



Holistic Style and how the Makeover Shows have it all WRONG!

As you've probably gathered by now I'm all about how Style is going way more Holistic these days. Have you ever noticed how the makeover shows make almost every 'victim' feel just like that – a victim!

I tuned in to an American one last week and they single handedly made that poor girl feel horrible about herself. That's not what styling should be about. If anyone is feeling a need for a spruce up, it's because maybe they've let some part of their life fall away or are confused about the impact of personal presence. They need encouragement, not criticism.

Let me explain! Maybe their general health had fallen prey to stress and they've allowed fatigue to take over. Or maybe their skin had been forgotten and gone dull. When skin is neglected, naturally enough it can start to look older. Maybe life and kids, jobs and spouses get in the way of hair salon trips or beauty therapist visits. Who has time for a regular facial? I think my last one was last year!

The everyday busy woman doesn't have time for the professional therapist visits – but she should make time for good quality nutrition and a little self care.

Summer's Coming Up!!

And with summer – comes sunburn, dry skin, bleached hair and a mad rush to get the body 'swimsuit ready'.

Here's a few vitamins you need to remember!!

Vitamin C – promotes great skin texture and actually fights visible damage caused by the sun.

Vitamin E – aids in tissue repair and gives the skin some reinforcement against weather damage.

Co enzyme Q10 – not only great for our heart but recent studies have found it has a great antioxidant that is amazing for our skin.

Grapeseed Extract – known as the 'big gun' of antioxidants, it's incredible to keep colds and flues away, but what it does for the skin is incredible.

But... not any brand will do the job. One that is pharmaceutical grade, follows Good Manufacturing Processes and is FDA registered, is the best way to go. Make sure to ask me:o)

Want to learn more about skin health?

Many people ask about classes and workshops. You can go to a nutritionist to learn about food and supplements, a beauty therapist to learn about skincare and skinhealth, a makeup artist to learn about quality makeup and application. But have you thought about one class that does the lot?

What's happening this month?

Now you can – our workshops and classes happen all the time. In fact we have a few scheduled over the next few weeks.

Email me anytime for details about:-

Skinhealth, Skincare and Makeup Application

Classes – using paraben free, chemical free, nutritional products for the skin. I'll send you our schedule!

We even have a **Breast Cancer Awareness Pink Afternoon tea**. Wait till you hear about our inspirational cancer survivor stories. They'll really open your eyes to the fact that cancer need not be a death sentence. Find out what they did and why they look and feel incredible today. We also have a guest speaker who is a Sports Psychologist. She deals with the nutritional needs of elite athletes! But what if you're an everyday person who wants to exercise at home? Do you know what kind of nutrition will make your workout twice as affective – even if we're in front the telly?

Sunday afternoon 16th October, from 2.30 to 4.30pm at the Lightworkers Cottage, 152 James Street, New Farm. Our breast cancer awareness afternoon tea - educational, free and inspirational! Hope to see you.

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