



Make Me Over

Shelly S. Cantrell

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Receive a Spa Experience Like No Other There are many beauty products formulated to cleanse and exfoliate your skin, remove toxins from your body, help you relax, and enhance your appearance. While these products may help you to look and feel your best for a while, long-lasting makeovers begin when you allow the Master Makeover Artist to do His work in your heart. In the pages of *Make Me Over: A Spa for the Soul, Spirit, and Body*, you will learn how to enjoy a holy makeover from the inside out as you:

- Devote time to God-honoring self-care
- Relieve stress and cast away anxiety
- Explore spiritual connections to physical yearnings
- Aim for authentic wellness
- Maintain a sense of balance

God's spa is open 24 hours a day, 7 days a week, 365 days a year; and you are invited to indulge. Will you schedule an appointment and come?

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