

## MARCH 2010 NEWSLETTER

### LOOK TEN YEARS YOUNGER

#### *A Note From Shelley,*

Is Spring EVER going to arrive? One can only wonder if March is in like a lion and out like a lamb! So it is never too early to think about warmer weather, changing our wardrobe (more about decluttering later) and taking a good, honest look at our body image.

How we perceive our body image is important to the overall message we are sending. So I thought it would be helpful to review some easy "to do's" before we bring out the spring wardrobe.

#### Out With The Old

Business casual should not mean baggy or faded jeans. Look for dark fitted jeans. Stretchy wide-leg jeans are flattering and ultra modern. The most flattering jeans are simple and unadorned. Avoid extra details that catch the eye - grommets or decorative extras.

#### More Professional

Out with the tapered leg. For example, a flared pant with a fitted jacket instantly makes you look younger.

#### Wear Skinny High Heels With Pointy Toes

Legs look slim and sexy in skirts paired with a shoe that has a tapered toe. A slender toe and thin heel work to extend the narrow silhouette of calves. Square toe styles with a thick, chunky heel give the appearance of a shorter, bulky leg.

#### Match Your Shoe Color to Your Leg

Coordinate tones to elongate your bottom half. In winter, wear black opaque tights and black pumps. In summer, try neutral skin-hued shoes with bare legs.



**Shelley Menduni**  
**President**  
**Professional Imagery**

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Contact:  
614-325-8550 (cell)  
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### Look for a Flattering V-Neckline

The open, upside down triangle creates a high focal point up and away from your midsection and gives the illusion of a longer, slimmer upper body.

### Stick With One Hue

Tops and bottoms of the same color create an uninterrupted vertical line, making you look thinner and taller.

### Use Jewelry Strategically

Long necklaces add length to a short neck and bring attention away from hips and to the front center of your body. Sparkly cuffs, stacks of bangles and rings draw the eye to wrists instead of upper arms.

### Beauty Boosters

Update your hairdo, layers will give you a blended, stylish shape. Is your gray showing? Highlights and low lights can perk anyone up!!!

More questions? Feel free to e-mail Shelley directly.

### LIMITED SPECIAL - FREE COLOR ANALYSIS, BY APPOINTMENT

Not sure what colors are more flattering to you? Looking for an easy, affordable way to build a professional wardrobe? Shelley will guide you. Promotion good thru 3/31/10.

Call today 614-325-8550

Please feel free to pass this newsletter onto your friends.

All the best,

*Shelley*

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