

Drs. Lindsay & Lexie Kite



Lindsay Kite and Lexie Kite are the directors of Beauty Redefined and 28-year-old identical twin sisters with PhDs in the study of media and body image from the University of Utah ('13). They have a passion for helping girls and women recognize and reject harmful messages about their bodies learn to develop body image resilience to move beyond body shame and fixation on appearance to much more important things. Beauty Redefined represents their not-for-profit work through the Beauty Redefined Foundation (501(c)(3)) to take back beauty for girls and women everywhere through continuing the discussion about body image and media literacy through their website (beautyredefined.org), social media, and through regular speaking engagements in both secular and religious settings, from universities and high schools to professional conferences and church congregations for all ages. Their co-authored master's thesis and complementary doctoral dissertations form the basis for a popular and empowering visual presentation, which Lindsay and Lexie have presented to tens of thousands of people across the U.S. since 2009.

beauty
REDEFINED

taking back beauty for females everywhere

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PROJECT

Utah Women's Leadership Speaker & Dialogue Series