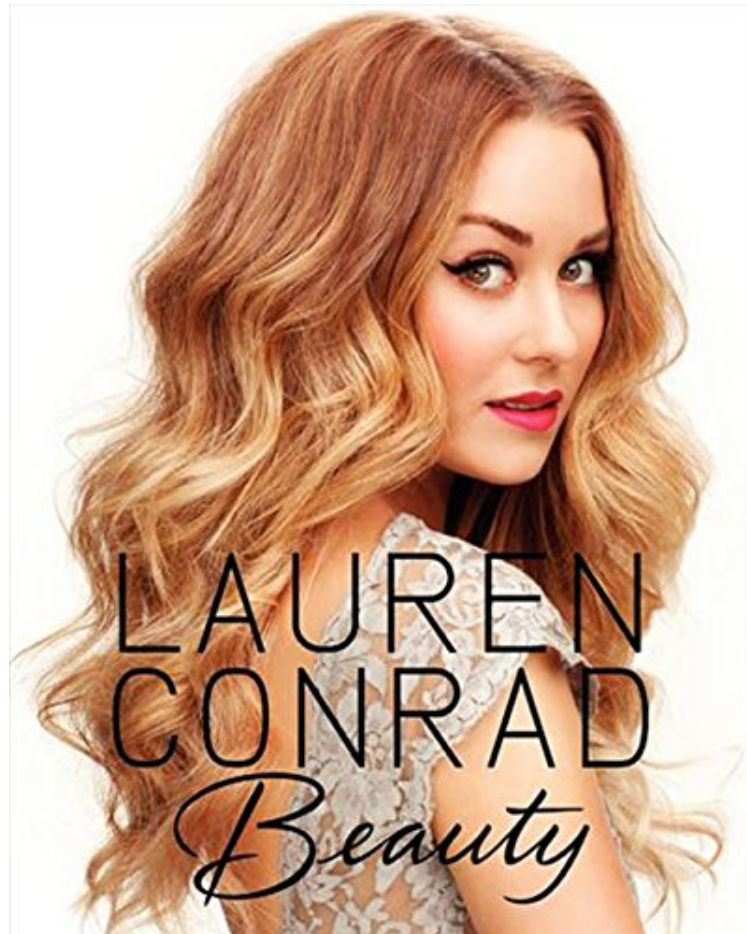


Lauren Conrad Beauty

Lauren Conrad, Elise Loehnen
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Lauren Conrad, Elise Loehnen : Lauren Conrad Beauty before purchasing it in order to gage whether or not it would be worth my time, and all praised Lauren Conrad Beauty:

3 of 3 people found the following review helpful. Great Book with Lots of Step-by-Step Hair and Makeup Guides! By Kristin B. Ever since I learned who Lauren Conrad is, I've been a fan of her beautiful, blonde beach waves and stylish makeup. Even though I'm in my mid-30s and could've learned some of the beauty tips discussed in Lauren Conrad Beauty, I never really did because I just did my hair and makeup the way I thought I should without giving it too much thought. Along with that, I always loved the idea of achieving a similar hairstyle to one I saw her sport on The Hills but never quite knew how to make it look right so I gave up. Finally, I decided to break down and purchase this book because I am becoming more interested in learning how to do my hair and makeup so I feel great about how I look. Plus it's fun to experiment with different styles! Beauty is divided into two parts: Prep and Play. Prep contains five chapters on topics such as skin and hair care, stress, and fitness. While I knew some of the information discussed within these pages, I also learned quite a few new tips on ways to make myself look and feel healthier. For instance,

we all know stress is not good for us but I never knew just how much of an effect it can have on your face and hair (I suppose I need to work on lowering my stress levels which is not an easy feat while raising three-year-old twins!). Prep gives tips on finding the right hairstyle for your face shape, healthy ways to give yourself time to relax and de-stress, and getting exercise. Now for the fun part...Play! This section offers a lot of information on applying a number of types of makeup (foundation, bronzer, eyeliner, mascara, etc.), applying makeup for everyday as well as for party time, achieving your everyday hair style along with styling your hair when going out, and fun ways to give yourself a manicure. There are step-by-step guides on getting Lauren's everyday waves as well as all kinds of stylish braids, including my favorite, the "Goddess Braid" which Lauren wears a number of times on The Hills. Personally, I love the step-by-step guides on how to do these hairstyles myself because it's a lot of fun to see what I can do and having it laid out like this is much easier than trying to style it from memory. I am very happy I finally decided to purchase this book because there are so many tips I have yet to try and I am actually excited to see what kind of look I can achieve using this book! It seems as though the book is probably geared towards the teens/early-20s age group but I think women in other age groups would find the information in this book useful as well. I plan to use it for myself and save it for when my daughter gets older so she can learn about hair and makeup too. I purchased the hardcover edition which would make a great coffee table book. There are also a lot of pictures of the hairstyles and makeup application tips so it's perfect for anyone to see the finished product. I enjoyed reading the anecdotes because it makes Lauren seem more real and easy to relate to her audience. I like that she doesn't name many (though there are some) specific brands of products since everyone has a different budget. Rather, she gives advice on the types of curling irons, makeup brushes, and shampoos so that we can go out and purchase something within our individual budgets. Overall, I feel this book is a great purchase if you, or someone you know, is a fan of Lauren Conrad and wants to learn more about her beauty tips. Please note, she also has a book called Lauren Conrad Style, which I have, but feel Beauty goes much more in-depth with hairstyles and makeup tips than Style does, which focuses more on clothing styles even though it gives some information about makeup. I definitely recommend this book to anyone who wants to learn tips from Lauren Conrad or is looking for new ways to change up your style!

1 of 1 people found the following review helpful. Easy, Simple Tips
By heartshapedarts
This book was perfect for me. The hair and makeup tips are simple and easy. This was just what I was looking for. I never knew much about hair or make up and was looking for some simple examples of ways to spruce up my look a little. The beginning of the book is about feeling confident and beautiful with some fitness advice. There's also a cute section with manicure ideas. If you already know a lot about styling hair or makeup, you probably won't get much out of this book, but it was perfect for me. However, if you already own her Style book, many of the tips are already in there so you probably don't need this. I'm giving this five stars because it was exactly what I needed.

1 of 1 people found the following review helpful. it is well organized and easy to understand
By stefani
While this book does include everything it advertises: makeup looks, hair dos, nail art, and explanation of what certain tools are for, the techniques taught are the very basic of them. This book is for the very beginners who are getting in makeup and hair. Everything on the book is something that you can find a video for in youtube, without having to read the book. However, it is well organized and easy to understand, so if you are a beginner it is a good choice for you. I recommend this book for beauty beginners and for those who are fans of Lauren Conrad and want to get her signature look.

From lifestyle and fashion icon Lauren Conrad#1 New York Times bestselling author of Lauren Conrad Celebrate and Lauren Conrad Style comes a must-read guide how to feel and look your best. Filled with everything from tips on finding the right skin care regime to how to perfect Lauren's signature winged liner, Lauren Conrad Beauty is the book for all of Lauren's many fans and for any girl or woman looking for pointers from one of Hollywood's most relatable yet glamorous stars. And with dozens of photographs of Lauren and other models, it has never been easier to re-create her look at home. Whether she's in front of the camera or behind the scenes, style icon Lauren Conrad has spent years learning from the pros and perfecting her look, and now she's sharing all her beauty secrets. In her first guide dedicated exclusively to beauty, Lauren covers everything you need to know to maximize your own beauty potential. From tips for creating a strong foundation and maintaining healthy skin and hair through diet, exercise, and all-around wellness to everyday makeup techniques and tricks of the trade for special-occasion looks, Lauren Conrad Beauty provides the advice you've been waiting for. Lauren's personal anecdotes and illustrated step-by-step lessons for makeup, hair, and nails will have you looking great day or night.

From the Back Cover Whether she's in front of the camera or behind the scenes, style icon Lauren Conrad has spent years learning from the pros and perfecting her look, and now she's sharing all her beauty secrets. In her first guide dedicated exclusively to beauty, Lauren covers everything you need to know to maximize your own beauty potential. From tips for creating a strong foundation and maintaining healthy skin and hair through diet, exercise, and all-around wellness to everyday makeup techniques and tricks of the trade for special-occasion looks, Lauren Conrad Beauty provides the advice you've been waiting for. Lauren's personal anecdotes and illustrated step-by-step lessons for makeup, hair, and nails will have you looking great for day or night.

About the Author Lauren Conrad is an

accomplished designer and entrepreneur, a #1 New York Times bestselling author, and was the star of MTV's hits Laguna Beach and The Hills. She has been featured on the covers of People StyleWatch, Elle, Glamour, Redbook, Lucky, Cosmopolitan, Allure, Rolling Stone, Us Weekly, and Entertainment Weekly, among many other publications. She lives in Los Angeles, California.