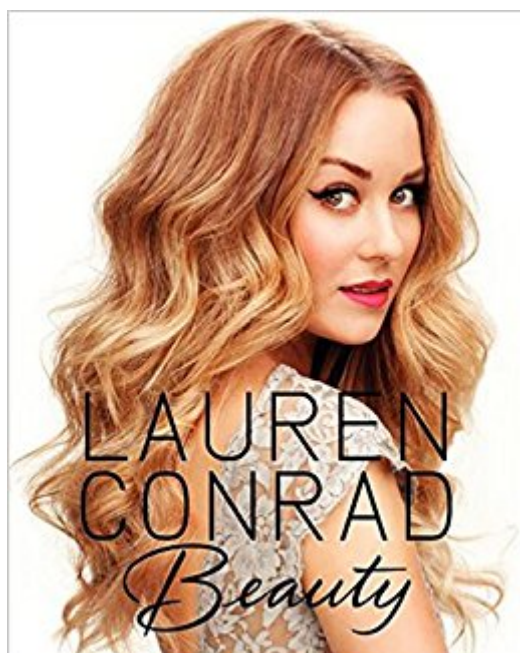


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Lauren Conrad Beauty



Synopsis

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.

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Customer Reviews

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.

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.

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!

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.

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.

I am very pleased with this book. Lauren is very helpful, this has great tips for different type of skin/ hair, etc. and how to's. You pick what your needs are. I'm not a professional in beauty but I'm fascinated by the art of it. Good information and fun book. I got the hard cover as I'll keep forever in my personal library.

This is a great beauty how to book. As a fan of Lauren's and an avid blog reader, I was happy to finally get this book. She really seems to go over all the basis of beauty, and what can be defined as making you feel better about yourself. Eating properly and taking care of your skin. But what really makes it interesting is how she tips out how to apply makeup. Covering those pesky spots. How to take care of your hair and nails. She is also willing to show off some mistakes she had made at an early age with beauty. If you're looking for a book to help you get better with all of those things, this is the one for you.

I love Lauren, and she's one of my inspirations when it comes to fashion and beauty. This book is awesome as a coffee table book!

I ordered this book for a quick read and to see someone else's perspective of hair and makeup. It was a quick and easy read. This book is better for someone who really doesn't know much about hair and makeup and wants to learn the basics. It's a pretty book that I display in my room as well.

This is a great book if you know absolutely nothing about makeup. I would recommend this book to anybody who is just learning how to do makeup

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