

XI

MURIELESSSENTIALS

EDRIEN GUILLERMO

Being a Muriel is a tough job. But we count on Muriel, who has created her own routine, to be the one who shines the brightest..

Let's douse ourselves in sweat, sculpt our hairstyle with our toes, or prepare a cute little bag just for the drain. Let's let the bark of trees to become part of our own DNA, let 60 grams of frozen water change our skintone, and let beasts work their magic on our face.

Join us, through the eyes of Edrien Guillermo, for tips that will make you the best Muriel you ever imagined.

PETER J. GARCÍA.



# I

## ● REST AT LEAST 8 HOURS EVERY DAY:

Dressed, undressed, or using a thong as a pillow. Whatever makes you rest best, it is part of God's mission.





# II

- LOVE NATURE, IT WILL  
GIVE YOU BACK:  
Smell nature and let it smell you.  
Your armpits, your breath, your feet  
are part of the Great Creation.











# III

- ACTIVATE AND EXERCISE  
YOUR BODY AND MIND:  
Make your muscles grow, don't  
let your protein levels drop,  
but don't forget to strike a pose.









# IV



NEW TREND ON SOCIAL  
MEDIA, STAY UPDATED:

Take advantage of extreme  
temperatures, wrap yourself in  
plastic, and let climate change do  
the Rest.





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# V



ICE FREEZES AND

ACTIVATES YOUR CELLS:

Immerse yourself in the chills of skin routine, freeze this instant of beauty and just be water.







# VI



## STRAIGHTEN YOUR HAIR TO GROW IT OUT FASTER:

Your hair is your most powerful weapon. Stretch it to the moon and dip it in the fragrance of your toes.







# VII



USE MASKS TO STYLIZE AND  
REJUVENATE YOURSELF:

Choose the one that best  
represents you. No matter what,  
always stay young and beautiful.







# VIII



## PROTECT YOUR SKIN FROM

THE SUN:

Deflect the sun away and let the  
uglos keep it. No one wants to  
have a face with the texture of a  
worn leather sofa.













# IX



## GIVE YOURSELF A WHIM

AND GET YOUR MANICURE:

Be inspired by perfection, dismantle  
it and leave nothing unpainted...

Paint the hell out of it, paint!







# X

## ● COUNTOURING - KARDASHIAN STYLE:

Build on your face the foundations of a new you. Cement, plaster and tile that no one can tear down.







# XI



## PAMPER YOURSELF AND DO

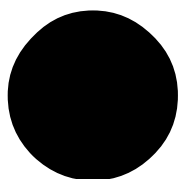
### A LITTLE TOUCH UP:

Life in plastic is fantastic, but you have to decorate the pain to keep it fashionable - get creative!









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