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Melania
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MODEL
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Melania

Her famous last name and stunning supermodel looks are what make Melania Trump recognizable. However, it's her heart, confidence, and entrepreneurship that make this Slavic beauty memorable.

Striking a Confident Pose

Melania, 41, has graced countless billboards, magazine covers, and print ads. She's also walked the runways of some of the world's most sought-after fashion shows. Despite being surrounded by seas of "surface beauties" and gorgeous clothes and accessories, she believes that how a woman carries herself and what she thinks about herself are what constitutes true beauty.

Trusting in who you are and what you believe in is beautiful," she says. "Always believing in yourself, staying true to yourself, and being proud to be your own person is what makes a woman truly beautiful."

Melania says she is also captivated by her 5-year-old son Barron's smile.

His innocence is beautiful," says the proud mom. "His smile is one of the most breathtaking things I've ever seen."

The Beauty of Healthy Eating

Staying true to herself also means Melania doesn't deprive herself of her favorite foods. "I love chocolate and ice cream, and I have those things once in a while," she says.

Instead of restrictive fad diets or meal plans that slash entire food groups from your plate, she looks to moderation and balance to help her look great. "It's good to indulge cravings and your tastes once in a while...as long as you balance those things with healthy foods."

Melania makes sure she eats lots of fresh fruits and veggies and drinks water to stay hydrated. She does not overindulge in rich, fatty foods.

Healthy eating isn't a new thing for Melania. She says she's always had a healthy diet, and she credits her stunning post-baby shape to eating in moderation, as well as taking Pilates classes two to three times a week. "Those things helped me get back into shape after having my son."

The Secret to Supermodel Beauty

Melania can have just about any beauty product available, but vitamins are among some of her "must-have" beauty tools. In fact, if she were stranded on a desert island, she says she couldn't live without them.

"I take vitamins A, C, and E to keep my skin, hair, and nails healthy," she says.

She would also make sure to take along plenty of moisturizer and sunscreen.

"As a teen, I used to lay out in the sun, but that's so bad for your skin," she says. "I'd never do that now, and thankfully

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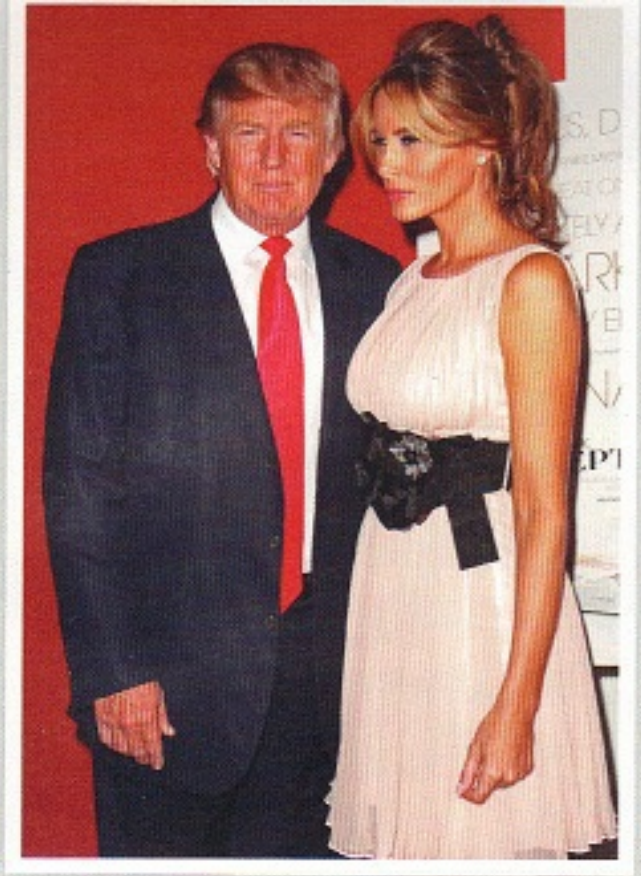
Son, Barron Trump



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never without sunscreen."
Melania says she also looks to a good night's sleep to stay healthy, to fight dark under-eye circles and fatigue, and, in general, to look her best. She knows that's hard to do for busy, working moms.

"I'm very busy and on the go, but I try to get six to seven hours a night to recharge my batteries."

Carving out peaceful moments – even if they're short and sweet – keep Melania grounded and help her fight stress that can translate into worry lines.

"Every woman needs some peaceful time for herself, whether it's to take a bath, read, or do something that's totally for her, not for her family or friends," she says. "It really means a lot to be good to yourself."

By Gina Roberts-Grey

A Mogul in the Making

Move over Donald, there's a new mogul in town. Melania Trump isn't one to rest on her laurels – or her husband's financial success. In April 2010, Melania added the title of "jewelry designer" to her resume with the recent debut of her jewelry collection for QVC.

Melania, who says she loves to sketch and has a passion for art and architecture, incorporates into her collection the design elements that are indigenous to the three cities that she and her husband call home: New York City, Palm Beach, and Paris.

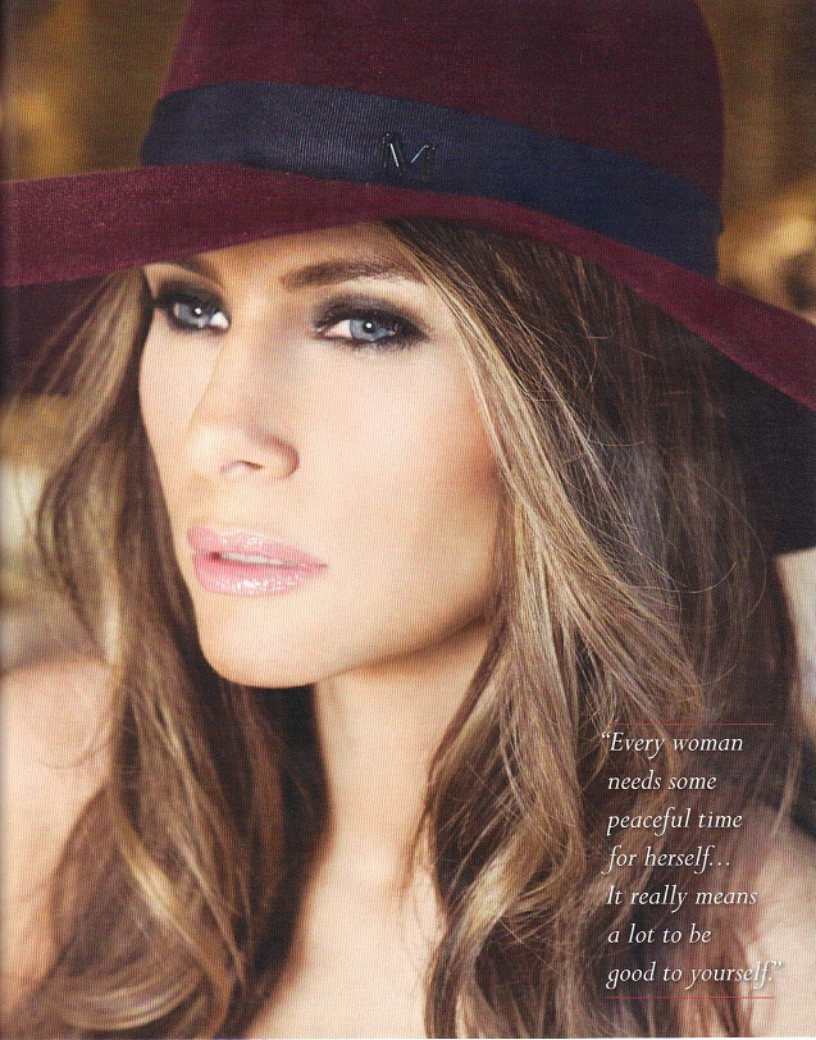
"The pieces are affordable luxury," she says. "They're designed so you can wear them from the office to the park with your kids, when you're shopping, or when you go out to dinner with your husband."

Featuring an exquisite assortment of pieces, including classic leather watches, bold statement necklaces and striking cocktail rings, the Melania™ Timepieces & Fashion Jewelry line ranges in price from $30 to $200.

Melania Trump Tower Round Case Bracelet Watch w/ Date Window, $47.82

Melania Vintage Style Cabochon Hinged Bangle Bracelet, $39.75

Melania Corset Design High Polished Stretch Bracelet, $39.75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Clear Communication is Key

Melania Trump is mom to 5-year-old son Barron, and stepmom to Donald Jr., Ivanka, Eric, and Tiffany. Her number one parenting secret? Good listening skills.

"I listen to my son [Barron]. Listening to what he says, what troubles him, or what he's excited about helps me guide him and give him advice or support, depending on what he needs," she says. "I don't push my thoughts, likes, or dislikes on him. I want him to grow to become his own person."

Melania does admit to being a bit overprotective at times. "I can't help it; I'm a mom," she says. But she also tries to give Barron room to make mistakes in order to learn.

"Kids need to make little mistakes, as long as they're not harmful, in order to build their wings to fly when they're older. If we don't let them fall once in a while, they'll never learn how to pick themselves up when Mommy isn't there."