

Style advice from Nancy Stevens

# Happy New Year



My clients are all shapes and sizes ranging from size 6-26 and like most women all have some sort of body issues. My larger ladies always say to me when booking an appointment "I really want to wear nice clothes but want to lose weight first", I then stop them in their tracks by saying "It is not about size, it is about acceptance of yourself and once you have had your colours done and been shown which styles suit your body shape, it will be so much easier". Like Gok I don't tell my clients to go on a diet but we work with what is already there, making the best of the good bits and hiding the bad bits! Don't wait

for that supposed magical day when you think you are going to be perfect size 8, enjoy life NOW, and let's get some new and wonderful clothes. Which leads nicely onto my next subject: THE SALES!!!

What is it about the Sales that we have some sort of rationale bypass? We have all bought clothes for the wrong reasons: it was a bargain, a nice colour, I will get into it one day, it might go with an item of clothing that has been lurking so far back in your wardrobe it is like the Chronicles of Narnia in there all except the fact that it may actually suit you and you will get maximum usage out of it. It is only a bargain if you are going to get lots of wear out of it! Before embarking on a trip to the sales, go through your wardrobe with a fine toothcomb (or give me a call to help you), have a good clear out, throw anything away that has not been worn for the last year, then decide what is missing and needs to be replaced, then write a list and go prepared. Don a comfortable pair of shoes, leave your coat behind (it will just be an encumbrance), take a sensible amount of cash with you, so that you are not in danger of overspending and spend wisely. See you in February.

*Nancyx  
Oh the chic of it!*

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