



The Power of You Newsletter



SPRING/SUMMER 2008

March 2008

Hello and happy “almost” Spring! It is time once again for my bi-annual “The Power of You” newsletter. I am sure, like me, you are longing for winter to be over and to get into those lighter, less formal summer outfits ... and especially, sandals! Below are some suggestions for you, as your personal image consultant, on how to get ready for Spring, the NEW fashion trends, some tips for Spring Cleaning your closet, and a new feature, “Janise’s Favourites” ... my list of products that I am currently loving! If you have any suggestions or questions for my Fall issue, please send me a quick email. I would love to hear from you!

PREPPING FOR SPRING

- Clean out your closet. Take all of your winter clothes out of your closet and drawers and put them in storage. See more on this below in “Spring Cleaning Your Closet”.
- Get your feet ready for sandals! Go and book yourself for a pedicure and buy yourself some nice foot lotion to apply at night to keep those heels in pretty shape to be seen in sandals.
- Re-think your hair color and hairstyle. It’s always fun to go a little lighter for Spring/Summer in haircolor or get some highlights put in. You might also want to shorten up your style in preparation for warmer weather or buy some fun new hair clips to keep your hair off your neck.
- Review your summer shoes. Are those flip flops looking sad and worn? Are your leather sandals looking a little sad? It might be time to head down to Old Navy and pick up some new flip flops in this season’s fun new colors or replace your trusty leather slides with some new ones from Payless or your favourite shoe store.
- Buy a couple of fashion magazines or read my “Fashion Trends for Spring 2008” list and make a list of items to shop for to update your wardrobe for the Spring.
- Try out some new, lighter fragrances. Have you seen the beautiful new Shopper’s Drug Mart beauty department in the Creekside Plaza in the NW? It’s worth a trip; it is so amazing!
- Review your make-up and try some new, lighter colors (pastels are big!) for your face. Shopper’s Drug Mart, the new Mac stores (Chinook, Market Mall), or the new Sephora shops popping up everywhere will all give you a free consult on what’s new for Spring in cosmetics.

FASHION TRENDS FOR SPRING 2008?

The question on everyone’s mind is ... what is “in” for Spring? Well, there are lots of trends this Spring to report:

- **BRIGHTS** - Everywhere you go, you will see bright colors ... emerald green, citrus orange, clear yellow, fuchsia, cobalt blue. I suggest you add these into your wardrobes in small doses. A new handbag. A tank top. A pair of ballet flats. Or, if you are really daring, a trench coat!

- **FLORALS & PRINTS** - If you like flowers and abstract prints, you will see them popping up everywhere. Again, add these into your wardrobe in small doses. A pretty blouse. A summer dress. A pair of shoes.
- **MENSWEAR INSPIRATION** - Look for blouses with ruffles or bows to tie, vests and wide-legged trousers.
- **HONORABLE MENTIONS** - Sheer fabrics; metallics from subtle shimmer to bold gold & sequins; nautical; safari; stripes; pastels for those who don't like the "brights"

RULES FOR CLOSET CLEAN-UPS

Spring is the time for spring cleaning but many of us forget about our closets. Spring is a great time to go through our closets and cull. Here are the rules I use with all of my clients

1. **If it doesn't fit, it doesn't belong.**
Try on each item. If it is too small and you think you might get into it again someday, put it in another closet or a box and put it away. If it doesn't fit properly, get it tailored or get rid of it.
2. **If it is out of style, it doesn't belong.**
If you are unsure if an item is out of style, take it to a local consignment store. If they try to contain their laughter at your pile of acid-wash jeans, it might be time to just donate them to a local charity like Salvation Army. Seriously, styles do come back but they always come back differently so you will probably not be able to wear some of the items ever again. Think Pepsi's "Forever Young" commercials. This also applies to wedding dresses, old bridesmaid or grad dresses, etc. If you want to keep them for the memories, great! Put them in a storage box, label them and put them away and free up much-needed closet space.
3. **If it is out of season, it doesn't belong.**
This was one of the best things my mother ever taught me. Each season, remove the clothes that are out of season and put them away. Only keep in your closet what you will wear for that season (i.e. Spring/Summer, Fall/Winter). This ritual has many benefits including more closet space, your clothes last longer, and every season it is like getting a new wardrobe because you honestly forget what you had in storage!
4. **If it doesn't go on your body, it doesn't belong.**
I am constantly amazed about the amount of stuff people have in their closets that has nothing to do with their wardrobe, like old tax records, sport equipment, photo albums, memorabilia, and so on. I promise you that if you empty your closets out completely and only put back what you can wear on your body ... clothing, accessories and shoes, you will be amazed at the freedom you will experience!

JANISE'S FAVOURITE PICKS

Like Oprah's famous list, here are a few products I am lovin' right now:

- Victoria's Secret "Beauty Rush" Lip Gloss (available now at La Senza) – not sticky, gorgeous gloss, tons of colors!
- Smashbox "Eyelights" (available at Shopper's Drug Marts) – illuminating eye shadows
- Benefit "Eyebright instant eye brightener" (available at Shopper's) – a pink pencil that fills in the shadows softly
- Cover Girl "TruBlend Whipped Foundation" – goes on SO different from other foundations; lightweight and silky smooth

If you would like some help with cleaning out your closet or putting together some new outfits for Spring, I am booking now into late April. PLEASE NOTE: I will be out of town from April 13 – 21st on a trip to Disneyland with my kids.

REMEMBER ... you cannot NOT communicate!

Have a wonderful Spring/Summer!

Your friend, and Personal Image Consultant,
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