

Spring Fashion Trends

Theme: Return to 80's Fashion

Each season has several themes. The best of the 80's, re-invented & fused with contemporary tailoring, style & sophistication is a new theme for '09.

Sharp Shoulders: Keep the look sleek & streamline. Team with Jackets, Tops & Tees (with sequins & prints). (Great news for those with sloping shoulders! As you 'square' off the shoulders, you will increase your apparent height and overall body shape balance). NB: This is not the 'rounded' shoulder look of the past!

Polka Dots are back, re-invented to breathe new life to monochromatic wardrobes!



High-wasted Pants & Jackets: To achieve a confident & sophisticated 'Business Look'. For an extra spin on the 80's, try rolling up the cuffs of your slim lined pants and cinching in at the waist. (Note: Check your Shopping Style Guide to ensure the 'slim' leg is a style you can wear – if not, go for wider style of leg, then add a belt and complement with strong shoulder look).



Acid washed & light coloured denim worn as a chic new look.

Men: The 'Jacket' is also big for men – casual, comfortable, edgy & business like. Experiment with layers of tees, cardigans, hoodies, jacket, teamed with a hat & scarf! The look is 'classy' & casual, rather than 'careless' & fashion casualty!

NEW Workshop

Look great & Feel even better !!!

Yes, 82 year old actress, Cloris Leachman, (to the left) is wearing a dress made of cabbage leaves. Don't worry these workshops aren't about wearing food – just making great, healthy food and getting some great Style & Makeup tips, as well.

'INSIDE – OUT' Workshops

PART 1: Healthy 'Raw Food' Cooking

(Facilitated by Tina & Fiona*: 1 Hour)

These inspiring girls will show you how to make quick & healthy treats, drinks and meals. Complete with copies of recipes, tastings and heaps of nutritional advice.

* Form 'Rawing Success' - Health & Wellbeing Nutritionists & researchers working with Dr Peter Dingle)

PART 2: Style & Makeup

(Facilitated by Sharon: 1 Hour)

Covers aspects Style, Makeup or Skin Care to complement the cooking theme.

See Schedule of events next page...



* Sharon @ Your Defining Image: Ph: **6311 6702, 0421 699659** E-mail: Sharon@YourDefiningImage.com.au

Events	Date / Time	Location	Cost P/P	How to Register
Colour Workshop	Sat 29 Aug 9am – 3pm	Kent Street TAFE	~\$170	Swan TAFE: 9267 7873
Colour Workshop	Sat 12 Sep 1 – 5pm	100 Rookwood St. Mt Lawley	\$175	* Sharon @ YDI
Colour Workshop	Sat 21 Nov 9am – 3pm	Kent Street TAFE	~\$170	Swan TAFE: 9267 7873
Style Workshop	Sat 5 Sep 9am – 3pm	Kent Street TAFE	~\$170	Swan TAFE: 9267 7873
Style Workshop	Sat 3 Oct 1 – 5pm	100 Rookwood St. Mt Lawley	\$175	* Sharon @ YDI
Style Workshop	Sat 28 Nov 9am – 3pm	Kent Street TAFE	~\$170	Swan TAFE: 9267 7873
'Inside-Out' Workshop 'The Essentials'	Sat 19 Sep 2 pm – 4 pm	<u>Part 1:</u> 'Raw food' cooking & tastings <u>Part 2:</u> Style Essentials 100 Rookwood St. Mt Lawley	\$60	* Sharon @ YDI
'Inside-Out' Workshop 'Beautiful Skin'	Sat 17 Oct 2 pm – 4 pm	<u>Part 1:</u> Healthy & delicious foods to feed beautiful skin. <u>Part 2:</u> Healthy Makeup & Skin Care. 100 Rookwood St. Mt Lawley	\$60	* Sharon @ YDI
'Inside-Out' Workshop 'Heavenly Treats'	Sat 14 Nov 2 pm – 4 pm	<u>Part 1:</u> Healthy heavenly treats (eg chocolate, Christmas ideas). <u>Part 2:</u> Followed by Hydracial Facial – lay back and relax! 100 Rookwood St. Mt Lawley	\$60	* Sharon @ YDI
Shopping Excursion	Sat 15 Aug 10am – 1pm	Harbourtown Shopping Tour (Includes \$10 voucher & Gift Bag with many other surprises!)	\$55	* Sharon @ YDI (Media Launch)

* Contact **Sharon @ Your Defining Image** to register for events:

Ph: **6311 6702** or **0421 699659**

E-mail: Sharon@YourDefiningImage.com.au

**Murray St – King Street 'City Shopping' Excursion coming soon
Including Designer Collections & Lunch (~\$88)**