



Style – from the inside.

When we talk about Style, the next word that pops into the heads of most people is Fashion! One can't talk about the subject of style without it – but in this month's newsletter I'd like to discuss why Style is **not** about Fashion alone. There's a whole inner world of style that is vital. Of course we want to look up to date but there's a dramatic difference between looking age appropriate and wearing what works for us and being a fashion victim.

If you'd like to look 'fashionable' then just about any women's magazine out there will give you all the how to's. But if you want to know what works for you, then you need to know your signature style, clothing personality, body shape, colour palette and then importantly – have a Holistic Antiageing program in place! *But what about Style from the inside?* Besides the outside transformation, I'm totally passionate about the inside. Looking and feeling as young on the inside as well as the exterior has all to do with what we put on our skin and into our bodies.

Style goes Holistic.

Think about when you're renovating a home. You've invested in a fabulous old 'fixer upper', you've given her a gorgeous exterior, fresh paint, new shutters, garden and driveway but the interior is still falling apart. Will it survive? Probably not!

Our bodies are no different!

Our skin, most importantly, must be treated like the exterior of that old 'fixer upper'. It needs care from the inside, not only the outside. Our immune system, heart and fitness level needs to be considered as importantly as our exterior.

Did you know that most cosmetics and personal care products are loaded with the kind of ingredients you'd never put in your mouth, so why on earth do these companies expect us to slather ourselves in them. It's been proven that most cosmetics actually send our skin further down the path of ageing rather than the opposite affect – which is why we spend so much on cosmetics.

Whether you're a young 20 something just learning to deal with the health of your skin, or a 60+ who has no desire to go down the botox or cosmetic surgery path, then **Holistic Style** is for you!

We're sharing this knowledge with you!

As a Stylist, who now has her certification in human nutrition, I am seriously critical of the world of cosmetics and personal care. That's why we want to invite you to our hands on workshops where you'll get to feel, see, taste and experience the world's proven highest levels of antioxidant laden skincare that treats your body from the inside as well as the out. Did you know healthy skin comes directly from the gut!! No skincare or cosmetic company out there deals with what's going on inside our body to create the skin we have! And we have total control over the skin we want!!

Want to learn a little more about it before you come along? Sure, go straight to

www.anneswhatnottowear.com/skin.html

but why not come and experience a free facial in this outstanding line and do something on the day that your skin with thank you for!

Morning and afternoon tea workshops:

10am and 2pm at Bobby Browns, 890 Brunswick St, New Farm on Monday the 20th June.

And

Evening education class and full experience on

Wednesday 22nd June, 7.30pm at 16th On Park, Café and Restaurant, 16 Park Road, Milton.

Would you like to come? If you do, everyone receives a free 'healthy skin' sample!

www.anneswhatnottowear.com

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