

Author's Note

Many a girl wants to end up like Julia Roberts in *Pretty Woman*. Many a girl wants the elfin, unforgettable charm of Audrey Hepburn in *My Fair Lady*. Many a girl wants to win Miss World, wear a glittering tiara and wave to cheering crowds. But what many a girl needs to know is that she must exfoliate and tweeze and condition and exercise and try on a couple more skirts to get there.

Winning the Miss World title gave me direct access to an incredible wealth of information and an in-depth knowledge on all facets of grooming, including hair, make-up, skin, body shapes and how best to dress them. For over 12 years I've used this knowledge to help prepare and groom contestants of various nationalities for beauty pageants like Miss World and Miss Europe. I also lecture extensively in the art of grooming. While researching for my grooming lectures, I was appalled by the tremendous amount of misinformation and confusing directions being handed out to women everywhere.

Having gone through the long and arduous metamorphosis myself, I was well equipped with the correct knowledge on all nuances of grooming. *A Beautiful Truth - The Art of Grooming for Women* is a result of all that experience and my detailed research that I've decided to share with women across the world.

A Beautiful Truth speaks to women practically, truthfully and purposefully. It puts an end to the confusion created by the daily barrage of fatuous trends and the latest 'it' thing. It's a clear and definitive guide that educates you about body shapes and sizes, colours and shades, make-up, fitness, diet, hair care, skincare and much more. It will help you create a look that enhances your personality and will give you that added confidence that comes from great grooming.

Most importantly, this book will help you understand what you need versus what you've been told to want.