50
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essentials
every women should know

Index

True Beauty 1
It's Your Life - So Take Control 2
21 Keys to Happiness 3
What is Style? 4
The Most Important Elements of Style 4
Do Your Clothes Reflect the Person You Are Now? 5
Evening Glamour 5
Dressing For the Occasion 6
Communicating with Colour 6
Building a Firm Foundation 7
Lovely Lingerie 7
A Brief Affair 8
Clothing Clusters 8
Summer Feet 9
Buying a New Suit 9
Updating last Year's Suit 10
Shoes: Teaming Comfort and Quality with Style 10
In-flight Style 11
Morning Glory 11
Inexpensive Does Not Mean Cheap 12
Lengthy Issues 12
Swimsuit Flattery 12
Cosy Knits 13
Mixing Tapered with Wide 13
Lovely Legs 13
10 Essential Shopping Strategies 13
15 Ways to Wear a White Shirt 14
Eye Elegance 14
How to Add Volume to Flat Hair 14
How to Melt Away Kilos in Minutes 15
Foot Soothers 16
How to Keep Your Make-up On All Day 17
How to Always Have Something to Wear 18
How do You Want Others to See You? 19
5 Signs You Are Wearing Too Much Make-up 19
Every Woman Should Have 19
Every Woman Should Know 20
Define and Taper 20
Beautiful Nails 21
How to Get a Great Sunless Tan 21
Downsizing 22
Forever Young 22
Handbag Know-how 23
Hairstyles to Flatter Facial Features 23
Fabric Care 24
Why Dressing is Easy and Looking Good is Hard 24
The Importance of Good Posture 25
Things That Make You Say Yuck 26
The Power of Colour 27
Fabric Secrets 27
Self-Created Confidence 27
This Goes With That 32
About the Author 34
Consultations and Other Free Image Features 35

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50 image essentials

Every Woman Should Know

1. True Beauty

True beauty relies on the essence of your inner spirit. Inner beauty is more powerful than any facade we can create ourselves and in truth, a physically attractive woman with a mean spirit will never be beautiful.

Audrey Hepburn (one of the world's true beauties) said the following when asked for her beauty secrets.

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his or her fingers through it once a day.

For poise, walk with the knowledge you'll never walk alone.

People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; Never throw out anybody.

Remember, if you ever need a helping hand, you'll find one at the end of your arm.

As you grow older, you will discover that you have two hands: one for helping yourself, the other for helping others.

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair.

The beauty of a woman must be seen in her eyes because that is the doorway to her heart, the place where love resides.

The beauty of a woman is not in a facial mole, but true beauty in a woman is reflected in her soul.

It is the caring that she lovingly gives, the passion that she shows, and the beauty of a woman, with passing years, only grows!

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2. It's Your Life - So Take Control

- Take full responsibility for your life, stop blaming others, and give up the 'victim' act. See yourself as the cause or source of what happens to you.
- Consciously generate positive thoughts and feelings of self-love and acceptance in place of old thoughts of inferiority and inadequacy. Use the affirmation and visualisation process. Be in charge of your thoughts.
- Be willing to create a lifestyle that generates, nourishes and maintains sound self-esteem. Associate with others who have high self-esteem Don't stay in a relationship that doesn't support your highest good.
- Participate in life at the highest level you can, do those things you like to do, don't stay in a job you don't like.
- Watch what you say, avoid self put-downs, stop being critical of yourself and others, look for something likeable in everyone you know and meet.
- Stop trying to change others, instead focus your attention on being the way you want others to be (be the change you want in others).
- Keep your awareness (thoughts) focused in present time instead of living in the past or future. Remember there are no upsets in present time.
- See yourself as being self-sufficient; don't come from need in relationships - where needs end, love begins.
- Stop feeling guilty and saying 'I'm sorry' - see mistakes as valuable lessons. See the cause and effect in your behaviour (what produces desirable results and what doesn't) in place of the moral judgments of right/wrong, good/bad, better/worse. Don't make yourself wrong!
- Treat yourself lovingly every chance you get - be your own best lover.
- Give yourself the simple pleasures of life abundantly. Wear clothes you feel good in, get a massage, manicure, etc.
- Acknowledge yourself frequently, keep a diary of all your successes, 'wins' and accomplishments.
- Invest money in yourself, go to seminars, workshops, start a self-enhancement account, develop your talents by taking courses, lessons, etc.
- Practise the art of laziness; give yourself permission to do nothing periodically. Schedule time by yourself.
- Have a good picture or portrait done of yourself and display it in your home.
- Accept others' acknowledgements and compliments: don't invalidate their positive thoughts and feelings about you. Say 'thank you for seeing that', etc., and let yourself enjoy it without embarrassment.
- Avoid comparing yourself with others. See yourself as being of equal worth. Remember our value as human beings is not derived from what we do.
- Eat first class frequently. Don't look at the right side of the menu.
- Whenever you have a thought that starts with I have to....I need to.....I should.....I'd better.... Change to 'I want to'.
- Put integrity into everything you do. Always tell the truth.
- Frequently take deep breaths; discover the benefits and pleasure of breathing fully.

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- Get passionate about something you like and get value from.
- Be willing to laugh at yourself, at life and with others. Stop taking yourself seriously.
- Make a list of all the things you like about yourself and add to it every day.
- Stand in front of the mirror naked and appreciate your good bits.
- Acknowledge others frequently, tell them what you like and appreciate about them, especially your family, partners and work associates.
- Make a list of the 10-20 things you enjoy doing the most and do them frequently.
- Be assertive, speak up for yourself, ask for what you want, express your feelings, preferences and opinions openly and without fear and accept that 'No's OK'.
- Be respectful of others' feelings and opinions. Come from love and tolerance.
- Treat yourself as you would divinity because you are a child of God.

3. 21 Keys to Happiness

1. Compliment three people everyday.
2. Watch a sunrise.
3. Be the first to say "Hello."
4. Don't waste an opportunity to tell someone you love him or her.
5. Treat every one, as you want to be treated.
6. Never give up on anybody; miracles happen.
7. Forget the Jones's.
8. Remember someone's name.
9. Pray not for things, but for wisdom and courage.
10. Be tough-minded, but tender hearted.
11. Be kinder than you have to be.

12. Don't forget that a person's greatest emotional need is to feel appreciated.
13. Keep your promises.
14. Learn to show cheerfulness even when you don't feel it.
15. Remember that overnight success usually takes 15 years.
16. Leave everything better than you found it.
17. Remember that winners do what losers don't want to do.
18. When you arrive at your job first thing in the morning let the first thing you say brighten everyone's day.
19. Don't rain on other people's parades.
20. Live beneath your means.
21. Keep some things to yourself and don't promote havoc by back stabbing people you love

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4. What is Style?

Some fortunate individuals are born with good taste and style; they have a natural sense of colour and design or have grown up under the guidance of a mentor. Most of us have not been so fortunate.

What we know and believe comes from the important people in our lives, our friends, parents, grandparents as well as from factors such as our education, social and economic situation. This guidance may not be sufficient to get us to where we want to go in life and when this is the case we seek the information we require from other sources.

To develop style means to reconcile what suits our height, shape and age from what's currently in fashion and to understand which 'looks' are appropriate for what occasions. In other words, to become a woman who understands fashion without becoming a slave to it. Tuition and the experience of trial-and-error can give any woman, from any background the ability to achieve a look that is fashionable, flattering and in good taste.

Our personal 'taste' affects the way we co-ordinate colours, patterns and fabrics. Learning about harmonious colour schemes, appropriate patterns, how various fabrics drape and relate to our individual shapes and how to skillfully co-ordinate jewellery are all-important steps in developing good taste. Start by studying fashion magazines and pattern books to sharpen your awareness of shape and design.

Simultaneously the gaining of this knowledge and experience will allow you to express the woman within and will then give you the confidence to become creative with your wardrobe. From that point onwards dressing will become not only a pleasure but also each shopping trip an adventure.

5. The Most Important Elements of Style

- **Appropriateness:** for your age, the occasion, others and the location.
- **Simplicity:** wearing simple, clean lines and accessories.
- **Confidence:** with yourself, your companions and your responsibilities.
- **Poise:** carrying yourself with confidence and grace.
- **Naturalness:** being yourself.
- **Friendliness and Courtesy:** good humour and respect for others.

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6. Do Your Clothes Reflect the Person You Are Now?

Sometimes we unconsciously let our past govern our present. Maybe you still dress dowdily, although you feel confident and don't mind being noticed; or you still dress as you did when you were in your twenties, although you're now forty and your life is filled with responsibilities at work and home. When your clothes no longer reflect your life, you will feel uncomfortable with your appearance. If this is the case, then the first thing to do is to learn where your clothes don't fit your lifestyle, and then learn how to change them.

7. Evening Glamour

Start with a simple classic dress, either long or short in a rich or dark colour e.g. black, navy, grape, aubergine, burgundy, deep turquoise and deep purple. A sleeveless style has more 'Glam' power, however short sleeve dresses can also look great.

Then you can add any of the following items:

- Sheer hosiery or stockings.
- Strappy, high-heeled sandals or high-heeled shoes.
- Add sparkling jewellery for excitement and glamour, soft coloured stones e.g., for evening elegance or a fashion forward piece.
- Add a beaded jacket.
- Wrap a long string of pearls around your neck to form a choker.
- Add drop or dangling earrings.
- Add a rhinestone clip to your hair.
- Don a sheer or lacy top.
- Wrap a gold contoured belt around your waist or hips (if it's in fashion).
- Wear high sheen or shimmery hosiery (if you legs are an asset).
- Wrap a beautiful shawl around your shoulders.
- Add some glamour to your make-up and hairstyle. A glossy coloured lipstick in a deep/rich or vivid colour will add the WOW factor as will getting your hair styled in a more romantic style.

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8. Dressing For the Occasion

'Informal'

Consider it to mean 'Good casual'; choose a classic look such as a good blouse/shirt and coordinating pants or a loose dress in the summer. Accessoriesare best kept low key.

'Cocktail'

Here's where that little black dress comes into its own. Add a jacket according to your comfort level or maybe a plush upmarket jumper. Accessories should not be over-the-top. Medium to high-heels are expected.

'Formal'

This is the one that drives all women crazy! Pull out that long dress or skirt. Mid-calf is only appropriate if the dress is very elaborate. High heels are essential as are sparkly accessories.

9. Communicating with Colour

Colour is perhaps the most potent force in communication. Within seconds of meeting you, others will respond to the 'colour messages' flashed by your clothes. It has been ascertained by medical science that colour can influence the viewer's hormones, blood pressure and body temperature. When choosing colours be aware of: what impact they will have on:

- Your apparent shape and size.
- An emotional level - how they will make others (and us) feel.
- What they will communicate to others about your personality.
- How appropriate the colour is for the location, occasion, time of year, your personal colouring and age.

Colours produce different reactions when used in different fabrics. A red jacket worn with a white shirt to a business meeting exhibits confidence and power but a red jacket worn with a lacy red top may be interpreted as saying, 'I'm sexy and exciting and I have other things on my mind besides this business meeting". Red is also not the best colour to wear to a job interview as it sometimes sets the scene for an uneasy interaction between females.

Colours Men Respond Well To (Socially and Professionally)

- **Yellow** - Holds their attention and keeps them alert; indicates the start of something new.
- **Yellow-based reds** - Energetic colour that keeps conversations going.
- **True reds** - Exhibits confidence.
- **Burgundy** - Reflects class and sophistication and attracts the same type of men.
- **Mid-range blues** - Puts others at ease and allows interactions to go smoothly.
- **Sky blue** - A calming colour.
- **Navy blue** - Signals that you want to be taken seriously; it inspires others to listen to what you have to say and displays that you are trustworthy.
- **Blue-based reds** - Suggests intelligence and femininity.
- **Red violet** - Suggests strength and creativity

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10. Building a Firm Foundation

I can't think of many things that look worse than ugly or inappropriate underwear. Your lingerie is the foundation onto which all your garments sit and if you are not wearing the right size or style for you then any effort you have put into creating a wonderful outfit will be quickly sabotaged by ugly underwear lines.

Many women wear the wrong size bra. The most common mistake is a cup that is too small and the band is too big (a 40B instead of a 38C). For the best results, consult a specialty underwear store that offers a bra fitting service. Not only will they fit you correctly, but also they will know the differences between bra manufacturers.

To check that your bra is correctly adjusted, reach up with your arms. The bra should stay put around your body. If it rises up in the back, then it is too big. The straps should be adjusted so that your nipples are approximately 7.5cms (3") lower than your armpit and there should be no bulges over the top edge of the bra or under your arms. The centre front of the bra should lie flat against your chest. Finally, the cups should support your bust, not the straps. To test for support, drop the straps over your shoulders. If the bra sags without the straps, then a new bra is in order. When buying a new bra, fit it by the loosest hook. As the bra ages and looses its elasticity you can tighten it.

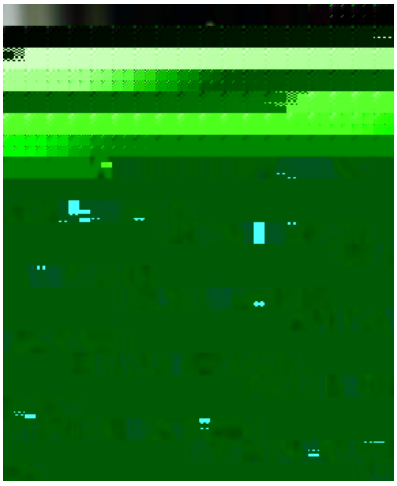
Large-busted women require bras with wide straps and ample bust coverage. Minimiser bras can effectively diminish the size of the bust, while push up bras will add substantially to the apparent bust size and fullness. If tight tops are in fashion, you will need at least one seamless bra, as lacy bras show through and detract from the look. At least one bra should be flesh coloured, as it is the only colour that is invisible under all coloured tops and sheer fabrics.

11. Lovely Lingerie

It's such a shame that so many women consider beautiful lingerie a luxury. Wearing attractive lingerie has more benefits that just making your outer garments look great. Seeing yourself in beautiful lingerie each morning does wonders for your morale, even if no one else is there to share the experience. Dingy, tired underwear not only looks unattractive, but also its lack of support can often be painfully obvious to others while the wearer remains blissfully unaware. Bulging bras, ugly panty-lines and flopping breasts have sent shivers down many an observer's spine. Beautiful, figure-enhancing lingerie not only ensures that your clothes fall smoothly over your body, but also has the added benefit of making you feel ‘special’. You do not have to have a drawer full of expensive underwear. Quality, not quantity, should be the rule; three bras and seven pairs of pants will suffice.

Important Tips

- Know your hip measurements and check the sizing label
- A higher cut brief (one that reaches your navel) is both comfortable and the most flattering for women over fifty.
- Try all underwear on before purchasing them. You'll have to put them on over your own panties, but you'll get a much better sense of fit than if you hold them up to you.
- Fabrics mixed with Lycra/Spandex/Elastine are forgiving and accommodating to less than perfect figures.
- When purchasing panties expect to pay at least $12 to ensure quality fabric and construction.



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14. Summer Feet

- Wear only sandals that fit; toes should not hang over the front nor should heels spill over the back. The width of your foot should be such that it does not "bulge-out" between the straps.
- Toes should be either perfectly polished (no chips) or nail varnish free.
- Heels should be pumice to reduce hard, yellow calluses.
- Shave the hairs off your toes if it is more than fluff.
- Never ever, wear toe-reinforced hosiery with sandals.
- Have corns attended to by a podiatrist.
- Remove toe rings toward the end of the day if your toes have a tendency to swell.
- Treat your feet regularly with a foot soap if you suffer with 'smelly feet' or tinea treatment for a tinea problem.
- To avoid accidents do not wear thongs or sandals with bare feet if your feet are likely to get wet.

15. Buying a New Suit

A good suit has the ability to make any woman look polished and professional. Finding the right style is made easier when you know which jacket and skirt shapes, button constructions and lengths will work best for you. However, finding the perfect suit; one where the fit, fabric, style and price tag match your needs is not always easy.

Tips to make buying a suit easier:

- Spend as much as you can afford on a suit. The better the quality, the better it will look in 12 months time.
- Buy a suit in medium-weight trans-seasonal fabric, e.g., cool wool or wool crepe.
- A neutral coloured suit will give you more flexibility when it comes to mixing and matching it with other garments in your wardrobe.
- Single-breasted jackets are more slimming than double-breasted, especially as they become bulkier.
- Medium to dark solid coloured and subtly patterned suits will make you appear slimmer.
- Vertical stripes such as pinstripes make you look taller and slimmer. The finer the stripe and the closer they are together the more businesslike the suit will appear.
- Look for suits where the jacket has some contouring rather than one with little or no shape for a slender yet feminine appearance.
- Whenever possible buy the matching pieces in the story for a more versatile purchase, e.g., pants, top, blouse or vest.

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16. Updating Last Year's Suit

If you're not ready to buy a new suit, you can update your existing suit by:

- Wearing the latest style and colour top or shirt with the suit
- Wearing the latest style and colour hosiery
- Adding the latest accessories e.g., shoes, bag, scarf etc.
- Changing the buttons for something more 'today'
- Changing the length of the skirt (if possible)
- Changing the length of the jacket (if possible)

17. Shoes: Teaming Comfort and Quality with Style

The shoe you choose to wear should look in harmony with your outfit as well as suit the shape and length of your leg.

- Garments made of heavy looking fabrics or textures are best teamed with shoes with a similar look for harmony and vise versa.
- High vamp shoes and boots are best teamed with opaque hosiery and if you have not been blessed with long, attractive legs are best worn under pants and with long hems.
- The more open the shoe the sheerer the hosiery should be.
- Thick soles and heavy stacked heels will make heavy lower legs and thick ankles look thicker and are best replaced with medium to thin soles and classic or lighter looking stacked heels. Women with heavy lower legs are also best to avoid stiletto heels as they result in an ungainly gait and often appear to be in imminent danger of breaking under the weight.
- Short women or those with short legs need to be careful not to over emphasise either characteristic by wearing high vamp or ankle strap shoes that will further diminish visual length. Both stature and leg length can be visibly increased by heel height: the higher the heel, the more defined and slender your calf muscle will appear.
- The highest correct height for you will be one that looks good with your physical proportions, does not emphasise any physical flaw and one that you can walk in without looking like you tittering on stilts. The proportion of the heel height in comparison to your garment's hem length is also important and a good rule of thumb is — *the higher the hem, the lower the heel and the lower the hem, the higher the heel.*

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18. In-flight Style

Long flights can sap the energy and patience of even the most seasoned traveller. Here my tips for surviving the journey.

- **Dress comfortably** in easy, elegant clothes and avoid anything that restricts movement. Soft non-iron top or blouse, easy fit pants or skirt and a sweater or shawl. Avoid high heel shoes, especially those with thin heels for safety and in-flight comfort. If you are short or short legged (your legs have trouble reaching the floor when you are seated) wear medium high stacked heels to prevent in-flight backache.
- **Board freshly groomed**. With long flights and no chance of a shower you do not want to risk being unpleasant to be near, so board freshly showered and with clean hair. Tie long hair back to get it out of your face and wear only minimal make-up. Also be sensitive to what you eat within six hours of boarding for the same reason.
- **Apply a self-tanning lotion the night before** to ensure a healthy and well-rested look on arrival.
- **Take essential travel size skincare and make-up.** Onboard air conditioning is very dehydrating, refresh your skin with facial wipes, toner and moisturiser. Reapply your make-up and dab-on (never spray) a little light fragrance just before landing.
- **Drink plenty of water** for the same reason.
- **A great book** or a few favourite magazines.

19. Morning Glory

Every woman knows she is not at her best in the morning but some look positively scary! To ensure you do not scare your roommate to death in the morning here are a few tips:

- *Never* go to bed without removing your make-up.
- Clean your teeth before bed.
- Make sure you own a great looking dressing gown in a colour that compliments your make-up-less face.
- A good pair of slippers.
- A great pair of Pj's or a beautiful nightie.
- And to ensure you do not wake up with “bed-head“ sleep on a satin pillow.

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20. Inexpensive Does Not Mean Cheap

Investing in high quality garments or accessories that will last for years is a much better idea than buying cheap items. The disappointment that comes with fraying, pilling, loss of colour or shape or the surface gold wearing off in a matter of a weeks is not worth it. Buy your foundation and core wardrobe items (suits, skirts, jackets and pants) in the best quality you can afford and use lesser priced, fashionable items to add variety and fashion influence.

21. Lengthy Issues

The right length for over-shirts, sweaters, jackets and tops is determined by the ratio between the length of your torso to your legs. 'Long legged/short torsoed' women are best in long lengths, 'short legged/long bodied' women require medium to short lengths and 'balanced body' women require medium to medium-long lengths to look well proportioned. While these lengths are technically correct your bust size, age, weight, horizontal shape and any relevant figure challenges also have to be taken into consideration to determine the exact length for any one woman. In addition no hemline should ever end at a person's widest point as this will only accentuate the width.

22. Swimsuit Flattery

- A swimsuit with a Lycra content gives maximum control
- A medium high, front seamed swimsuit leg will minimise upper thighs
- The higher the leg-cut the longer the legs appear to be
- Medium to dark solid colours, matte fabrics and medium sized, non-obvious repeat prints are the most slimming
- Underwire bras and 'V' or sweetheart necklines visually enhance the bustline
- Belts emphasise the waist
- Larger bustlines require higher cut backs and sides
- A matching sarong elongates and slims the body
- A medium brimmed, straight or upward curved hat will make you appear taller
- A medium to medium-wide brimmed, straight will de-emphasis a full hips and thighs
- Sunglasses add protection and panache

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23. Cosy Knits

Experiment with various weights to see which you feel most flatters your shape. Flat knitted garments can accentuate your curves especially if they are too clingy, while heavier or more textured knits stand away from the body and even out curves but will add a little to a lot of weight.

24. Mixing Tapered With Wide

To create a slimmer silhouette when wearing a bulky garment above or below your waist. Ensure the garment at the opposite end is tapered e.g., a 'A-line' skirt with figure skimming twin set or a bulky sweater with tapered pants and non-bulky shoes/boots.

25. Lovely legs

The higher the heel, more foot you show and pointer the toe of the shoe, the longer and slimmer your legs will appear.

26. 10 Essential Shopping Strategies

1. Keep your wardrobe of separates down to two or three basic colours for maximum versatility and ease.
2. Do not spend a lot of money on here-today-gone-tomorrow trend items.
3. Buy you wardrobe foundation garments including coats and shoes in the best quality you can afford.
4. Keep impulse shopping to a minimum
5. Only shop when you know what you want
6. Don't go into debt over clothes
7. Shop designer labels when on sale
8. Develop an accessory wardrobe to vary the look of your clothes
9. Never shop last minute for an important or expensive garment
10. Consider the price beyond the price tag. If you can't afford to dry-clean the garment pass it by.

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26. 15 Ways to Wear a White Shirt

1. Casually Classic: With flat-front pants and Oxford shoes
2. French Flair: With dark denim jeans and heels
3. Professional: With a tapered skirt and classic pumps
4. Beach Easy: With short and toe post sandals
5. Sexy Miss: With a leather miniskirt
6. Attention Grabber: With an unexpected bright colour below the waist
7. Pure Elegance: With black capris and ballet slippers
8. Knotted: Tied over a shift or slip dress
9. Under Over: Worn under a 'V' neck sweater worn with the collar out and cuffs turned back
10. Sexy and Manstyle: Buttoned very low and worn for evening under a men's wear suit with high strappy sandals
11. Loose and Light: Untucked over narrow pants
12. Exotic Flair: Worn tucked into a pareo for a beach parties
13. Denim Duo: With baggy jeans, cinched tightly at the waist and with sporty moccasins
14. Accessorised: Open at the neck with multiple strands of beads
15. White on white: With other white garments of varied texture

27. Eye Elegance

The best shadow is one that compliments your eye colour. Choose shades that are soft and sheer, so they do not upstage your eyes. For blue eyes, try a taupe, soft pink, or pale green shadow. For brown eyes, try green, smoky grays or blues tones. Green eyes are best complimented with heather, gold or browns. Your skin tone and hair colour also plays a part in the right colour. The fairer your are, the sheerer and more understated your eye shadow should be.

28. How to Add Volume to Flat Hair

Flat hair, it's just plain boring and unflattering on practically all women. To give your hair a volume boost try these few tricks.

29. — **Create fullness with a crooked part:** Add a zigzag part to your hair and watch it bounce up due to the hair bending in different directions at the roots.

How to Do the Zig Zag - Brush hair to remove all knots and tangles. . 2 - Brush hair like you are making a ponytail. Place one hand at the crown to hold the hair in place and away from your face. 3 - Place a pointed tail of a comb or brush at the front of your face near the spot where you want the zigzag part to start 4 - Slowly slide the comb or brush tail back and forth from side to side in a zigzag fashion from the front of your head to the crown area. You can make zigzags close together or far apart, depending on desired look. 5 - When you reach the end of where you want the zigzag parts to end than place your forefinger close to the comb tail and pull both your hand and the comb down your head in the opposite direction.

— **Blow-dry backward:** This creates dramatic volume. Use a round brush to blow-dry your hair in the opposite direction to your final style. Blow it under if you want to flip it up or blow it forward if you want to flip it back. When it is 99% dry blow dry it in the right direction.

— **Boost the Roots:** Right before you finish blow-drying, aim the air at your scalp and rub your fingers back and forth, as if you were scratching your head. This will leave the roots upright and the volume maximised.

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30. How to Look Slimmer Minutes

Slimmer by Colour

- Wear all one colour or tones of one colour.
- Wear garments in colours that are close in colour intensity e.g. stone and soft white.
- Keep the darker colour to the bottom garment to slim your hips and make you appear taller.
- Flow colour from top to bottom e.g. black pants, black top and taupe jacket or taupe pants, taupe jacket and black top.
- Blend the colour of your hem, hosiery and shoes for a longer, slimmer leg.

Slimmer by Design

- Vertical design lines, such as centre front buttons, princess seaming, single breasted jackets, stripes and an ironed crease in the front of your pants will visually slim the body by dividing it into vertical sections. The closer the vertical lines, the slimmer you will appear.
- Add a focal point (accessory or eye-catching detail) to draw attention away from any figure challenges.
- Wear hats that have their brim facing upward to create the illusion of more height.
- Do not wear textured or shiny garments wherever you are largest. For example, if you are larger below the waist, a shiny or very textured pair of pants will make you appear even larger, but a shiny or textured jacket may well balance with your body and make you appear slimmer and more in proportion.
- Do not emphasise a problem by placing a similar shape over or near it e.g., a scooped neckline over a large bust, a round yoke over a large stomach or a square neckline under a square jaw.

Slimmer by Proportion

- Wear clothes that balance your horizontal and vertical proportions. For example, a woman who has a long body and short legs can theoretically wear short jackets, however, if she also has a large bustline her jackets will have to be at least hip length to de-emphasise her bust.
- The more foot you show the slimmer your leg will appear. Strappy sandals and classic court styles are more slimming than ankle boots or high vamp shoes.
- For a general rule of thumb: the larger the pattern or accessories you wear, the larger you'll appear to be. Medium is the safest size if you're in doubt as it suits everybody.
- Shoulder pads will help to camouflage large hips and minimise the size of large busts by eliminating any drag from shoulder to bust point.
- The most slimming and versatile length for jackets, overblouses, and tops is knuckle length. This length is not only slimming but versatile, it works with both skirts and pants, high and low heeled shoes and suits that are all one colour or a different coloured jacket and skirt.
- Wear hosiery that blends in colour with your hemline and/or shoes to visually slim and lengthen your legs.

Slimmer by Degrees

You will appear to loose approximately 1–2kgs* by implementing each of the following recommendations:

- Look for as many vertical design features in your outfit/garment as possible e.g., centre front buttons, pleats, zippers, pendants, vertical darts, stripes etc.
- Wear shoes with a medium to high heel.
- Wear non-chunky heels.
- Wear shoes with an open vamp.
- Wear shoes with a thin sole.

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- Wear hosiery that blends in colour with your shoes and hemline.
- Wear vertical stripes and design lines.
- Push/roll the sleeves of your tops and jackets up, to just below your elbow.
- Wear shoulder pads if you have narrow shoulders or a large bustline.
- Stand up straight. Good posture will always make you appear slimmer.
- Wear fabrics that drape, not cling.
- Wear dark colours over a figure challenge or on the lower half of your body for extra height.
- Wear matte (non-shiny) fabrics with a fine to medium texture.
- Wear a vest (when in fashion).
- Wear an accessory high on your body, e.g. a brooch or great earrings to act as a focal point to attract attention away from a figure challenge.
- Wear clothes that fit well and err on the side of looseness.
- Flow colour vertically through your outfit e.g., black pants, black jacket (left open) and a coloured top/blouse **or** black pants, black top/blouse and coloured jacket **or** an outfit of all one colour.

***** Up to a maximum of 5 points

31. Foot Soothers

If you have a big night or long day in high heels to get through try this exercise:

Sit in a chair with both feet shoulder distance apart, flat on the floor, and bend forward as is comfortable. Hold for 10 seconds and repeat.

If you're sitting down at a desk or table, you can also try slipping off your shoes for a few minutes, you'll be amazed at what even 5 minutes of relief will do (but don't not do this at the dinner table!)

Three Foot Soothers:

1) To relieve cramping arches and aching toes sit with your bare feet on the floor and raise the heel of one foot slowly, hold for five seconds and stretch your toes. Lower to starting position and repeat ten times for each foot.
2) For aching bunions: place a thick elastic band around your big toes. Sit down and pull your big toes away from each other. Hold that position for five seconds and repeat ten times.
3) For foot fatigue and calf cramps: Sit with the toes of one leg pointed and your foot flat on the ground. Curl your toes under and squeeze for five seconds. Switch feet and repeat ten times.

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31. How to Keep Your Make-up On All Day

The two main causes of disappearing make-up are:

- **It has been applied too lightly**
- **It has not had sufficient powder applied to set properly.** When layering make-up it is essential that you know how to properly set each layer and which products will best suit your skin type. For example, if you have oily skin and you place an oily foundation and/or cream blush on top you are only asking for it to run. This applies right on through the layers: - A crème concealer under your eyes needs to be set with a powder.

Here's how to keep your make-up in place all day:

Concealer: Apply loose powder liberally and roll-in with velvet puff and brush off excess.

Foundation: Apply powder as above.

Brow Colour:

— Use a slightly heavier application when applying brow coloured shadow as a filler.
— Or use an eyebrow pencil with a creamy formula and then dust brow coloured shadow over it.

Eye Liner: Use a powder liner and apply damp.

Mascara: Use a water-resistant formula and apply two to three coats, waiting for a few seconds between applications.

Eye Shadow: Prime your lids first with foundation and then power it in using the velvet puff. Then apply matt shadows. Cream or frosted shadows are not as long lasting.

Blush: First apply an all-over bronzing powder and then your powder blush. Or after your foundation apply a very natural coloured crème blush to the apples of your cheeks, then powder and then dust on your slightly brighter blush.

Lipstick: Apply foundation over your lips as you place it on your face. Blot your lips, apply a lip liner and then colour your entire lips in with the liner, blot and apply your lipstick. Finish with a sealing product like Lipcote or Magic Kiss.

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32. How to Always Have Something to Wear

- ***Stop impulse buying!*** Every $10 bargain-bin mistake you make would be better spent towards a carefully thought out wardrobe. Remember if you don't, ***love it madly or need it badly, put it back!***
- **Find out once and for all what really suits you.** Invest in a colour and style consultation
- **Decide on a look that's right for you.** One that works with your personality, budget and lifestyle.
- **Set a day aside to cleaning out your wardrobe.** Eliminate everything that doesn't fit, you haven't worn in a year or you no longer like. Put everything you can't decide on or love-to-death but you do not wear in a box in another room.
- **A few weeks later**, go back to the box, don't go through it again, if you have not already retrieved anything by now you don't need it. Get rid of everything, box and all.
- **Decide on three basic colours.** These need to either match or will co-ordinate with what you own and buy only those three colours for your basic pieces.
- **Establish a workable budget.** Remember the cost per wearing formulae. Things you wear the most are worth extra dollars.
- **Make a list of all the items you need** in your wardrobe e.g., a solid blazer, wool pants, white shirt etc
- **Set aside an hour of time each week to shop.**
- **Think carefully about each purchase.** Will it go with at least 3 other things in your wardrobe? Can it be dressed up and down? Is it trans-seasonal? Will it date quickly?
- **Avoid trendy items.** Or at least spend very little on them.
- **Buy clothing that will span two to three seasons** — like wool crepe or matt jersey.
- **Never compromise on fit — no matter how great a buy.** If it can't be altered or you are not prepared to spend the money on having it altered, pass it by.
- **Try to add only one or two well thought out items per month.** Sometimes these may be accessories.
- **Add punchy colour and fashion flair with accessories, shoes and handbags.**
- **Continually eliminate and replace essential wardrobe pieces** once it is built up so that you are never caught without a necessary item.
- **Ignore advice about buying "the best" of everything**. Regardless of how well made a garment is or how great the fabric, coffee spills and kids take their toll. Never choose between a car/mortgage payment and a designer garment.
- **Try to plan your wardrobe around three neutral colours** like black, white, khaki, navy or brown.
- **Buy more solids than print**s - you won't get tired of them as quickly.
- **Think twice about buying printed garments** many date within weeks.

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33. How Do You Want Others to See You?

It's an interesting and though provoking question. Another equally interesting but much scarier one is *'How Do They see You?'*

In our 'instant' world we all make snap judgments based on first glance appeal and gut feelings. The real stuff you are made of often lies hidden just below the surface. But as the saying goes "out of sight is out of mind", and if they did not like what they picked up in the first few seconds, they simply pass on or turn off.

For the same reasons it makes sense to think about the way we want to be perceived and to discover how others already see us. If the two are at odds, then your future success and/or happiness could be at risk. Make a list of words that describe the qualities you would like others to see in you. Think, visual, verbal, behaviour and personality when you make you list. Then ask a few trusted friends to list what they see and experience, good and bad.

Once you have the two lists resolve to correct any glaring faults first before embarking to employee any new positive qualities. Tackle one negative or positive trait at a time.

34. 5 Signs You Are Wearing to Much Make-up

1. Your neck or hands are a different colour to your face.
2. You can't see a single pore
3. Your make-up rubs off on the phone, other people and your clothes
4. When you touch your eyelashes you can't feel them through the mascara or they don't bend when you touch them
5. You reapply your make-up more than twice a day
6. No one wears make-up like you do

35. Every Woman Should Have

- One old love she can imagine going back to and one who reminds her how far she has come.
- Enough money within her control to move out and rent a place on her own, even if she never wants or needs to.
- Something perfect to wear if the employer or date of her dreams wants to see her in an hour.
- A purse, a suitcase, and an umbrella she's not ashamed to be seen carrying.
- A youth she's content to move beyond.
- A past juicy enough that she's looking forward to retelling it in her old age.
- The realisation that she is actually going to have an old age and some money set aside to help fund it.
- A set of screwdrivers, a cordless drill, and a black lace bra.
- One friend who always makes her laugh and one who lets her cry.
- A good piece of furniture not previously owned by anyone else in her family.
- Eight matching plates, wineglasses with stems, and a recipe for a meal that will make her guests feel honoured.
- A resume that is not even the slightest bit padded.
- A feeling of control over her destiny.
- A skin care regime, an exercise routine, and a plan for dealing with those few other facets of life that don't get better after 30.
- A solid start on a satisfying career, a satisfying relationship, and all those other facets of life that do get better.
- A great photograph of herself

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36. Every Woman Should Know

- How to fall in love without losing herself.
- How she feels about having kids.
- How to quit a job, break up with a lover, and confront a friend without ruining the friendship.
- When to try harder and when to walk away.
- How to kiss in a way that communicates perfectly what she would and wouldn't like to happen next.
- How to have a good time at a party she'd never choose to attend.
- How to ask for what she wants in a way that makes it most likely she'll get it.
- That she can't change the length of her calves, the width of her hips, or the nature of her parents.
- That her childhood may not have been perfect, but it's over.
- What she would and wouldn't do for love or more.
- How to live alone, even if she doesn't like it.
- Whom she can trust, whom she can't, and why she shouldn't take it personally.
- Where to go - be it her best friend's kitchen table or a charming inn hidden in the woods - when her soul needs soothing.
- What she can and can't accomplish in a day, a month, and a year.
- Why they say life begins at 30.
- How to fall in love without losing herself

37. Define and Taper

These two style elements finish off the total look for a women. While weight and age need to be taken into consideration, defining your best features will always give you a memorable total look. Maybe you have a great bust line, a fabulous figure or a gorgeous face, whatever it is play it up as much as possible. A cute gamine face like Winona Ryder's can be 'played-up' by a short wispy hairstyles; her almond eyes and eye brows are shadowed and perfectly shaped and her lips always carry a vibrant shade to offset her dark hair.

Tapering garments will also accentuate a figure even if it's a little straight or heavy. Tapering the hemline of a skirt will enhance a figure by giving it a more vertical appearance. A shirt that is shaped and/or has a tapered sleeve will also make a woman look taller and slimmer as will pants that are tapered.

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38. Beautiful Nails

Nail damage can occur in any kind of daily activity. If you are active in sports, gardening, home improvement projects, etc., you are a likely candidate for some type of nail damage at some point. Below are a few useful tips to help you avoid nail damage:

1. Wear a protective, lightweight sports gloves during activities where you must catch or throw a ball.
2. When working outdoors in gardening or yard work, always wear heavyweight work gloves.
3. When involved in home improvement projects, always wear thick work gloves and try to avoid sliding the hands along rough wood or metal surfaces, especially near the fingertips.

39. How to Get a Great Sunless Tan

1. Exfoliate; this is the most critical element in gaining a great faux tan. Start with an exfoliating cleanser in the shower to get all the dead skin flakes off. This will give you longer lasting and streak free even colour.
2. Put moisturiser on feet, knees, elbows and backs of hands. These areas are very dry and will cause the tanning lotion to be absorbed to heavily. Applying moisturiser prior to the tanning lotion will result in a much more even colour.
3. Make sure you wear disposable gloves that are snug (maybe one size small would help), so they don't "mush" around while applying the self-tanner. The gloves keep you from waking up with orange palms (a tell tale sign of inexperience with self-tanners).
4. Begin applying the tanning lotion on your ankles (be careful in the area behind your ankles and where the top of the foot meets the sole of the foot). Also be light around and between the toes. Once the feet are done move up the rest of the body. If you don't want to self tan your whole body you can put on an old bathing suit so you know where to apply. This also helps if you don't want to walk around naked until you dry. Make sure you work the tanning lotion in well and in all directions and blend, blend, blend. It's really important to massage it in. When applying the tanner to the face be careful around the ears, hairline and eyebrows and blend well.
5. When you're done with all the areas you want to tan, take one glove off and with the other gloved hand apply self tanner to the back of your hands. Be careful around the wrist area and between fingers. Avoid the cuticle area. After you're done you can throw out the gloves.
6. Now it's time to relax and not get dressed until you feel that your skin has dried. Don't get sweaty or you might streak. If you wake up with any mistakes you can always get back in the shower and exfoliate with cleansing grains in those areas This will lighten up the colour.
7. Alternatively, if you are not in a hurry; purchase a tanning moisturiser for a slower and less fussy way to get a tan. Many produce a tan that is natural looking and as dark as you want.

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40. Down Sizing

You're losing weight and now you do not have anything that fits. The following garments will take you effortlessly and stylishly through your weight transition.

- **Easy knits with a nice drape** and simply constructed pieces that will take alterations easily. Use medium weight layers to conceal and flatter and flattering colours to add interest and attention to your good points. Jersey co-ordinates are perfect, the poly/rayon knit gives a forgiving fit as your size is shrinking; rich colours take the pieces beyond basic black.
- **A knit or dress made from a stretch fabric** in a solid-colour and with a 'V' or shirt collar neckline is a great weight concealer (ensure it doesn't cling anywhere -- wear a slip if you have to).
- **A knee to mid-calf stretch poplin skirt.** Choose a firm feeling poplin for a smooth hip and thigh line and a solid colour. A centre front seam or row of buttons will also add a flattering vertical line.
- **A medium to long-line twin-set.** . A medium-long 2-piece sweater set will minimise full hips, a large bottom or/and full tummy. Ensure that if it is a one-button style that does up at the neck, the triangular opening that it creates is not overly wide at the hips.
- **A semi-fitted shirt in a current colour.** To add a touch of fashion. If it has a slightly rounded base (square-round) it will be able to be worn out over jeans or a skirt. Roll or pull up the sleeves for an extra slimming boost.
- **A knuckle to fingertip length, semi-fitted jacket** is a great item to camouflage rolls or a full behind. It will also add that finished and dressy look to an outfit.
- **Several interesting upper body accessories.** This could be a few oblong scarves (but nothing too thin or lightweight), or a pin of some kind. An oblong scarf can be used as a vertical line to slim and elongate your figure and a pin (brooch) will add eye-up attention away from lower body figure challenges. Both will also add a finished look to your outfit.

41. Forever Young

Most women want to defer the ageing process for as long as possible. To do this you need to implement a few anti-ageing strategies into your daily life.

- **Protect Yourself From the Sun.** The sun is a major factor in the apparent ageing of our skin. Wear sunscreen and protective clothing whenever you intend going out in the sun. Hats will protect your scalp and sunglasses will protect your retinas and prevent wrinkles around the eyes from squinting.
- **Do Not Smoke.** Smoking depletes the blood stream of valuable oxygen which in turn robs you of stamina and prevents cell regenerating as fast as they could otherwise. Smoking is also a major contributor of wrinkling around the mouth. If you are in the process of giving up smoking drink lots of water.
- **Limit Your Alcohol Intake.** Alcohol severely dehydrates the body and robs it of much needed vitamins.
- **Think Young.** Make up your mind to stay in and of 'today'. Old age starts when you feel as though you are being left behind by a world that is rapidly changing. Discover the wonders of the Web, learn how the TV remote control works and take a course in something new.
- **Be Positive and Optimistic.** Look for the good in all situations and people.
- **Be Grateful.** For everything you 'do' have.
- **Remain or Become Active.** The saying 'use it or loose it ' is based in fact. Regular exercise will keep you fit, active, supple and mentally alert
- **Eat Well**. Shy away from 'fast-food' poor nutritional value is the payoff for convenience . Strive to eat from all five food groups a day.
- **Sleep at least 8 hours a night.** Try to do this without the aide of sleeping pills.

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42. Handbag Know-how

Do:

- Own at least one great quality handbag in a basic colour e.g., black or brown.
- Make sure that your bag is in a size that works with your proportions.
- Carry a bag that is insync with the style of your outfit and your shoes.
- Carry beaded bags with velvet outfits, not velvet with velvet.
- Protect bags in storage from the dust by placing them in an old pillow case or the cloth bag they came with.
- Buy inexpensive 'in fashion' bags to stay current

Don't:

- Overstuff your bags with unnecessary junk
- Carry a bag at the widest point of your body - bustline, waistline or hip or thigh line.
- Carry a summer style bag with tailored suit.
- Wear a small backpack if you have a large hind view
- Carry a wicker style bag when wearing hosiery. It will only cause snags.
- Match a beaded dress with a beaded bag. A satin or velvet bag would be better.
- Don't go into debt over a designer bag unless it is in a classic style.
- Team heavy leather bags with lightweight clothing.

43. Hairstyles to Flatter Facial Features

Deep Horizontal Frown Lines. Create softly feathered/wispy fringe to fall gently over frown lines.

Crows Feet (lines at the corner of the eye). Soft waves at the side of the face that sweep back.

Sagging Jawline. Look for a short style with soft waves above mid-ear level with volume wider than any jowl protrusion. Hair at the back to be longer than the widest part of the jawline to draw attention away from the jowls. Keep hair close at the top of the ears with hair peeking out from behind and below the ears.

Prominent Nose. Have your hairstylist create a style that balances the height and fullness of your hair to cause the nose to be absorbed into the total look. Avoid pulling hair straight back.

A Receding Chin. Volume and fullness needs to be created in the front and sides and do not allow the back to be longer than the jawline.

Large Ears. Look for a style that is cut into a softly layered bob that slightly covers your earlobes. Feather the hair over the ears.

A Thin or Bony face. A layered style will creates soft waves that will minimise an angular face. Soft feathery strands that spill onto the forehead and temples will also be flattering.

A Full Face. Look for a style that keeps the sides of your hairstyle close to your head while also having fullness and movement at the top of your head.

Deep Fold Lines from the Nose to the Mouth. Keep hair up and off your face. Look for a style with a wavy front and some fullness at the sides from mid ear upward.

A Full or Short Neck. A style that full on top, has a little width at the sides, is natural looking, soft and cut into just below the natural hairline at the nape of the neck.

Dowagers Hump or Stooped Shoulders. If a short style is desired or hair is worn up, create a style that has fullness in the back to create balance with the curvature at the top of the shoulders. Shoulder length hair (think Jackie O) will also camouflage round shoulders.

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44. Fabric Care

- Hand wash dark colours inside out to prevent the sun from fading the colours when drying.
- Wash colours together, dark items together and whites together. Do not through everything in together.
- Wash lingerie and hosiery by hand.
- Before washing, close zippers and undo all buttons to prevent damage.
- Place delicate items in a lingerie bag.
- Dry knitted garments by laying them flat on a towel.
- Dry shirts with the buttons done up to keep the collar correctly shaped.
- Use an iron cover or professional stream driven iron to prevent shine.
- Use an ironing cloth to prevent the iron sticking to motifs or nylon garments
- Hang garments from the base (hemline) to make ironing easier.

45. Why Dressing is Easy and Looking Good is Hard

The evidence is right there in your wardrobe, just look on the left-hand side. There they are, all those poor orphan garments hanging there limp, unworn and unloved. Many still clutching their invisible guilty tags designed to remind you of how much you paid for them and how little they have been worn. These are the clothes that every so often you put on and gaze disappointedly at your reflection in the mirror. You ask yourself, 'What on earth ever possessed me to buy that?', or 'How on earth was I convinced by the shop assistant that it looked fabulous on me?'

All of us have at some time hit the shops in a mad passion to buy something new, something special, something that will make us look terrific! With money in our pockets and a credit card ready to melt with the anticipation, we've scoured the shops for that special little number, only to return home empty handed or with a '*this will have to do*' garment to try and quench our desire to buy something. As a result our wardrobe of clothes gradually begins to resemble a department store stock-take rack, and in truth only contains a few items that really make us feel good. And as a result we wear only those few garments most of the time leaving the others to hang silent and unloved in the dark. Shopping becomes a chore, success is a matter of luck and finding items that make us look great seems to get more difficult with each passing year.

Why We Lose Our Way:

- We are influenced by the likes and dislikes of our parents, friends or partners
- We are not taught about body shape, the dynamics of dress or line and design as we grow up
- Fashion is fickle and constantly changing, telling us one thing and then another
- We age and sometimes wonder if it's still OK to wear certain dress styles or accessories
- Our body changes shape over time through: child birth, menopause, illness, old age, weight gain and weight loss
- We are all busy and have less time to shop around for our clothes and accessories
- Our lifestyles, personality and values change over time
- We experience changes in our financial position
- Some develop unreasonable personal expectations

Thankfully these dilemmas can been solved once and for all!

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When you are finished you will possess a wardrobe that:

- Is full of clothes you like and wear.
- Is a source of inspiration making each day's choice of what to wear easy and interesting.
- Contains colours and styles that make you look and feel great and accurately portray your unique personality blend.
- Contains clothing styles that can be easily mixed and matched to create many different looks.
- Contains accessories that can dress-up or dress-down your outfits or alter their look.
- Contains clothes and accessories that suit your budget lifestyle.

Afterwards we suggest you:

- Clean out the existing clutter in your wardrobe
- Organise what you have left
- Work out what items you need to purchase to fill in the gaps.
- Work out what clothes suit your lifestyle and personality
- Find our how to purchase clothes that deliver the best value for your wardrobe dollars
- Arrange to have a Colour analysis either on-line of in persona with one of our consultants
- Purchase our Accompanying Shopping Guide (a handbag sized version of the portfolio) to be able to make great shopping decisions.

46. The Importance of Good Posture

Practising good posture will not only make you appear taller and thinner, it will also have a positive effect on your overall state of health. Standing tall also exhibits a sense of confidence in yourself that others will respond positively to. Good posture is not about standing in any exaggerated way, as though you were in the army, rather it is about standing with your body in it's natural alignment.

Many people have developed the bad habit of poor posture: slumping forward whilst sitting, standing with their hips tilted forward and resting more on one leg than both. Habits can be broken and it usually takes only around twenty-one days.

The ideal posture starts with a long stretched neck (the back of your neck, not the throat). Your shoulders should be rotated up and back in a relaxed manner and your hands should be facing your body. Your spine should be as stretched as possible. Tuck your bottom in just a little and relax your knees so they are ever so slightly bent. Standing all the while with your feet facing forward and slightly apart for balance. Bending your knees just a touch is an important feature of good posture as it not only takes the strain off your back and legs, it also gives an energetic thrust to the body which translates as ease and authority. This stance may feel strange at first, but persevere and it will soon become second nature.

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47. Things That Make You Say Yuck!

- Ill fitting clothes
- Chipped nail polish
- Bad breath
- Body odour
- Bad attitude
- Constant smoking
- Dark underwear under light coloured clothes
- Lipstick on teeth
- Laddered hosiery
- Over powering perfume
- Untidy hairstyles and weird colours
- Constantly changing your hairstyle
- Dragon lady length nails
- Tinted glasses worn indoors
- Carrying a handbag and briefcase together
- Flat or open toe shoes
- Uncoordinated outfits
- Sleeveless, fluffy, revealing or clingy clothes
- Skirts or pants that show off any underwear
- Dirty or scuffed shoes
- Skirts too short
- Strange coloured contact lenses
- See-through or gaping clothes
- No make-up
- Too much/or out-dated make-up
- Bare legs
- Inadequate underwear
- Too much/noisy jewellery
- Too many patterns in one outfit

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48. The Power of Colour

Personal colour analysis is a valuable tool in ascertaining which colours most enhance your natural colouring. Wearing colours that most suit you will have you being seen as younger, more alert and healthy looking. See the back of this manual for more information on Personal Image Consultations.

Dark cool colours

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STYLE is not about beauty, age, size, wealth or even fashion, its about knowing and respecting yourself for who you are (with no strings attached) and having the confidence to discover and project your unique style in a consistent and confident manner.

You can commence your own **Journey of Personal Style Discovery** today by making an appointment for a style and colour consultation; it will change the way you look at yourself, clothes and fashion forever. The recommendations and guidelines you will receive will simplify your life, make shopping for clothes easier and help you to look and feel your very best.

Once you know you look great your **self-esteem and self-confidence will increase dramatically**. You will walk, talk and think differently. This will cause others to recognise and respond to you in a positive way. Confidence in yourself and your appearance will cause doors to magically open and attract new and exciting opportunities your way. Business and social relationships will blossom and your chances of career advancement will be significantly improved.

Humdreds of thousands of men and women all over the world have discovered their untapped special potential through image development tuition. Each has discovered that **looking and feeling great and getting what you want has nothing to do with age, shape, weight or beauty** and everything to do with appreciating their unique and positive qualities and knowing how to best dress the body they have.

A **Your Personal Style Solutions** portfolio is created for individuals and covers the following areas:

- **Figure Analysis** - A figure assessment has been made according to our measurements and/or observations. This creates an accurate picture of your body shape which allows the program to generate a platform of information from which the design elements of garments and accessories can be assessed for you.
- **Style Selection** - Based on your figure analysis your portfolio will give you comprehensive and specific style recommendations that will enhance every aspect of your physical appearance. Shopping and co-ordination will be made easier, your wardrobe will fill with things that make you look and feel great.

COLOUR is the first thing noticed about a person. Its impact is immediate and lasting.

Colour affects mood, apparent body shape, apparent age, your outlook to life and the overall impression you make on others. Wearing your best range of colours will make you look younger, healthier, vibrant and energetic. While wearing unflattering colours can make you look older, ill, exhausted or dull.

You can discovery the colours that work best for you through an personal colour consultation.

You Will Receive:

- A 90 min consultation. Group sessions are also available.
- A professionally made swatch containing 50 of your best colours
- A 60 page colour booklet containing everything you need to know about you and your colours.

You Will Find Out:

- Your Basic Undertone (Cool or Warm)
- Your Major Season (Winter or Summer' / 'Spring or Autumn')
- Your 'Flow' (Deep ,Light, Cool, Warm, Clear or Soft)
- Your required Contrast Level(s) for clothes and hair colour.
- Which Fabrics suit you best
- Which Fabric Characteristics suit you best
- What types of Patterns suit you best
- Your Hair Colour and Eye Colour options.
- How to Bend the Rules of Colour and look good in almost any colour.
- How to use your swatch to Find Thousands of Colours
- Discover the link between Your Personality and Your Colouring.
- Your Face Shape to help you select hats, eyewear, hairstyles and earrings etc.
- Make-up recommendations

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