

She who Dares...wins!

Take one over-worked, super-stressed mother-of-two, mix with a top image consultant, a £250 Wallis spending spree and a new hair-do and what do you get...?

Cast your minds back to the June issue of Style and you'll remember our fab competition to win a makeover with our resident stylist, Nancy Stevens.

We were inundated with entries, but it was without a shadow of a doubt that we chose Katrina Dare, 35, from Maulden as the lucky winner.

With two children, Kayleigh, 12, and Callum, 9, who has Asperger's Syndrome, Katrina's days are spent both caring and home-schooling her son as he is unable to cope with school. As you can imagine, this leaves Katrina with little time to treat and pamper herself, so it was with no hesitation on our part that she became the chosen one to receive a makeover worth £250 from Wallis and a total restyle at gorgeous hairdressers, Lifestyle Health and Beauty in Newport Pagnell.

Katrina said, "I feel honoured to have won!"

Nancy hot-footed it over to Katrina's to find out how drastic the situation was. Bowled over by her incredibly positive attitude to life; even though Katrina's had to deal with open heart surgery and further health problems; Nancy knew that this mother of two was certainly deserving. And who could blame her for putting herself behind the needs of her son and daughter.

Nancy said, "This little lady is a powerhouse who never stops in her quest to make her children's and other people's lives better. Even though she is constantly having to fight the system to get help for Callum, she still finds time to do voluntary work for others. But not once did she come across as a do-gooder."

Katrina's strengths lie in her organisational and caring skills and she runs her home life like clockwork. But it is her low self esteem and weak body image that get in the way of her shining like the true star she is. Shying away from centre stage, Katrina is happiest at the side lines, and she dresses accordingly in drab, bland clothes.

"We could have talked all day but I had to get on with the task at hand. I showed her which colours suited her

best. Katrina is an 'Autumn', which means she can wear colours which are muted with a yellow undertone. I then went through her wardrobe which mainly consisted of Next sale items with the tags still on! She is petite, with a 26 inch waist (which after two kids made me green with envy) and a great pair of legs which are constantly encased in a pair of jeans."

It was time to unleash Katrina's natural beauty and get her out of her extensive collection of combats and the most hideous mauve suit ever seen.

It was time to shop!

Nancy and Katrina headed straight to Wallis in the Centre MK for their up-to-the-minute quality items. Assisted by the ever-helpful Jane, Nancy and Katrina got stuck in.

Katrina is a casually-styled girl, so Nancy focussed on choosing items that would work for her. Items in gorgeous bright colours that suited Katrina's great colouring and accessories to finish off outfits to perfection were all whipped into the changing rooms. Wallis' Petite section was perfect for Katrina and she was delighted with the results.

Katrina is one of those lucky women who don't need much makeup, as she has great skin, very unusual lion-coloured eyes and dark eyebrows. But her hair was in need of a desperate restyle, so off to Lifestyle hairdressers it was. With a warm welcome from the manager, Angie, Katrina immediately felt relaxed in letting senior stylist, Emma, tackle her unruly tresses.

A snip later and Emma had transformed our competition winner into a stunner. With colour added to flatter Katrina's toning and a wonderful cut that left Katrina with a stylish, easy to maintain 'do, Lifestyle had really come up trumps, and Katrina was impressed.

Nancy and Katrina were in need of a little R&R after all this hard work pampering, but multi-tasking as always, they combined lunch with a facial, make-up lesson and the photoshoot to present Katrina's new look.

It was then that Nancy and Katrina saw the true transformation that had taken place. With confidence blooming, posture improving (thanks

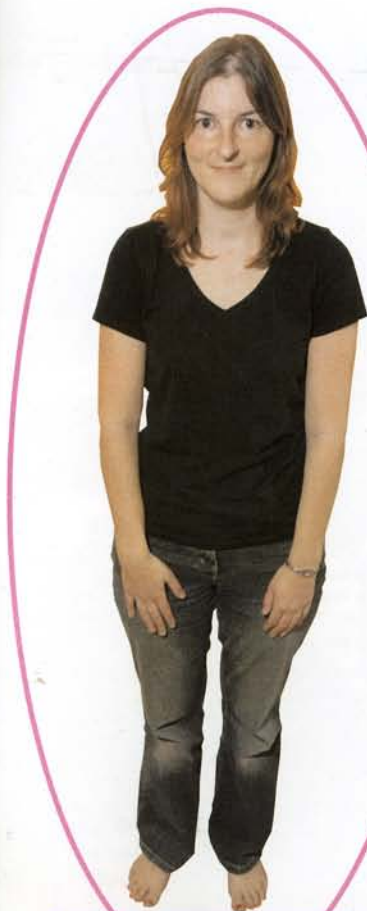


to a new bra) and new clothes that flattered, Katrina had truly become a very yummy mummy!

"Thank you so much! Winning this prize has been amazing. Nancy has been professional throughout and has made the whole experience a truly lovely and memorable one!"

With this beautiful woman ready to meet her public, Nancy is confident that if Katrina can just find a little time to look after herself, start liking who she sees in the mirror and accept the amazing woman she is, Katrina will shine.

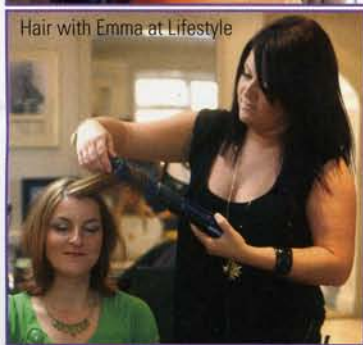
With huge thanks to:
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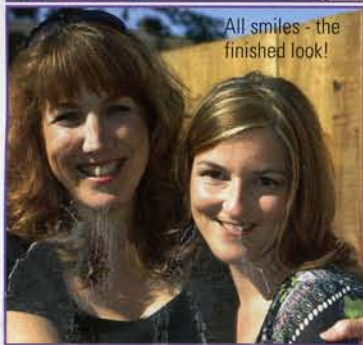
Before.....



Colours with Nancy



Hair with Emma at Lifestyle



All smiles - the finished look!



& after.....