

BEAUTY FROM THE INSIDE OUT: REDEFINING WORTH BEYOND PHYSICAL APPEARANCE

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When I first entered the beauty industry as an esthetician and make-up artist years ago, I solely focused on the outside what lotions and potions would work best and how to use bronzer to give the appearance of strong cheekbone structure. The beauty industry makes billions off women trying to make themselves into a better version by dyeing their hair and wearing make-up, all to look sexier, prettier versions of ourselves. But for whom exactly are we doing all of that?

Women, not men, are constantly being bombarded with messages that tell us that the way we are is not enough. We are not pretty enough, skinny enough, or young enough.

Women color their hair for years because our society's unspoken agreement is that if we don't and we go gray, we age ourselves, yet men can go gray and we call it distinguished.

Living in South Florida, I see beautiful women covering their bodies in shame of the natural process of aging, yet men walk around in their swimming trunks and beer bellies with pride. Why is that? I believe the way we look at beauty needs to change.

For me, there is nothing more beautiful than a woman who knows who she is and speaks her truth unapologetically.



I think we need to release the outdated belief that external beauty equals our worth. When we believe that beauty equals our value, we live for other people's approval, which leads to people-pleasing and sometimes even silencing our truth.

Growing up, I witnessed my mother trade her voice to be a good wife and keep the peace in exchange for the appearance of financial stability. Each time I watched her swallow her opinions, ideas, and thoughts, I watched her become more ill. Suppressing our emotions can lead to stress, which accelerates the aging process.

Now, years later, I have learned through life experience as a communication facilitator and certified yoga, sound, and cacao practitioner that true beauty comes from the inside out. I am not just talking about what to eat; I am talking about finding inner peace, connecting with your higher self, and learning to set healthy boundaries and speak your authentic truth. The kind of beauty that comes with the freedom of not relying on outside sources to validate our worthiness, but a knowing from the inside that we are already worthy.

I have personally struggled with this theory. Now in my mid-50s with perimenopause, I have no control over what my body and hormones are doing. That is when I started to deepen my relationship with myself through restorative yoga. It gave me the space to reconnect with myself, feel supported, and heal my nervous system. I became more grounded and relaxed. I breathe more deeply, and I speak calmly from my truth. I now see that true beauty lies in our essence, not just our physical appearance. That knowing and confidence allow our beauty to shine from the inside out—the kind that radiates from within.

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