

# just as Beautiful

## Contributors

### PUBLISHER/MANAGING EDITOR

RONNIE AJOKU  
publisher@justasbeautiful.co.uk  
Telephone: 020 8453 7185

### DESIGN

WATERMARK CREATIVE LTD

### CONSULTING EDITORS

JANE KENYON (Body Image)  
NANCY STEVENS (Style)

### FEATURES

RONNIE AJOKU  
JANE KENYON  
NANCY STEVENS  
MICHAEL GAZE  
NGAIRE TAKANO  
SIOBHAN HICKEY  
BARBARA FRODSHAM  
OLGA GONZALEZ-RAMOS  
ANDREA BALDWIN  
editorial@justasbeautiful.co.uk

### FASHION & BEAUTY

CHARLOTTE LEVY  
fashion@justasbeaut ful.co.uk  
MICHAEL MENDES  
beauty@justasbeautiful.co.uk

### PICTURES

PELHAM TURNER

### GENERAL ENQUIRIES

Telephone: 020 8453 7185  
Email: [info@justasbeautiful.co.uk](mailto:info@justasbeautiful.co.uk)  
[www.justasbeaut ful.co.uk](http://www.justasbeaut ful.co.uk)



### JANE KENYON

Jane Kenyon is a serial entrepreneur, inspirational speaker and coach. Jane's passion to help women and young girls shine is contagious. She is also the Founder of [www.wellheeleddivas.com](http://www.wellheeleddivas.com) and [www.girlsoutloud.org.uk](http://www.girlsoutloud.org.uk). See [www.jane-kenyon.com](http://www.jane-kenyon.com)



### NANCY STEVENS

Nancy Stevens is the Founder of Altered Image, an independent Image Consultancy whose ethos is 'make the best of ourselves without dieting or surgery': [www.alteredimage.co.uk](http://www.alteredimage.co.uk)



### BARBARA FRODSHAM

Barbara Frodsham is a talented breakthrough coach and specialises in helping people to transform their thinking, allowing them to take themselves to the next level: [www.momentouscoaching.com](http://www.momentouscoaching.com)



### SIOBHAN HICKEY

Siobhan Hickey studied Journalism at Dublin City University. An astute blogger, she currently writes her own blog [www.justalittlebitsskinny.blogspot.com](http://www.justalittlebitsskinny.blogspot.com)



### Subscribe to

Please visit our website and show your support by registering as a member. You will get access to exclusive fashion shows, castings, events, offers, updates on Britain's Next Plus Model, Miss Plus Britain and lots more!

Just As Beautiful is produced by LONDON BUSINESS COMMUNICATIONS & PUBLISHING, 24-26 Arcadia Avenue, Finchley, London N3 2JU. 0208 453 7185. © 2010 all rights reserved. Reproduction in any manner or any language, in whole or in part, without prior written permission is prohibited. All material in this magazine, both print and digital issues, is provided for your information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions expressed here are believed to be accurate, based on the best judgement available to the authors, and readers who fail to consult with appropriate health authorities assume the risk of any injuries. In addition, the information and opinions expressed here do not necessarily reflect the views of every contributor to Just As Beautiful. Just As Beautiful acknowledges occasional differences in opinion and welcomes the exchange of different viewpoints. The publisher is not responsible for errors or omissions. Subscribe to Just As Beautiful by visiting [www.justasbeautiful.com](http://www.justasbeautiful.com) or [www.justasbeautiful.co.uk](http://www.justasbeautiful.co.uk). All other enquiries, call 0208 453 718

# Look great for all occasions this festive season!!

With Christmas fast approaching and invitations coming your way, it's time to look your best all round. style guru Nancy Stevens shows how you can stand out from the crowd.

It's official, there are only five weeks till Christmas and so begins the plethora of office parties and after-work drinks.

The festive season can send many of us into a flat spin, thinking: "what am I going to wear?" Do I need yet another black frock? And do I need to go on a crash diet? The answer to all three is, negative!

There are some utterly divine frocks available now and, in a variety of stunning jewel colours. Personally, I think black's a tad dull unless it's well and truly glammed up with serious bling or with this season's hot look, pearls, pearls and more pearls. The Boudoir look, which consists of pearls, lace and a bit of sparkle is utterly gorgeous and suits everyone. Beware though! If you're not olive skinned, wearing black can make you look in need of a blood transfusion! Be daring though, go for a dress with colour.

Monsoon has come up trumps for posh frocks and value for money, and in some ranges they go up to a size 22. I'm also loving Yours Clothing, and there are some stunning jumpsuits, dresses and an array of fab party wear at very affordable prices. At the more expensive end of the pricing scale Anna Scholz, has some fabulous, designed for the curvier figure. I think it's heartening when a woman is designing for women because, let's face it; no one understands our bodies like we do. Style-wise, the Empire line is still the most flattering style for all body types. If you are truly colour-phobic, try a dress in creamy lace or blush pink which is very kind to most skin tones, but don't forget the lippie! Wrap-dresses in luscious rich jersey fabrics and if black really is your security blanket, then flash the coloured tights and don an SJP corsage to brighten up your look.

If like most women, you don't have time to do ridiculous Madonna-style (and let's face it, who wants to look like her?!) workouts at the gym and therefore aren't keen on your upper arms, here is the perfect dress, really elegant and timeless.



*Garroway Navy  
Maxi Dress - £180,  
Monsoon*



1



2



3



4

1. *Leopard Print Jumpsuit. Yours Clothing, price £15.00*

2. *Rose Peep Sandal, Savida, price €25.*

3. *Black & pewter sleeveless mesh sequin tunic. Yours Clothing, price £28*

4. *Canvas turnover wedge. Matalan, price £16*

5. *Black Puff Sleeve Velvet Tunic. Yours Clothing price £25*

Ensure you have the correct underwear for your dress, and if you have a larger bosom and are contemplating hanging loose, don't cause a storm in a D-cup – wear a strapless bra. In an ideal world, having a bra fitting in-store is best and I would recommend Bravissimo for this as they are the leaders in bras for big-boobed women with a smaller back. If you aren't mad about shopping, then try Ample Bosom and this should fulfil your lingerie needs. I truly believe that having the correct-

“

**If you are truly colour-phobic, try a dress in creamy lace or blush pink which is very kind to most skin tones, but don't forget the lippie!**

”

fitting bra can totally transform your shape and is far more effective than any unnecessary deprivation!

Magic knickers for a tight fitting dress are better than any pre-Christmas crash diet, and by depriving yourself now, you'll be fantasizing about Quality Street being fed intravenously by the 1st December.

I'm not a fan of pashminas (or wraps) as they're fiddly and very difficult to keep a hold on (and as for trying to dance 'wearing'

one, well forget it!). Boleros, however, are easy to wear and usually end nicely under the bust and accentuate your shape. Metallics are massive this season but please avoid the Ann Widdicombe look i.e. heavily sequined jacket if you are well endowed; go for a darker colour. Also think cost-per-wear as boleros can be worn with jeans or with a maxi dress in the summer.

If you're invited for after-work drinks, wear a pair of palazzo pants to the office, leave work



5



6



7



8

6. Peep toe shoe, Marisota, price £25

7. Timeless Wedge Stud Ankle Boots. Oli.co.uk, price £50

8. Black & pewter sleeveless mesh sequin tunic, Yours Clothing, £28

shoes behind and don a pair of killer heels. Pop on a sparkly top and re-do your makeup either concentrating on the eyes by going for the smoky look (which is big this season), or liquid liner and dramatic red lipstick, a la Scarlett Johansson. Back-comb or dry shampoo your hair and voila, you are ready to party!

Accessories can make or break an outfit and the chunkier and brighter the better.

Book your hair appointment now for at least 2 to 3 weeks

“

**Magic knickers for a tight fitting dress are better than any pre-Christmas crash diet**

”

before Christmas, as your poor hairdresser will be going into meltdown by then. Soft curls frame the face beautifully and can be achieved by the using of heated or Velcro rollers. Or if you fancy going retro, backcomb the crown to add height. Try to minimize the hole in the ozone layer by going easy on the hairspray and put in a sparkly band.

Shoes – peep toes are still massive this season and wedges are even better as they are so stylish (much more flattering

than a spindly heel on a delicate sandal), really comfortable and if you are planning on a boogie or three, then these are the shoes to do it in!

**Nancy Stevens is the Founder of Altered Image, an independent image consultancy. For more information on finding your personal style or for advice visit Nancy's website at [www.alteredimageimgmk.co.uk](http://www.alteredimageimgmk.co.uk)**