

Gorgeous Grey MOVEMENT

Take it all off—if you dare!



From lash extensions and gel nails, to breast and buttock enhancements, the world is intentionally bold about suggesting alternatives for women to be anyone but *the authentic version* of themselves. When Nicole Scott, author and Registered Holistic Nutritionist, found herself in the midst of a bad dream in the form of a cancer scare, she felt her only choice was to answer the wake-up call.

Realizing that the combination of the hair dye, the chemicals and the fumes she'd experienced for decades were major contributors to the decline of her overall health, she chose her health over her hair. As the founder of the Gorgeous Grey Movement, Scott chronicles her own story, as well as the stories of eighteen other women, who found a sense of bravery and confidence to go grey gracefully.

In this book, you will learn:

- How to determine "what lies beneath" in your hair dyes
- How to acquire healthier, fuller hair with the glow of grey
- How to debunk societal, psychological and media myths of defining youth
- How to embrace your "sparkle" as you transition to your natural hair colour
- And more!

Nicole's no nonsense approach in Gorgeous Grey Movement can help every women identify with her journey of self-acceptance and redefining what it is to be an awakened woman.

Mitra Ray, PhD, Scientist,

Author, latest book: Do You Have the Guts to Be Beautiful?

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How to *Boldly* Own Your Sparkle