

Hi, I'm Shall Maranique, a Holistic Esthetician and Health & Wellness Coach. My journey to becoming my best self has been full of ups and downs, and I'm excited to share it with you.

I haven't always felt my best or taken care of myself the way I should. Poor habits, negativity, and an unfulfilling environment left me feeling stuck. But in 2015, at 23, I had a wake-up call. I realized I didn't want to spend hours hiding behind makeup or letting my self-worth be dictated by others. My skin, confidence, and mindset needed a complete reset—and I knew it was time to change.

I faced my fears, embraced my flaws, and started making choices that aligned with my higher self. Today, at 29, I feel better than ever.

One key to my transformation is my morning routine, which sets the tone for my day. I wake up early to center myself and prepare mind, body, and spirit. Here's a glimpse of my routine:

- **Warm lemon or lime water:** Jump-starts my digestion.
- **Immune-boosting supplements:** Taken first thing to support my health.
- **Spiritual reading & meditation:** Honors my soul and grounds my mind.
- **Yoga:** Loosens my body and gets me energized for the day ahead.

This routine has been a game-changer, keeping me aligned and ready for whatever comes my way.

Here at *Beneath the Surface*, I'll share insights on healthy habits, nourishing foods, herbs, exercises, and spiritual practices to help you evolve into your best self—mind, body, skin, and spirit.

I can't wait to guide you on this journey with my experiences.

Xoxo,
Shall