



I hope you'll join us in 2012.

Firstly, I want to wish you all a very Merry Christmas and hope your new year will be everything you ever wished for.

There's a great feeling about 2012. The planets must be aligned pretty well, or we've simply gone through so much in 2011 that we're all looking forward to the end of this year and the onslaught of the next one.

Anne's What Not To Wear has loads of plans for next year. Not only are we moving further into the holistic health and beauty side of the makeover, but we now have another place of operation to offer.

Welcome to 'The Cottage'!!

"The Cottage" is a fabulous combo hair and beauty room that I'll be working from with my dynamo business partner Suzie. It's based in Clayfield.

Between us both we'll specialize in fabulous hair, makeup, facials, fashion makeovers, health, nutrition, weightloss workshops, exercise and naturopathic consultations.

We'll have the cottage's official 'menu' out soon as it will encompass the work and contribution from many professionals. So I hope we can stay in touch as things happen, we'll fill you in. We'll have wonderful Personal Trainers running classes, nutrition and health workshops and skin health classes with hands on facials – loads of things happening.

Suzie and I like to call ourselves *'Therapeutic Interventionists'!!* (Very tongue in cheek;o) It won't happen overnight but it will happen. We're focused on mind and body transformations.

Tips to deal with the Christmas and New Year food fest.

There's loads of diet and exercise tips out there to help us deal with the Christmas food overload. I don't know about you, but I certainly won't be denying myself Christmas pudding, choccy delicacies, fruit and custard, salads and roast meats and all the trimmings. And as we know, it's

not just Christmas Day we need to deal with. The overeating seems to last for quite a while and I love it.

Here are a couple of things I've recently learned that has helped me immensely to keep my weight in check. Of course diet as well as exercise combined helps to keep us in shape – but with many things I've read from the experts and experienced myself – it's more important to think hard about diet over the break.

So follow these few easy tips and you should be ok!!

- Love champagne? Who doesn't! Instead of full glasses of champagne, try soda water with a strawberry or small piece of watermelon with only a splash of champagne. It still gives you that taste of the champagne but FAR less calories.
- Don't start hungry. You know what it's like when we face the Christmas table and wonder where does one start. Before you eat, have a large glass of water with lemon juice. It'll curb the appetite.
- Having a big drinking evening? Make sure you have water every second glass to stay hydrated and less likely to be hungover the next day. A guaranteed hangover cure is our Proflavanol – a grapeseed extract with Vitamin C. It's amazing how you can wake up so well after a big night on the red!
- In between 'big eat' days – have a cleanse. E.g. our shakes, bars and fibergy are a great way to clean out after a big foody day. They keep you full AND it's guaranteed to help you clean out. It's a great idea to have a cleanout day and give the digestive system a rest between the xmas and new year food fest times.

Enjoy the festive season and thanks so much for taking the time to read my newsletters this year. By the way, we've had many a computer glitch this year, so if you went to my site and wanted a free skincare sample but didn't get it – make sure you email me with your address so that I can get it out to you.☺

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