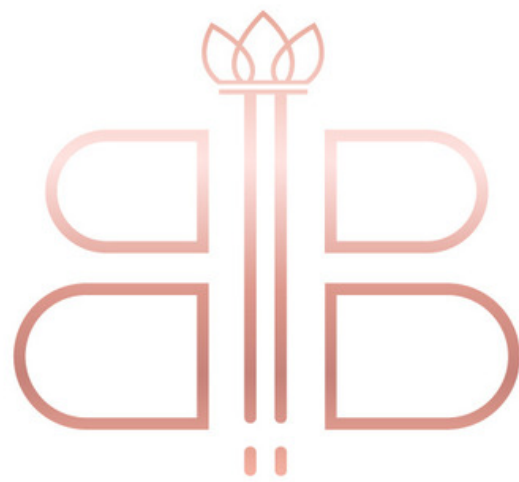


# AMAZING BEAUTY SECRETS FOR BUSY MOMS



BESLA BEAUTY  
BLOWOUTS NAILS MAKEUP



# Table of Contents

- 1 Love Your Natural Hair Texture
- 2 The Busy Mom Routine
- 3 Follow Along
- 4 Bring On The Braid!
- 5 Master The TopKnot
- 6 Le Amour Twist
- 7 Rock The Bandana
- 8 Your Beauty Time
- 9 Invest In Time-Saving Services
- 10 BONUS! Beauty Shortcuts





# Love Your Natural Hair Texture

*"You yourself, as much as anybody in the entire universe deserve your love and affection" -  
Buddha*

Learn to love your hair! Don't rely on magazines, advertisements and social media to tell you how to feel. Trust your heart and know that you are beautiful. As we all know the true secret to beauty starts from within. If you master this secret you'll never feel like you're having a bad hair day!





# The Busy Mom Routine

You're a busy women and you don't have time to waste in the morning. Spend less time washing your hair and more time doing the things you love with this simple to follow hair routine. Follow along with our YouTube videos for best results!

## Day

- 1 Shampoo and condition your hair with lukewarm water. If you're blonde, use a violet shampoo to tone brass. We recommend Unite's BLONDA Toning Shampoo. Blowdry after wash.
- 2 Brush hair from scalp to ends and refresh using dry shampoo. Add a little bit of oil to the ends if you need it.
- 3 Change up your style and add a curl!
- 4 Bring on the braid, master the topknot, or fall in love with the le amour twist.
- 5 Rock the bandana! Get creative with hair accessories and love your mom bun.





# Follow Along

Click the pink play buttons below to watch the first three days of our Busy Mom Routine. These simply to follow YouTube Videos will walk you through the first three days. Follow along with our individual hairstyles on the pages below for days four and five.



Day 1



Day 2



Day 3

## #1 Time Saving Tip

A great way to save time while still feeling fresh and clean is to spritz your hair with dry shampoo. We recommend Unite's 7 Seconds Refresher Shampoo which absorbs excess oil without causing build-up. If you've just finished a sweaty work out but your hair is clean, take the blowdryer and blast your roots to dry up the sweat. Then spray dry shampoo into the roots to absorb excess oil.





# Bring On The Braid!



This quick and easy style can be done in less than 5 minutes. All you need is two rubber bands and a brush!

- 1 Part your hair to your preferred side. The braid is going to go on the side which has more hair.
- 2 Take a little bit of hair from your chosen side and part into three evenly distributed sections.
- 3 Begin braiding your hair until it has just passed the length of your ear. Then take the rubber band and wrap around your hair.
- 4 Finally brush the top of your hair to smoothen out any loose hairs.





# Master The TopKnot!



Get the WOW factor with this big bang of style in little to no time!

- 1 Let's begin by creating texture! Lift your hair and apply some dry shampoo or hairspray. Get your fingers stuck in and fluff up your hair!
- 2 Comb your hair back with your fingers. Don't brush, otherwise you'll remove the texture and your hair will be too tame.
- 3 Pull your hair back into a ponytail. Grab your ponytail and loop around, twisting twice half way down your hair.
- 4 Bring your hair around itself and hold the bun with one hand. With the other hand bring the rest of your hair up on top.
- 5 Take some bobby pins and adjust for preference.





# Le Amour Twist!

Fall in love with this super easy French twist. Assemble in less than 5 minutes or apply loosely the night before for wavy morning locks.

- 1 Brush all your hair to one side. If you want the finished look to twist from right to left, brush from the right, and vice versa.
- 2 Use pins to hold your hair in place and spray lightly with hairspray for maximum hold.
- 3 Lightly grasp your hair and twist in the opposite direction that you swept in. Then tuck the ends into the tunnel created by the twist.
- 4 Insert pins to hold the hair in place. Feed the tip of the pin into the hair curling through the twist and pin the hair along your scalp. Place the pins so they are hidden beneath the twist.
- 5 Smooth out your hair using brush and comb to style.





# Rock The Bandana!



Introducing the Mom Bun! This perfect look is great for when you are few days past your last hair wash.

- 1 Start with a square scarf and fold diagonally in half to form a point. Then fold down the point to look neat.
- 2 Wrap the scarf around your head and wrap once. Then tie once more into a knot.
- 3 Spread the knot out for preference and then tuck in the loose ends.





# Your Beauty Time

Indulge yourself! Sunday night is a great time to set a beauty ritual that gets you ready for the coming week. It is important to treat yourself for all the hard work you've put in over the week. Don't limit your beauty time to the odd morning, set aside some "me" time and you'll notice a positive difference.





# Invest In Time-Saving Services

If you love the information in this E-Book but still don't have time to apply it, or if you are looking for that professional touch, invest in time-saving services. Our amazing stylists at Besla Beauty would love to see you! Besla Beauty is a premium blowdry bar that also specializes in makeup, nails, and waxing. Our professionally trained stylists will take the stress out of your life, having you look and feel amazing each and every time!



**Blowouts**

Starting from \$45



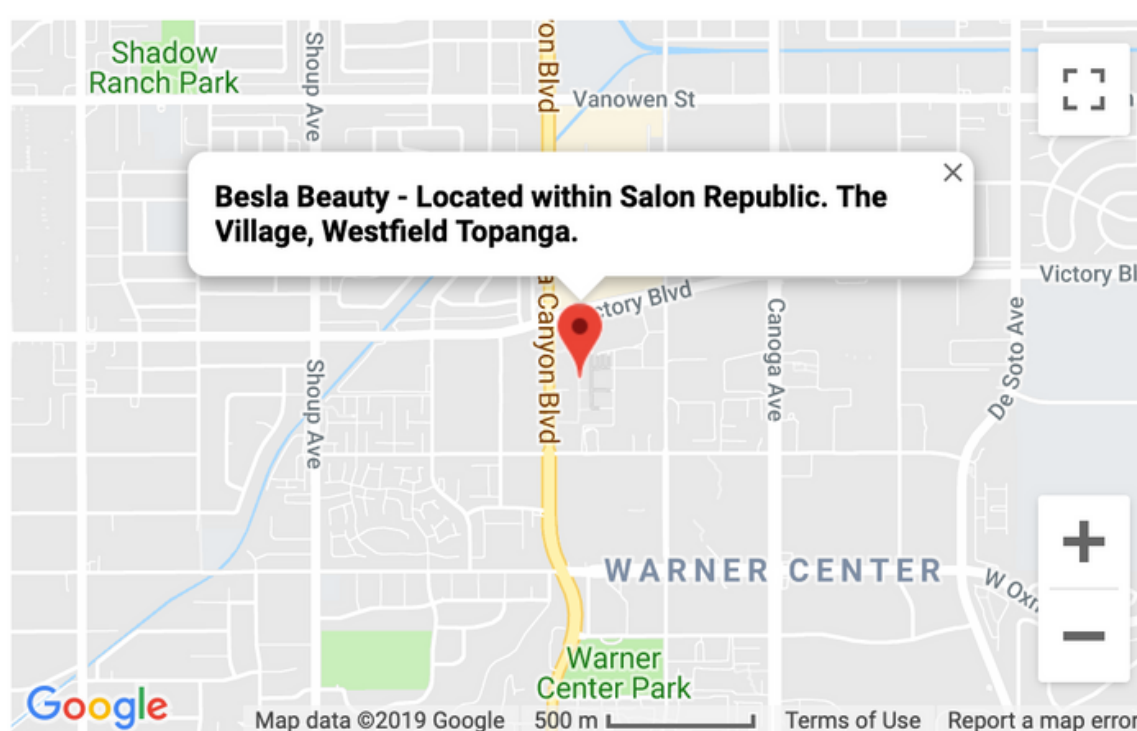
**Nails**

Starting from \$40



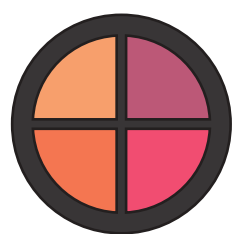
**Makeup**

Starting from \$45

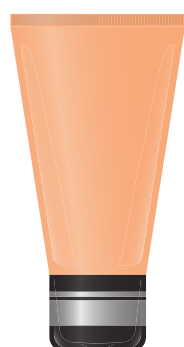




# BONUS! Beauty Shortcuts



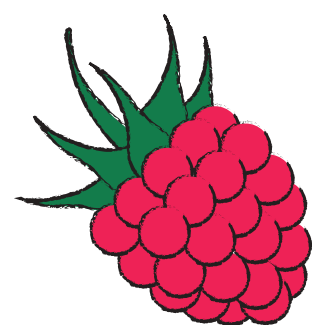
Cover grays instantly using eye shadow. Take a shade closest to your hair color and gently dab the hairs around the shaft using an eye shadow brush.



Only have a few drops of foundation left? Stretch it out by mixing concealer and moisturizer together.



Use a frozen spoon to fix puffy eyes. Place the spoon on your eyes for a few minutes and rest for a few minutes. The cold surface will help de-puff.



Did your toddler ruin your favorite lipstick? Not to worry, you can make a great lip color with fruit. Crush some raspberries and use the liquid stain for both lips and cheeks.

