

Hello again,  
I hope I find you well.  
This month's newsletter is packed with information including how to apply a simple makeup application to achieve beautiful eyes. If you still don't quite get it then get a group together and make an appointment for one of our make-up & grooming workshops - Check out details on page 2.

The countdown to the next **Image Insights Club Event** on 4th April is on and places are being booked up fast. Do call and book asap to ensure you get a place.

Please note that prices for Nutri-Style services will be increasing from the 1st April onwards so if you have been planning to book a colour, style or total makeover consultation for a while, then you have until the 1st April to get these services at the current prices.

Enjoy the read and I look forward to catching up again next month.

Aileen

## STEPS FOR APPLYING BEAUTIFUL EYES

Stuck in a rut when applying day eye makeup? Try this basic technique which uses a three-shade application technique that will highlight, brighten and define your eyes!

### BRUSHES

When applying eyeshadow, two brushes should be used:

The **Eyeshadow brush** is used to apply colour over the entire eyelid, to layer eyeshadow or highlight under the brow bone.



The **Crease brush** is shaped to fit into the crease of your eyelid and into the outer corners of the eye. It is ideal for blending, contouring and smudging for smoky effects.



### EYELINER

Use an eyeliner colour that is close to your Contour shade such as Eggplant, Bark or Black Jade. Never apply eyeliner around your whole eye as it will make them look small and squinty. Just apply from the outer edge to the centre of your eye with the emphasis on the outer edge. Smudge over your eyeliner with your contour eyeshadow to soften the line.

### EYESHADOW

It takes three shades to shape the eye - a highlight, midtone and contour shade.

1. **Highlight:** this is the lightest colour of all three & is applied to the browbone and eyelid. The eyeshadow brush should be used for highlighting.

Examples of colours are:



2. **Midtone:** This is a shade or two darker than your natural skintone. The eyeshadow brush should be used.

Examples of colours are:



3. **Contour:** This is the shade you'll have the most fun with and will give depth and shape to the eyes.

Examples of colours are:



TIP: Increase PDF size or use zoom feature to see detail on eyes above.

### MASCARA

Finally eye makeup is never complete without mascara! It's always nice to use a brown colour for the day. To apply, wiggle the wand through your upper lashes. If you are prone to dark circles, it's best to not apply to your lower lashes.

# Nutri-Style

NUTRITION & IMAGE CONSULTANTS

April 2007

## Secrets of Makeup Workshop

Bring along three girlfriends and learn all about make-up in a fun environment.

The workshops will include how to apply a day and evening makeup look, face shape analysis, a hairdresser's recommendation for your best hairstyle and hair colour plus a personalised makeup booklet to take home!

A bottle of wine will also be provided, so get your girlfriends together and book an evening of fun.  
Cost : \$150 per person now.

## Nutri-Style & Jool Lingerie Present Bra's, Boosters & Hidden Helpers Fashion Show at the Hollandise Club

To book:

Please contact Claudette Dumoulin at the Hollandise Club on:

6461 1100

Or [events@hollandseclub.org.sg](mailto:events@hollandseclub.org.sg)

Thursday 29th 7.30pm

22 Camden Park (off Adam Road)  
Singapore 299814

Non Members \$25.00

## Price Increase \$\$\$\$

Effective 1st April 2007, Nutri-Style will be having a price increase on our services.

Any bookings made before 1st April will enjoy the current prices, so book now!

## UPCOMING IMAGE INSIGHTS CLUB EVENT

4th APRIL

Dressing Your Personality! What's your style?

Date: 4th April 2007

Time: 7.30-9pm

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

Tickets: Clients \$20/ Non-Clients \$30 /Bring along a friend for free/ Complimentary glass of wine.

## Great Finds in Singapore



### Cedele Bakery Cafe

Cedele Bakery Cafe is your saviour for bread that's baked fresh daily, tasty, healthy and wholesome! Cedele doesn't use any trans fats, preservatives, improvers and stabilizers so gone are the days about feeling guilty eating bread. It's also a great place for lunch as the soups, sandwiches, salads and pastas are scrumptious. Did you know that none of their soups contain artificial commercial thickeners? The base is made from roasted vegetables instead. Where: Wheelock Place, Great World City, Raffles City, Vivo City and more.

### Le'Shine



This is the place to go to get your branded bags and shoes recoloured, repaired and polished. Their innovative system works on leather, suede, nubuck and canvas and they can be trusted with expensive items. Le'Shines system even works effectively on mouldy and dirty shoes, removes bacteria and odours from shoes. Le'Shine can be found at Far East Plaza #02-75.

For Image Consulting Services contact Nutri-Style at 6887-5220 or email [info@nutri-style.com](mailto:info@nutri-style.com)