



## BE YOUR BEST YOU!

For over 30 years, Bobi Leonard has been a bold name

in Southern California as a visionary in residential and commercial interior design. In addition to her extensive career as an Interior Designer, Bobi is also a TV personality turned skincare guru, and health and longevity specialist. She dedicates her life to helping women prosper in every area of their lives, and focuses her energy and time on Skincare and Business Consulting.

### *Frequently Asked Questions... Beauty and Business—From the Inside Out.*

**Q: I only five minutes a day to take care of my skin. How do I work in a skin care regiment?** A: Beauty is only skin deep. You'd be surprised at what five minutes a day can do to center yourself. Close your bathroom door and taking five minutes to care for your skin is a meditative concept, and grants you time just for yourself. How can you not take time to make yourself feel better and more beautiful; it's just as

## *Bobi Leonard Speaks Out*

important as working out and all the other essentials in your life. A good skin regiment doesn't need to take a long time, Epidermal Growth Factor sinks into the cells very quickly. Cutting out noise allows you to be a better and healthier, beautiful YOU. To get the feel of an inexpensive, non-surgical face life, you can call our office at (310) 403-2308 for a skin consultation and prices on EGF kits and Stem Cells.

**Q: I feel like I'm not making the kind of money I could be making; what is your advice?**

**A:** The key is balancing your life. In my business consulting, the first thing I explain to people is the "Table Concept." I look at life like a table with four legs, and if one of the legs are broken or not cared for, that table falls. The four legs of life are: health and beauty, business or career, family or relationship, and spiritual life. If you don't have equal balance in all four areas, you can't begin the process of being successful in ANY business. Also, you must understand the process of pre-planning. As a Business Consultant, the first thing I do is teach women to pre-plan their time, so that their life is always balanced.

**Q: When we see celebrities on television they always look like they have perfect skin. What are their secrets?**

**A:** Because, at Arcara, we have so many celebrity clients, and I am a TV personality, we have better availability to beauty and skincare secrets. We knew about stem cells and EGF many years ago when their dramatic affects weren't really known by the rest of the population. Celebrities have a direct connection to products; even I've learned a lot from my celebrity clients about products that truly work. They

often research the extended line of anti-aging products to find the best products available, like stem Cells and EGF. In my opinion, 85% of the products that are out there on the market do NOT work. Celebrities also put more time into themselves because it is their business; I feel EVERYONE should take more time to take care of themselves. Taking care of YOU, be it exercise, career and skincare sets a great example...to family, friends and to your children.

**Q: I know you've been very successful in business, what tips do you have for me?**

**A:** I believe in conscious business practices. I live my life by the rules of The Four Agreements, by Don Miguel Ruiz. Be Impeccable With Your Word...Don't Take Anything Personally...Don't Make Assumptions....And, Always Do Your Best.

We're very excited about our upcoming Anti-aging Party in Malibu on June 10th. Come and meet some of the best Anti-Aging experts, nationally recognized in the field of integrative medicine. You'll mix, mingle and enjoy a raw food demonstration among other treats. You can R.S.V.P. by calling: (310) 403-2308. Space is limited. We welcome all Women Helping Women members to this very special event!

**Visit me at:**  
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Bobi Leonard's photo by David Sobel