

5 Myths About *Sexy and Powerful* Women That Just Aren't True



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to put people – particularly women – in boxes, assigning and propagating stereotypes that fail to address the individual complexity of each human being. This is even more true when it comes to sexy and powerful women, which society is quick to demonize or misunderstand.

Even in the 21st century, a powerful woman who exerts her influence – and who openly embraces her innate sexuality – is sometimes feared, often misunderstood, and frequently speculated about.

Even other women – especially those who don't see themselves as powerful or sexy – often have a difficult time understanding just how these women do it.

Here are 5 debunked myths about sexy and powerful women that you can dispose of, to help you become your most sexy and powerful self.

*Sexy, powerful women
are born, not made.*

So many times we look at women who manage to pull off being powerful and sexy, and attribute it as a God-given trait – they were born that way, and that's that.

However, many of the quietest, mousiest girls I went to school with – who flew completely under the radar at the time – have become some of the most

powerful women, leaders in their respective professional fields, and unashamedly sexy. No one would have said that they were born that way.

Obviously, this didn't happen overnight – it probably took years to build up their confidence and security in who they are, their capabilities, and their sexuality. However, their power and sexuality were made, developed over time, not simply handed to them.

If you allow yourself to believe you can become a powerful and sexy woman, it subsequently becomes possible, and the only true limitations to your own personal growth are the limitations you assign to yourself.



*If you want to be a powerful woman,
you can't be too sexy or too feminine.*

One of the more misogynistic myths about sexy and powerful women is that they can't exist – or that you can't be too much of one, in order to have the other. More than just being sexy, femininity, in general, is often seen as an antagonism of power (and even intelligence). Historically, women in power were described as masculine.

Essentially, if you were a woman who had power, it was because you were like a man. Thankfully, this perception is quickly changing, and there are countless examples of women who are incredibly powerful while embracing their femininity and sexuality.

One stark example is a politician and activist Alexandria Ocasio-Cortez: the youngest woman ever to take office. Rather than shy away from her innate femininity and sex appeal, she celebrates her womanhood, wearing noticeable makeup and her staple bold red lip – a beauty statement historically associated with the 'morally dubious woman', who, if they'd been born today, would have been the sex-positive women that society is beginning to accept and even celebrate.

Powerful, sexy women

always feel sexy and powerful.



It can be all too easy to assume that what we see in the powerful, sexy women we admire is all that there is to see. In reality, we're only seeing a glimpse of the whole picture: the image that we're spoon-fed... the image we're meant to see.

The illusion of perfection that we walk away with is not only unrealistic, it makes us feel as though we can never aspire to be a similarly sexy, powerful woman, because we know that we aren't perfect.

But here's the thing - even sexy, powerful, seemingly infallible women have days where they feel like absolute trash - where they feel huge amounts of self-doubt. However, they eventually regroup, speak positivity into themselves, and remind themselves of their worth.

If you speak to yourself kindly and value yourself highly, others will perceive this value. This is why certain women are perceived as sexy and powerful.

*Sexy, powerful
women obtain their
power from wealth.*

While money does make the world go round, you don't need excessive wealth to exude power and sex appeal. On the contrary, your personal power and sexuality reside within you - it's yours to expose as long as you have the confidence to flaunt it.

Having said this, one way to boost how powerful you feel, and to feel your most sexy, is to ensure you take care of your body - by eating well, exercising regularly, and treating yourself to a little self-care and beauty - but your beauty regime doesn't have to leave a crater in your wallet.

For example, luxuriously affordable beauty brand, Nedia Beauty, empowers women to feel their most powerful and sexy, creating products such as whipped body butter, ultra-moisturizing body polish, and intensely hydrating body oil. These products make your skin glow on the outside, as much as Nedia Beauty knows you glow on the inside.

While power and sensuality come primarily from within, having radiant, glowing skin might give you that extra bit of confidence you need to seize it unapologetically.



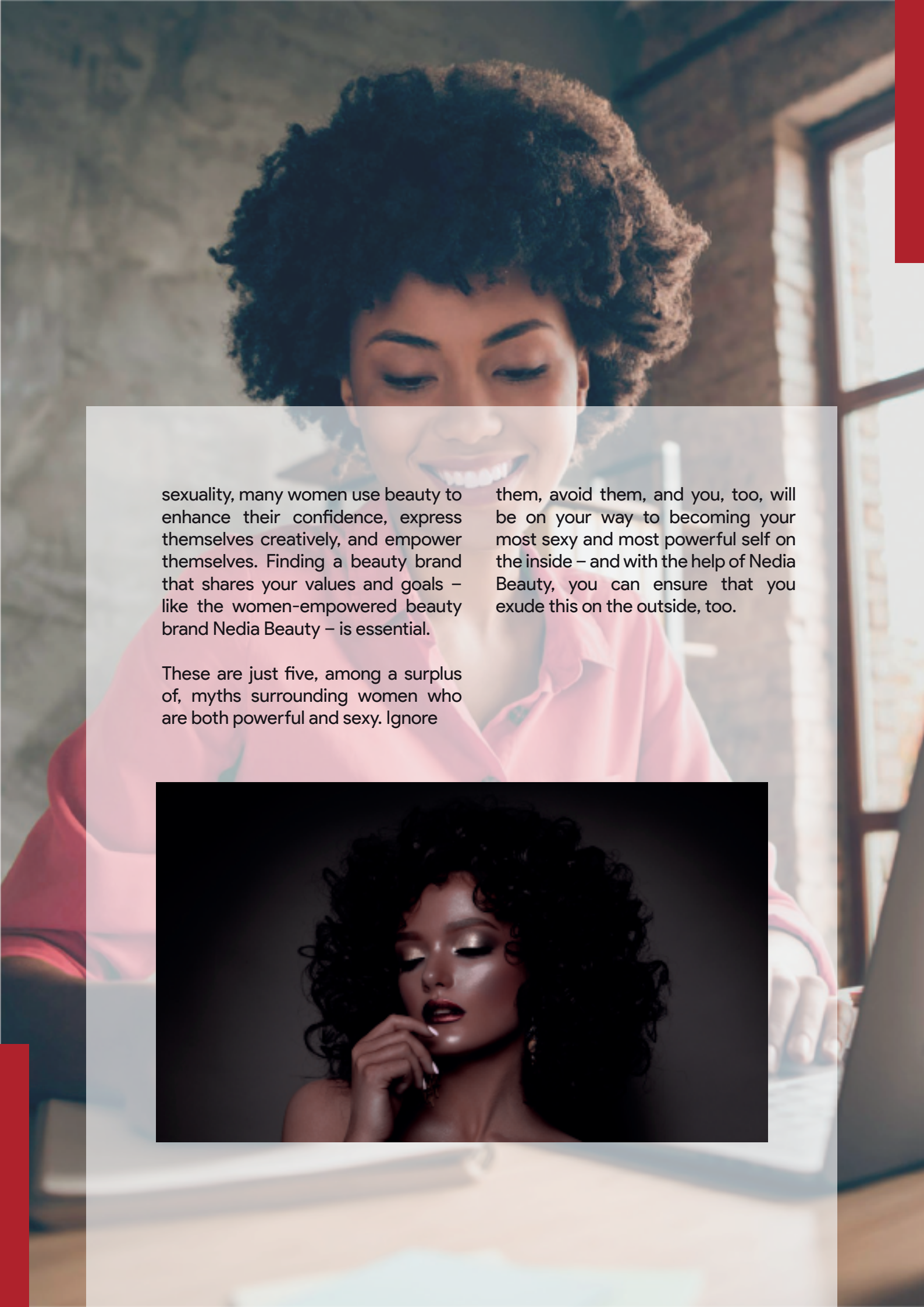
Sexy and powerful women “wake up like that”.

Some days you wake up feeling like Beyonce on the inside...while looking, and feeling, like a zombie on the outside. Your skin is dry and peeling, a new pimple took center-stage overnight, you're bloated, and you have dark circles and bags the size of Texas under your eyes. Your significant other is on your last nerve, the kids won't behave, and you had to listen to your girlfriend complain all night about her situation for the umpteenth time. On these days,

it's easy to look at ourselves and not feel super powerful or sexy. We'd much rather crawl back under the blanket and try again tomorrow.

We don't want to go out seeing other women living their best life, having it all together, and making boss moves. We only see our flaws and imperfections...as if they define who we are. Little do you know, at one point, that woman you're admiring and may be a little envious of, has felt exactly as you do, maybe even right now. But what did she do? She got up, got dressed, and decided not to be her own worst enemy that day. She chose to be powerful, sexy, and confident, even with all that was going wrong that day.

Although it's certainly not required to harness your inner power and

A woman with voluminous, dark curly hair is smiling warmly. She is wearing a light pink button-down shirt. The background is a softly lit room with a window on the right side. The overall mood is positive and confident.

sexuality, many women use beauty to enhance their confidence, express themselves creatively, and empower themselves. Finding a beauty brand that shares your values and goals – like the women-empowered beauty brand Nedia Beauty – is essential.

These are just five, among a surplus of, myths surrounding women who are both powerful and sexy. Ignore

them, avoid them, and you, too, will be on your way to becoming your most sexy and most powerful self on the inside – and with the help of Nedia Beauty, you can ensure that you exude this on the outside, too.

