

# Your Total Image

## 12 Tips for a Stylish You



Image consulting by Valerie Hatcher



Get fitted for a bra. You will love the “lift” ...and you’ll be ecstatic by how comfortable the right-fitting bra can be! Don’t do this yourself, because we almost always get it wrong. Instead, head to [Macy’s](#), [Nordstrom’s](#), [Victoria’s Secret](#), or another major department store for some professional assistance. While you’re there, treat yourself to a bra that fits perfectly *and* looks great!

My perfect bra size is: \_\_\_\_\_



Update your skin care products. Old cleansers and make-up products can not only become ineffective over time, but they can actually spread bacteria into your skin. Yuck! Plus, they could be the wrong treatment for your skin type, which can change over time. So if you’re still using the heavy-duty moisturizer that took care of the severely dry skin you had in high school, but your skin is on the oily side now, your moisturizer could be clogging your pores and causing breakouts or dull, lifeless skin. [Mary Kay Timewise](#) products are great.

Not sure what your skin type is? [Click here to schedule a complimentary](#) evaluation of your current skin type, along with recommendations of the best products to promote healthy, beautiful skin.

My skin type is: \_\_\_\_\_



Celebrate life with a bright, new [lipstick color](#)! On your next visit to the grocery store or bookstore, pick up the latest issue of your favorite fashion magazine, and

you can immediately discover the season's hot colors. (Don't have a fave magazine? Check out [InStyle](#) or [More](#) for great tips.) Then head to the cosmetics counter at any major department store and test some of the hot colors on your hand to see if they'll look good on you. Once you find a great match, snatch it up and get ready for a fresh look!

Some colors I might try: \_\_\_\_\_



Buy new panties and [body shapers](#). If, like many women, you have a "problem" area on your waist, thighs, or butt, you can find a body shaper to help slenderize that area so you look and feel your best. And don't forget to grab a pair of cute or sexy panties for an even bigger confidence boost!

I could use a body shaper to slenderize my: \_\_\_\_\_



Update your exercise clothes. A great workout outfit can give you the motivation needed to drag your tired self out of bed and to the gym...if for nothing else than to show off your fantastic new apparel!

I will treat myself to the following exercise clothes: \_\_\_\_\_

\_\_\_\_\_



Try a new hairstyle or hair color. With a new season comes the chance to give yourself a brand new look. A simple cut or color can work wonders, giving you a fresh, modern style. Your friends will rave, heads will turn...and you'll ooze an irresistible confidence that will draw people to you. So head to your stylist for a mini-makeover and get an instant boost!

A style or color I might try: \_\_\_\_\_



Find a new [eye shadow color](#). Earlier you found that perfect lipstick color, now's the time to browse magazines for the latest and greatest eye shadow shades. Of course, you don't want to go for the boldest new look if you're more of a



wallflower type; it won't fit well with your personality. Likewise, stay away from unflattering shades. The key is to find something that's in but also looks fabulous on you! Need to know the "in" colors? Check out [The Stylish You Fall Trends](#) newsletter.

Some shades I'm interested in: \_\_\_\_\_



Shape your eyebrows. If you haven't tried [threading](#) yet, consider giving it a shot. Threading gives the brows a nice, polished look but is typically less painful than the ever-popular waxing. Threading also tends to last longer than waxing, giving you more free time between visits. To find this service in your area, call a few local salons to see if any of them offer threading.

Salons I will check into: \_\_\_\_\_



Give yourself permission to wear white all year long. Yes, it's acceptable now. You can wear white tops and pants at any time – it's no longer taboo. Again, check out the latest fashion magazines to see if there are any current trends you can try (like white jeans with black blouses and black slip-ons, for example).

Something white I can wear today: \_\_\_\_\_



Have a "me" day. You've been working hard and now it's time to take a day to pamper yourself. It doesn't matter what you do...just find something that you enjoy and treat yourself to it! Go to the spa for a massage, cozy into a fluffy armchair with a good book, or go window shopping at the mall with your best girl friend. Doesn't matter what you do, as long as you take the time to enjoy yourself.

Potential activities for my "me" day: \_\_\_\_\_





Add a new accessory to an old outfit. It's amazing how easily you can update an entire outfit just by adding a fantastic new necklace, scarf or handbag in a bright or complimentary color. A great way for women even on the tightest budgets to give their wardrobe a fresh look!

An accessory I can add today: \_\_\_\_\_



Show off your party spirit. Whether you choose a bright red dress or a colorful handbag to add pizzazz to last year's party dress, the point is, take a few minutes to treat yourself to something nice. You've earned it!

My party gift to me will be: \_\_\_\_\_

**About the Author:** Valerie Hatcher, owner of *Your Total Image* works with professional women who enjoy clothing and understand the importance of their image to their success. She teaches them how to dress for success-enabling them to look fashionable, stylish and confident. Need help with any of the above steps? Contact Valerie at [Valerie@yourtotalimage.net](mailto:Valerie@yourtotalimage.net).

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