

Hello again, I hope I find you well and enjoying life. This month's newsletter contains lots of tips on looking your best including the main article on mixing & matching prints as well as tips on wearing makeup in the hot, humid climate of Singapore. Check out May's Image Insights Event scheduled for 29th May and book your ticket's now as these events always prove to be very popular.

If you are trying to lose a bit of weight before heading home for the summer, then, Nutri-Style's Weight Loss Management Group may be what you are looking for - Check out details on page 2.

Happy Mother's Day in advance and don't forget that a colour or style voucher makes a unique and lovely gift.

Have a great month and I look forward to catching up next month.

Aileen

MIXING PRINTS WITH PATTERNS

Print is everywhere at the moment and it is a great way to add interest and fun to an outfit, however, it can be tricky to match print & pattern. Follow these simple tips and shine in print:

- ◆ When mixing patterns with plain, follow the tried & tested rule: 2 patterns & 1 plain or 1 pattern & 2 plains. Three patterns can go horribly wrong.
- ◆ One pattern should stand out from the rest.
- ◆ When mixing patterns, choose patterns of different sizes as these look best together.
- ◆ The smaller the print or pattern, the easier it is to mix. Never mix two patterns of the same size.
- ◆ The easiest way to wear patterns is to pick a colour out of the pattern or pick a colour that tones with the pattern (Picture 2) and flow it up or down your body.
- ◆ You can also choose two colours out of the pattern and flow one up and one down the body (Picture 3).
- ◆ Note that the eye goes directly to where the most obvious pattern on the body, so be sure to wear pattern where you want people to look. Use this rule to balance your body e.g. if you are pear shaped, wear the pattern on the top part of your body and use a solid dark colour from the pattern on the bottom part of your body.
- ◆ — Texture is considered a pattern if it is obvious, so the same rules as for patterns apply. See mustard coloured cardigan in picture 1. Different textures are often easier to mix than different patterns.
- ◆ When mixing patterns, they should be the same or related colours. See that mustard in floral pattern in shirt is picked up in mustard coloured cardigan in picture 1.



Nutri-Style

NUTRITION & IMAGE CONSULTANTS

May 2007

GREAT FINDS IN SINGAPORE



Need your favourite expensive branded jeans shortened, lengthened or even need a rip repaired?

Doctor John at Needle Boutique is our great find this month. For a nominal price with quality workmanship, your jeans will be altered or repaired like brand new.

Needle Boutique can be found at #03-78 Lucky Plaza, Ph: 6732 5359.

IMAGE INSIGHTS CLUB EVENT

Summer/Fall 2007 Fashion Preview

May's event will keep you up to date with the latest fashion in our perennial summer climate here in Singapore. Whether you are in your twenties or fifties, you can look up to date with the minimum of expense!

Learn everything you need to know on how to keep up to date with the latest fashions - From the latest must have accessories to incorporating up to the minute fashion into your current wardrobe.

Date: 29 May 2007

Time: 7-9pm

Place: #04-16 Delfi Orchard, 402 Orchard Road

Tickets: \$20 Clients/\$30 Non Clients - bring a friend for free & enjoy a complimentary glass of wine.

Makeup - Hot tips for Humid Weather

Wearing make-up in humid Singapore weather can take a lot of effort. Here are some make-up tips that will ensure your make-up stays on all day and doesn't melt:

FOUNDATION - Your face should always be kept light. Avoid heavy mask-like foundations and invest in a liquid, waterbased foundation that won't streak on your face.

POWDER - To keep your foundation and blusher from streaking, apply a light dusting of pressed or loose powder with a fluffy powder brush. This will absorb the excess oil from your face.

EYES - Always apply foundation and powder to your eye area before applying eyeshadow. This will keep your natural oils from your skin from mixing with the eye colour and creasing. Also, keep eyeliners in the fridge as it will give you a clean line everytime.

LIPS - Lipsticks are made of 95% wax so humidity and high temperatures may melt them. Make sure they're stored away from windows or hot bathroom lights.

Weight Loss Management Group

Have you followed a weight loss plan before and would like to get back on track?

Nutri-Style's Weight Loss Management Group may be exactly what you need? Weekly group meetup, weigh in and discussion on a nutritional topic in a safe and supportive environment. Meetups are conducted every Monday at 9.30am and 7pm.

For details and cost please contact Nutri-Style at 68875220 or e mail info@nutri-style.com

For Image Consulting Services contact Nutri-Style at 6887-5220 or email info@nutri-style.com