

# Summer special



## Beautifying our bodies and what's hot for summer!

MK Pulse's image consultant, *Nancy Stevens* of Altered Image, looks at grooming and what's hot this summer.

**T**his month I would like to concentrate on something that we Brits are generally not that hot on and this is grooming. Most women tend to spend both time and money on clothes and socialising rather than grooming and this is where our European cousins really do put us to shame!

### Feet

I've lost count of how often I see a beautifully or trendily dressed woman whose feet would grace a farmyard animal, of the cloven variety! Our feet are now on display so take time to take care of them, we spend so much time on our feet yet they're the most neglected part of our body. If your feet are in a simply shocking way I'd suggest a professional pedicure to get you started and recommend Debbie Pink at The Beauty Room, Aspley Guise 07962185005. A home pedicure is not terribly onerous (but husbands/partners should NOT be permitted to witness this as it's akin to us watching them cutting their toenails in bed! Not designed to improve marital relations!)

### Hands

Our hands say so much about us and age long before our faces, so remember to apply cream with an SPF25 constantly. Nail colour of the season is greige! Yes, you read correctly a combo of grey, beige and taupe. Oh, and neon – much more frivolous and fun!!!

Marks & Spencer Essential Colours Mini Nail Colour Collection in Neon, £5.00



### Self Tanning

Most of us wince at some embarrassing memory of a fake tan disaster, orange palms, streaky legs and looking like Dale Winton's sister. It's all in the preparation. Firstly, exfoliation is absolutely vital. Whilst showering I recommend Vie Buff and Polish Scrub as the best exfoliator (can be ordered through me £15). Pay particular attention to dry areas

such as elbows and feet. Apply a barrier cream to said areas and then apply fake tan evenly. If you are scared of being tangoed but wish to take the glare off your legs, Johnson's Holiday Skin is the best on the market. If you can afford to have a professional tan, Debbie Pink does an excellent one for £20 and lasts around a week. If you decide to stay pale and interesting, make a feature of it like Nicola Roberts from Girls Aloud, rather than using a sunbed as they are even more detrimental to the skin than the sun.

### Hair removal

It's that time of year when its time to unleash our previously covered up extremities, legs, underarms and if we are really lucky (yikes!) our bikini area which now may resemble a small forest! It's time to take control and stay on top of our hair removal. I liken it to cutting the grass (although not as thick – the grass that is!), if we stay on top of it and mow regularly we won't need to get a landscape gardener in.

Waxing is the best long-term solution, followed by electrolysis (if you are particularly hirsute), depilatory creams and for the best eyebrow shaping in MK – I recommend Chandrika on 01908 200189.

### Key items for this summer are:

The Maxi dress is still on trend 3 years on and is absolutely everywhere but be

beware if vertically challenged as they can make one appear even shorter. It's a perfect cop out if you don't like your legs but can still appear feminine. They look fab with gladiator sandals, flip flops and wedges. They're suitable for weddings, festivals (look great with wellies – a la Kate Moss) or can be worn as an alternative to a cocktail



Matalan – Et Vous Embellished Maxi Dress, £30.00 Stockist number 0845 3303330 www.matalan.co.uk

dress, belted with a jacket.

White, nude and yellow are the "colours" for S/S 2010 and look great if you are olive skinned but this is when accessories really come into their own. There are a plethora of amazing prints out there but go easy on print size if you are petite, if you are of more Amazonian proportions – then the bigger the better. Animal print is a perennial – but as I'm from Africa, I prefer to see animal print on animals! Less is more if you don't want to

look like a barmaid from Corrie. Strappy little sundresses are hugely popular and Matalan have a great selection this season.

Big floppy hats are also really popular and are a brilliant way of protecting your face from the sun and looking slightly enigmatic and film star-ish at the same time.

Kaftans can be multi-purpose in that they can be worn over your swimming costume (sequins are acceptable during the day) and look fab with a pair of white linen trousers. Avoid cropped trousers if you are less than 5'5 as they will make you look dumpy and as they've shrunk in the wash. 50's-style Capri pants (as worn by Audrey Hepburn, are preferable).

Having said all of this, I really do hope that we have a better summer than last year as I spent most of mine in the pouring rain on a Devon campsite, clad in wellies up to my knees in mud!!

Have a well groomed summer! □

*Nancy xx*

If you have any fashion issues you would like some help with, please email me at [nancy.stevens@alteredimagemk.co.uk](mailto:nancy.stevens@alteredimagemk.co.uk) or visit my website [www.alteredimagemk.co.uk](http://www.alteredimagemk.co.uk)



# COMPETITION

## ALTERED IMAGE

Altered Image is seven years old and to celebrate our birthday we are offering a chance for one lucky reader to win a makeover with our fashion columnist and founder of Altered Image, Nancy Stevens.

This fantastic prize includes:

- ◆ A colour analysis session to show you which colours really suit you
- ◆ A body shape analysis session, showing you how to make the most of your shape without dieting!
- ◆ A wardrobe weed to help you unclutter your wardrobe and make the most of the clothes that you already have by accessorising

This prize is worth £150.00 and to enter all you have to do is state why you think you deserve this makeover and how it will enhance your life.

Email your answer (no more than 150 words) to [competitions@mkpulse.co.uk](mailto:competitions@mkpulse.co.uk)

Or write your answer on a postcard, with your name, phone number and email address and send it to:

MK Pulse, Incon House, 10 Stilebrook Road, Olney, Bucks MK46 5EA

Competition closes 30th June 2010.