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My mission is to help 'we the busy' discover practical ways to merge health, wellness, beauty and life balance!

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Signature Talk Practical Self Care

most of us are busy taking care of everyone else in the world, sometimes we have to remind ourselves that it's OK to take a moment for ourselves!

- We get so caught up in doing what we think is expected of us from day to day that we forget to pay attention to the things that make us happy and feel pampered. Let's work on our mindset together!

- As working parents, caregivers and providers, we must still always remember that everything we are is reflected in who 'they' (our daughters and sons) are becoming! Let's learn and grow together!

- We are PRETTY! Let's have the discussion about what it is to be PRETTY... Pretty Awesome, Pretty Smart, Pretty Creative and so many other positive types of Pretty. Let's make new discoveries together!

Natarsha knows first hand is to what it takes (mentally and physically) to get prepared for any event... And yes she believes that everyday should be considered an event to prep for. After many years of service, she has put a stamp on the idea that her soul passion and purpose is to help you to find practical ways to merge health, wellness, beauty and life balance. Her motto is 'When you look better, you feel better. When you feel better, you do better.' Her goal is that during your experience with her, you develop an intentional thought process that lines up with a desire to do and be better today than you were yesterday.

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Natarsha Reid

**YOUR GO TO GIRL FOR
MOTIVATION, ENCOURAGEMENT
& ACCOUNTABILITY**

