



# JUST FOR ME!

## THE BEAUTIFUL WOMAN INSIDE & OUT MAKEOVER!



**Overview:** Do you know a special woman who needs a makeover? A woman who needs a BOOST? A beautiful woman who needs a little more confidence? A woman who needs just a bit of refreshing? A woman who's hit a rough spot and deserves to be pampered above and beyond the usual? Do you have a relative or friend who's looking tired, hasn't changed her look in years and needs to SPICE it up? A young lady who needs to be reminded of how beautiful she is and given a just little "pop"? The *"Just for Me" makeover* is JUST for special women who may or may not take time for themselves. Nominate a woman or teen (*self-nominations are welcomed*) for our comprehensive makeover.

### The Winners will receive:

1. An exclusive appointment with a renowned haircare expert and stylist which includes an updated or new "do" along with instructions on how to best care for your hair.
2. A consultation with an expert fashion stylist who will provide advice on how to look your best in all settings. Winners will receive a gift of a professionally selected outfit and styling for the conference "reveal."
3. A consultation with and makeup application and tips from a professional makeup artist.
4. A "one on one" discussion with Dr. Sharon Allison-Otley, the Host and Founder of Beautiful Woman Inside and Out.
5. A manicure and pedicure at a designated salon.
6. A photo shoot with a talented photographer.
7. Unveiling at the "Beautiful Woman Inside and Out" conference and few extra "surprises".

### Rules/Stipulations:

1. Nominees must be registrants of the *"Beautiful Woman Inside and Out"* or *"Becoming a Beautiful Woman Inside and Out"* conference. There is no geographic restriction on the nominees; they simply must be able to schedule appointments as stipulated; most services will be performed on the Friday preceding the conference.
2. Nominees may be adult women or teens. Teens (age 12-17 years old) must have parental consent and parents or an adult must accompany teens to their appointments/services.
3. Winners must be available for consultations and initial evaluations via phone and internet. The chosen females must provide information such as height/weight, clothing size, measurements, photos etc... to assist the experts and professionals in planning for their makeover.
4. Nominations must be completed on the official "Just for Me" nomination form online, emailed and/or faxed and must be received on/before midnight the deadline on the nomination form, no exceptions. Nominators may be contacted for a brief interview and follow-up questions. Winners will be notified via phone, email and/or mail within 7 days after the nomination period has ended.

Employees of Beautiful Woman Inside and Out, The COSHAR Foundation, Carlden Media, Marketing and Publishing are not eligible to nominate or be nominated. The winners must attend the conference as paid registrants and be present for the entire day. We reserve the right to alter, change the offered services due to unforeseen circumstances. Nominees may not request refund of registration fees if they are not selected as winners. All decisions are final. Submit entries to [info@beautifulwomaninsideandout.com](mailto:info@beautifulwomaninsideandout.com) or via fax to 301.576.5445. Call 240.467.5858 with questions or for additional information.