



The Power of You Newsletter



SPRING/SUMMER 2010

January 24, 2010

As I write this, the snow is gently coming down and it is very white outside my office window. It is hard to think about Spring even though I am longing for it. Winter is not my favourite season even though I probably love winter clothes more than all other seasonal clothing. But Spring clothes have already made their appearance at the malls and the winter clothes are now relegated to the sales racks at the back of the store. As I do twice per year, I am including fashion trends for women, and men this time! Please read my item about how to integrate those trends into your current wardrobe before you get discouraged about all the new items you think you need to purchase. My trend lists are just about creating awareness. There are very few items on that list that I would say are "Must Have" items. They are called "trends" for a reason. Trends = temporary. I don't ever recommend that my clients build a wardrobe around temporary fashion, that's for sure!

With Spring around the corner, our thoughts also turn to shorts and bathing suits. Over the past year and a half, I have allowed myself to gain 12 pounds! I guess being happy and content and getting re-married is partly to blame, but if I let myself gain 10 pounds every year, by the time I reach 50 years old, I would be nearly 200 pounds. So not healthy! And, for the first time in my life, I will spend the majority of summer with my new husband and our kids at our cabin at the lake. That means lots of time in a bathing suit. So I have embarked on a weight-loss program, both for my health and to look better. It is not a formal program that I am paying for. It is just common sense about reducing calorie intake and increasing physical activity. I have lost over 5 pounds in two weeks and I am pretty pleased with my progress. If you would like to find out what I am doing, check out my website under resources (<http://goj3.com/pages/resources.php>) for "Janise's Tips for Losing Weight".

So, happy Spring to you all. Give me a shout if you would like some help sorting through your closet or updating your wardrobe for the Spring!

Your friend & consultant,
Janise

STAYING FASHIONABLE WITHOUT BREAKING THE BUDGET

In these tight economic times, none of us can afford to replace our wardrobe for each new season. So, **how do you incorporate seasonal trends into your wardrobe so you can stay looking current?**

- 1) Firstly, build your wardrobe around **classics** - those pieces that were never in style and are never out of style. This includes items such as the classic little black dress, trench coats, trouser pants, classic blazers, straight-legged or boot leg jeans, cashmere sweaters, white button-down shirts, medium hoop earrings, etc. Choose quality over quantity! This strategy will save you money and you will be happier with your wardrobe in the long run. Wearing quality just feels good.



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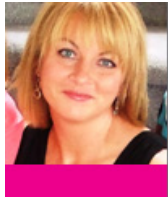


- 2) Secondly, build your wardrobe around **neutrals** . In addition to traditional neutrals such as black, grey, brown, beige, or white, a neutral can be practically any color that is a darker, duller version of the original such as olive green or burgundy. Pick one or two neutrals that suit you for each season. For example, black and brown for winter; white and olive for summer.
- 3) Once you have classic pieces in neutrals, then it is easy to purchase less-expensive **blouses** in the latest colors or patterns, add some fun **accessories**, and you are set. If you decide to purchase a pair of pants in the latest shape, or a jacket in a trendy style or color, choose items from a discount store such as Winners or Joe Fresh (Superstore) so you aren't putting out a lot of \$\$ for a one-season item.

FASHION TRENDS FOR SPRING/SUMMER 2010 - WOMEN

- Champagne, beige and all shades of grey balance off the other trend ... printed and patterned everything!
- Peek-a-boo styles that show a bit of flesh using cut-outs, slits, mesh and lace
- Corsets
- Warrior and military-influenced styles
- Slouchy pants (see pictures below)
- Varsity-Look Girl – knee-high or over-the-knee socks, stripes and academic blazers
- Leisure suits – unstructured, matching, easy-go
- Metallics, feathers and ruffles
- Fishtail Shirts, T-Shirts, blouses - short in the front and long in the back
- Jumpsuits & rompers
- Boyfriend Blazers – slightly oversized longer jacket with the sleeves rolled up
- Boyfriend vests
- Ripped, torn and patched jeans
- Turquoise will be the BIG color for the season, plus neons and jewel tones
- For more pictures, check out this website: <http://www.girlawhirl.com/fashion/Spring-2010-fashion-trends-from-new-york-fashion-week.aspx>.





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FASHION TRENDS FOR SPRING/SUMMER 2010 - MEN

- Military-influence jackets
- Pinstripes in slim suits & pants
- Dark-wash “dress” jeans or “frayed” jeans
- Graphic tees
- Fitted button shirts in a pattern or with interesting detailing such as sewn-in pleats
- Vests
- Retro sneakers
- Collegiate sweaters or cardigans
- Aviator sunglasses

JANISE'S PICKS

- **Favourite Home Hair Kit** – My favourite do-it-yourself home colouring kit is “Natural Instincts” by Clairol. This ammonia-free product is gentler on the hair and has antioxidants in it. I used to use permanent home hair color kits because I thought they would cover grey better, but actually what I found is that they showed my grey faster. Because Natural Instincts color washes out gradually, I don’t get that hard “line” down my part or by my temples exposing my grey. This has been my experience with my current color which is blond.
Price Point: \$
- **Favourite Store** – My new favourite clothing store is [Tristan](#). I have fallen in love with this European-influenced store. Not all their selections suit me but I got the most amazing black knit suit there last winter and I am very pleased with it. It looks fantastic and it feels like I am wearing sweats. They also have unique blouses and other fun stuff. Check it out sometime. The one I visit frequently is on the second level of South Centre Mall.
- **Favourite Hair Salon** – I recently have discovered that you really do get what you pay for when it comes to a haircut. I decided to try out Eveline Charles at SouthCentre Mall. What a beautiful salon and experience. Since my hair is hugely important for me, I paid for a senior stylist. Wow, have I been pleased! My hair grows out beautifully and with two cuts so far, I haven’t had hardly a bad hair day to speak of. I would recommend either Nicole or Joan. Both are senior stylists and both are also very good with makeover haircuts if you are looking for a new look. The salon phone number is 403-571-5666.
Price Point: \$\$\$
- **Favourite Hair Products** – This would be a toss-up between the Fekkai Glossing Cream (from Shoppers Drug Mart) and Eveline Charles Extreme Lift Off. The Glossing Cream contains olive oil and turned my frizzy hair into healthier, shinier hair within a month. I LOVE it! The “Lift Off” spray is amazing too! You spray it on your roots before you start drying and presto, you get amazing volume without needing to tease or backcomb.
Price Point: \$\$



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PLEASE NOTE: My office will be closed during the summer months of July & August 2010 as I will be taking some time off to spend with my family.

“She didn’t need her closet, or her thoughts, cluttered with fear and bitterness and loss, packed with “what was” and “what could be”, but with the beauty of happily right now.

She wore her new wardrobe of hope and happiness well ... it fit her close in all the right places and was always, and exactly her color.

Heart on My Sleeve, by Jodi Hills