

Your personal

STYLE DIARY

SPRING/SUMMER 2018

FASHION, BEAUTY
AND HOME STYLING
WORKSHOPS
11TH - 13TH OCTOBER

VIP NIGHT 11TH OCTOBER

Win AN OUTFIT



The
Pines
ELANORA

Getting started on your *personal*

We are really looking forward to meeting you at The Pines Elanora in the coming weeks and sharing our knowledge with you on style and fashion.

We believe that one of the best things you can do for your confidence and self esteem is to know what suits you and how to look and feel your absolute best, always.

We want to help you unlock your personal style and help make everyday wardrobe choices easy. We will teach you about body shape and give you a few good style principles and you will be on your way to becoming the very best version of yourself.

Please use this brochure as your own Personal Style Diary and bring it along with you to The Pines Elanora, 11th - 13th October 2018 from 9am - 3pm.

We have left space for you to make notes throughout this diary.

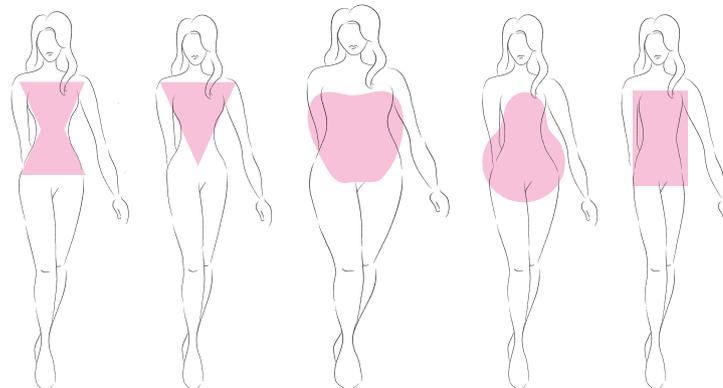
1 Get to know your body.

A woman's body is an amazing thing. Throughout our lifetime our bodies go through many changes. Trying to keep up with the changes can be a real challenge. What our bodies looked like in our twenties, before and after babies, gaining and losing weight, not to mention menopause. It's no wonder many of us are so confused about what to wear and what suits us.

We want to help you understand where your body is right now and help you to embrace it.

2 Body shape.

THERE ARE FIVE MAIN TYPES OF BODY SHAPES



Hourglass

Inverted triangle

Apple

Pear

Rectangle

Which one are you?

Whatever body shape you are, remember you are trying to create an hourglass – basically balancing your shoulders with your hips to create a waistline.

Once you know your body shape buying clothes and dressing becomes easy!

Always dress for your body shape first, fashion second.

Sal and Jane are identical twin sisters, mothers and best friends. They are trained wardrobe auditors and personal stylists and have been styling up a storm on the Gold Coast and South East Queensland for the past four years. They have a vast knowledge of stores and their products and are truly passionate about working with women and men of all ages, body shapes and budgets to help them become the best version of themselves.

howtostyle.com.au

style journey

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3 Look for your strengths.

This could be your beautiful green eyes, your beautiful smooth skin on your décolletage, your slim wrists, your delicious booty. It can be absolutely anything.

What are your strengths?

Now when you dress, we want you to play to your strengths. We want you to show them off. (Remember though – be kind to yourself)

What styles will highlight your strengths? _____

What would you like to camouflage or play down? _____

What styles should you look for? _____

Do you prefer loose or fitted styles? _____

What neckline looks good on you? _____

What type of accessories should you choose? _____

What kind of fabric do you like to wear? _____

What colours look good on you? Do you look good in warm or cool colours? _____

4 The Perfect Capsule Wardrobe.

We will show you how to create a great capsule wardrobe. We will show you what pieces you need in your wardrobe so that you will never be stuck for an outfit again! You can dress these pieces up or dress them down. You can easily transition from day to night and no-one will ever notice you are wearing the same thing over and over!

Your capsule wardrobe.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

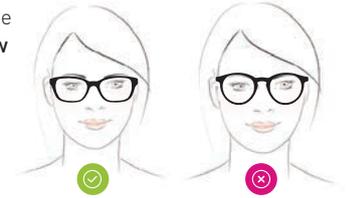
Choosing glasses frames according to face features

Pop into OPSM to discover the best style for your face.

Eyebrows

The top of the frame must fall **just below the eyebrows and follow their shape:**

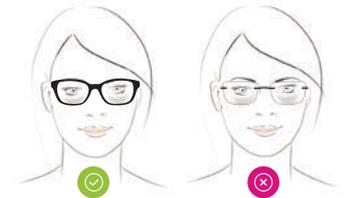
Eyebrows should not be visible through the frame.



Dark circles

General rule

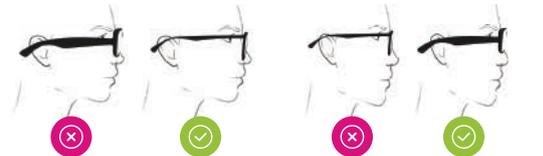
To soften dark circles around the eyes:



Long/short face

To make the face appear longer

To make the face appear shorter



Eye colour

To emphasize eye colour
Contrasted shades

To be in harmony
Similar shades

Orange tones



Blue & grey tones



Purple tones



Earthy tones



Pink & red tones



Brown & gold tones



BRING ALONG TO OUR STYLE WORKSHOPS AND PERSONALISE

Statement *styling*



Meet Emma, a certified colour and image consultant who has worked with hundreds of everyday clients, helping them look, feel and be the best version of themselves. As a mother of 4 and ex lawyer, she recognises that people go through many transitions in their lives and play important and varied roles and that who they are on the inside is not always reflected on the outside.

Emma works one-on-one with clients, facilitates workshops, guest speaks and hosts events, writes articles and regularly interacts with corporates, entrepreneurs, community groups and schools.

statementstyling.com.au

Colour has a way of invading every part of our lives; from advertising, food, interiors and especially clothing. Colour is proven to affect our mood, influence our actions and shape how we are perceived.

Personal Colour analysis, based on the Munsell Colour System, is a process where a series of coloured drapes are placed near your face and a skilled consultant watches the way they interact with your features (the combination of your skin, eyes and hair pigment) until your ideal colour palette is found. This group of colours will be the most flattering, youthful, slimming colours to use in clothing, make up, hair and accessories.

You will never have to guess when you go shopping whether something will suit you or if it is a good investment for your wardrobe.

Colour analysis will:

Empower you to use colour for your advantage; to flatter, uplift and accentuate and to excel in both your personal and professional life.

Reinvigorate your life making you feel younger, thinner, more vibrant, energetic, attractive and efficient;

Save you money and time by preventing you buying items that make you feel tired and unattractive;

Allow you to select outfits easily and build a simple mix and match wardrobe.

Make your eyes brighter and more youthful and address the colour changes, which result from age, the effects of environment, diet or stress

How to choose colors that flatter you:

Tip 1 Repeating colours already seen in your features is an easy win!

If you have blue eyes, popping a blue shirt or necklace on is bound to make those eyes pop!.

Tip 2 Look for your dominant characteristic.

That is, if you are over all dark looking, choose colours that are dark, there is a harmony between the amount of black in the colour and the depth of your pigment.

Tip 3 Try to keep your colour combinations consistent.

Colours have properties which belong in families. Matching bright yellow with smoky grey creates disharmony and generally one or the other wont suit your features.

Tip 4 Look for universal colours.

Colours like true red, royal purple and teal are considered universal because they suit every person. The reason is that they have equal amounts of warm and cool pigment in them so they will match back with a multitude of colours.

Tip 5 If your change your hair colour, your wardrobe will need to change too.

The amount of light and dark in your face affects the colour combinations which suit you best. For example, if you go from very dark hair to very light, the chances are that you will not be able to pull off high contrast combinations like black and white any more.

Tip 6 The best colour shoes to invest in are hair coloured!

Now is not the time to experiment with clashing prints and crazy colour combinations. Because you are always wearing your hair, matching your shoes and your hair creates a visual loop which is harmonious.

Tip 7 You can wear colours that aren't in your palette!

You just need to keep them away from your face, keep them to a small component of your outfit or wear them in softer or slightly sheer fabrics or wear a lot more make up!

Personal colour workshop

Features

Skin _____

Hair _____

Eyes _____

Dominant characteristics

Light/Dark _____

Warm/Cool _____

Soft/Bright _____

Contrast Levels

Value: Low/Med/High _____

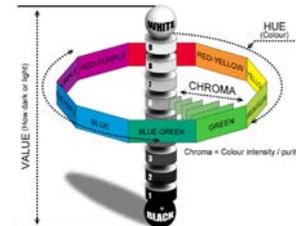
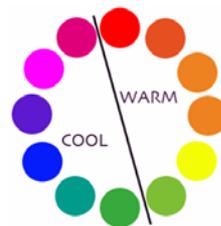
Colour: Low/Med/High _____

Best

LBD: Black/Charcoal/Deep Brown/Navy Blue _____

Eye Highlighters: _____

Shoe/Belt/Coat/Handbag: _____



Lock in *style*

Trying to figure out what to do with your hair?
We've got some great ideas for you.

There's something about the warmer months that inspires us to make a change. That's where Natascha Lehser a designer stylist on the Gold Coast comes in. Originally from the UK Natascha won hairdresser of the Year 2010, specialising in look books, photo shoots and bridal hair.

Join Natascha and discover the trends and key looks for each season. With Melbourne Cup just around the corner, whether your hair is short, long or somewhere in between, you can turn heads with a gorgeous up-style.

Are you in need of a new hairdo that's low maintenance, fashionable and gives you confidence? Join in the live demonstrations daily with personal tips to help you survive any occasion.



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My Hair is:

- Oily Thick Other: _____
 Dry Thin / Fine Damaged Curvy / Wavy

Best products for home:

Shampoo: _____

Conditioner: _____

Treatment: _____

Styling product: _____

Your favourite *makeup*

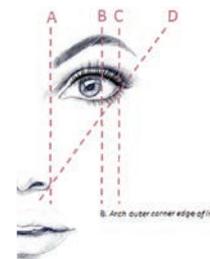
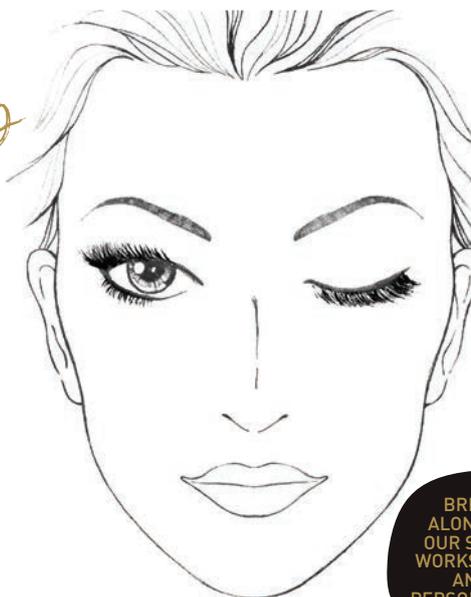
Eyes _____

Foundation _____

Powder _____

Concealer _____

Lips _____



Eyebrows

Highlight _____

Bronzer _____

Blush _____

Contour _____

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Home styling with vignettes

What is a vignette I hear you ask?

It is simply a collection of items artfully arranged together to create a visual display, usually on a table or shelf.

Creating a vignette brings your personal style to your home.

Items collected on your travels, family heirlooms, favourite books and photographs are just some examples of what you may use. Using items that have meaning to you sparks joy and creates interest by telling a story.

TIPS FOR CREATING A VIGNETTE

Colour - Choose two or three colours to work with and keep in those tones for best results.

Scale - Add scale with varying heights, you can lay items flat and build upon or around them, such as books with similar coloured spines then place something on top perhaps a ceramic dish or candle.

Texture - Mix materials such as wood and ceramic, or glass and metal.

Placement - Working with odd numbers will give a more pleasing result, so three, five or seven items is best, any more and it can look cluttered.

NEED ADVICE?

Visit Amy 11th - 13th October, bring photos of your space and she can assist you in selecting pieces to create a stylish vignette for your home. With homewares from Kmart, Violet and Moss and Bed Bath and Table there are endless possibilities.



With a love of house design, a keen eye for detail and a natural ability to work with colour it was only a matter of time before Amy ventured into the Interior Design world.

Starting out as a graphic designer and photographer, Amy was lead on a new creative path after project managing the build for her family's two homes and making all the design decisions.

For the past 6 years Amy has worked as an interior designer / decorator with numerous clients on a small and large scale both residential and commercial.

Amy mostly enjoys advising clients on design, decoration, art, plants and colour decisions, creating affordable homely spaces which are a joy to live in.

botanyinteriors.com.au

Win A NEW OUTFIT FOR YOU & YOUR BFF!

Calling all girlfriends, we're giving you a chance to elevate your style with a new outfit for you and your BFF worth \$100 each.

How to win? Complete your details and pop your entry into the barrel in centre.

Entries close 4pm Sunday 21st October. T & C's apply, visit thepineselanora.com.au for details.

You're invited to a
VIP
event

11TH OCTOBER

6PM - 9PM

JOIN US FOR A PERSONAL STYLE JOURNEY

Fashion, colour, hair, beauty & home styling workshops.

WIN a Personal Styling Session.

Fantastic goodie bag to the first 120 (sponsored by Rodney Clark).

Prizes and VIP exclusive discounts.

Register at thepineselanora.com.au

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Elanora Queensland 4221
T (07) 5534 6722

thepineselanora.com.au  

All information in this brochure are correct at time of distribution but subject to change. Check in centre or website for further information.

**The
Pines**
ELANORA