



*Wishing you all a wonderful Festive Season and hoping the
New Year brings
you lots of great Colour and Style Inspirations*



Vacation Packing



Have you ever wondered how you could possibly get all the clothes you need for a holiday into one suitcase and one carry on bag?

- 👜 **Pick a Colour Scheme**
From your personal Colour Swatch of course! Eg Choose your separates in three matching colours, making one of the colours a neutral – then 'mix & match'.
- 👜 **Fabrics**
'Wash & Wear' is the best! Linens, silks, fabrics requiring dry-cleaning won't be the best choices for holiday packing!
- 👜 **Separates Rule**
Packing clothing items which can be worn as 'layers' will allow you to dress for different weather conditions and enable you to wash small items of clothing, rather than one complete outfit.
- 👜 **Shoes**
Three pair max is the rule here – or less if you can! Flats for walking, low-heeled for brunch & going out high heels.
- 👜 **Accessories**
Pack lots of accessories to extend your wardrobe options – scarves & jewellery are lightweight & take up little space.
- 👜 **Bags**
A 'carry-all' tote bag with zip compartments to keep valuables secure is a must.
- 👜 **Have a 'Practise Pack'**
Lay out all items to create several 'mix & match' outfits. Anything that does not go with at least 2 outfits should be discarded.
- 👜 **Avoid Wrinkles**
Try rolling up small items & folding larger items once (eg pants). Hang clothes in the bathroom for steam to help remove any wrinkles

Wardrobe Shape Up

Organising your wardrobe is the kind of chore that you can constantly find excuses to avoid! However, if you can muster the energy – here are a few tips to help create a functional wardrobe:

- ☞ Sort by Season - Put your out-of-season clothes aside. Be sure to include moth-repellent cedar to prevent moths from laying eggs in your clothing.
- ☞ Sort by Colour - The reason to organise your wardrobe is not just to make space. The goal is to be able to find your clothes. There is nothing more frustrating than searching for an article of clothing that has been lost in the abyss of disorganisation. Organise by garment type and colour. In other words, keep all shirts hanging together arranged by colour. Do the same for skirts, jackets, etc. Sweaters should be folded accordingly as well.
- ☞ Have fun! Get a group involved and arrange for a 'swap evening' for everyone to bring over their discards. One person's discards could be another's treasure.

☺ Ever had this happen to you? You hang something in your wardrobe for a year and it shrinks 2 sizes!

The following incident, sadly reported recently, draws our attention (once again) to the potentially harmful effects of some of our everyday personal & household products.

Have you ever read a toothpaste box label? Are you aware of the potentially harmful effects of toothpaste - especially for children?

I have now replaced almost all of my personal & household products with 'non toxic' products which contain no potentially harmful effects. Including: makeup products, toothpaste, dishwashing liquid, washing powder, shaving cream, deodorant, aromatherapy oils, bubble bath, shampoo & conditioner, hand cream and toilet deodoriser. As one of my existing 'supermarket' brands ran out, I simply replaced with a 'healthier choice' item – free of harmful toxins.

Deodorant Overuse Kills 12 Year Old Boy

THE DAILY TELEGRAPH, LONDON 22nd November 2008, 11:30 WST

A 12-year-old English boy collapsed and died from heart problems after spraying too much deodorant in the family bathroom, an inquest has heard. Daniel Hurley was overcome by the solvents in the can and collapsed in the bath. He died five days later in hospital.

An inquest heard that Daniel died from cardiac arrhythmia or abnormal heart rhythms, caused by exposure to solvents in the Lynx Vice spray. Unilever, which makes Lynx, warns on the cans against over-spraying and says the product must be used in well-ventilated places.

A coroner said "People should read the warnings and be aware of the dangers of the products they are using".

Recording a verdict of accidental death, Dr Robert Hunter, the Derby and South Derbyshire coroner, said that the cause of death was "cardiac arrhythmia, exacerbated by exposure to solvents". He said that he was satisfied Unilever gave enough warning on its cans that excessive amounts were not to be used in confined spaces. But he warned: "I do not know how many people read the warnings about exposure awareness. But people need to know about the risks that these products have on the cardio-vascular system".

Each Lynx can carries a 90-word list of directions for use, warning that the product should be kept of the reach of children and not sprayed near the eyes or naked flames.

The last sentence of the directions reads: "Use in well-ventilated places, avoid prolonged spraying"

colour analysis
style & body analysis
makeup & well being
wardrobe consultation
shopping & travel
corporate & group events

Makeup & Well Being

Using effective makeup techniques will ensure you create a natural, long lasting and flawless look.

Your Defining Image consultant will show you how to apply makeup to achieve different looks and select products which enhance your natural skin tones and allow your individual beauty to shine.

The makeup products include natural moisturising ingredients, to keep your skin looking young and healthy.

All cosmetic products are:

- safety tested & dermatologist approved
- free of potentially harmful or toxic ingredients
- consist of only the highest safety-conscious formulas, ie free of free of sodium lauryl sulfate, propylene glycol, kaolin, bentonite, mineral oil, petrolatum and phthalates
- created without animal testing

For additional health and well being information please go to:
<http://www.myneways.com.au/celebrating-you/> or contact sharon@yourdefiningimage.com.au



Healthy Makeup & Skin Care Products

All makeup products used by Your Defining Image are free of potentially harmful ingredients

Makeup colours are matched to your unique colour profile

Makeup workshops are FREE & lots of FUN!

Healthy Homes Talk By Professor Dingle

Peter is probably the foremost authority on toxicology in Western Australia (if not Australia) and a leading authority on toxic homes, or to put it another way....Healthy Homes

Entry is FREE for Neways members and Guests. Please contact me if you would like to attend as my Guest.



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Colour and Style Consultation:	1 or 2 people
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