

Fab 40s?

What makes your 40's fab?

Are you now more comfortable in your own skin?

Have you accepted what cards nature has dealt you, in terms of your body shape and facial characteristics?

Do you feel you are worth investing in – emotionally and financially?

This era embraces the increased wisdom and confidence women have upon entering and during this decade of their lives. You may have thought twice about projecting the same image you did in your 20's? Because at heart, you still feel young and able to conquer the world with the same passion and vigour. If that's you, well done! If not, you may benefit from an image audit, which will assess not only your appearance, but the results it's generating you (or not) in your personal, social, romantic and also professional life.

As an award-winning image consultant, I **am** my brand, being on show all the time, but I also employ techniques to ensure people I meet want to learn the secrets of my confidence...read the following client dilemma.

Client's dilemma - before Style2you consultations

"My new job involves attending functions and giving talks. Many people who know me probably wouldn't believe this because I always appear confident, but I didn't feel this about the way I looked and presented myself. I wanted to be a fashionable forty-something but not dress like a teenager, so wanted to find the right look." M.C, Berkamsted.

By helping educate clients on their bodies, colour choices, styles that flatter them and reflect their personalities, lifestyles and budgets, I am working deeper than their superficial exterior. I am building self esteem and enhancing their confidence. This priceless outcome is what I aim for with each individual. When you **feel** good, everything in your life works well, you attract positive things, people and events.



The psychological, emotional and financial benefits...after Style2you consultations

"I have actually saved money, as I now wear everything I buy. I am much happier with my less than perfect figure and far more confident about my body image. I now wear clothes that fit me – even buying petite, so the clothes are more in proportion for me. I now feel like a fashionable forty-something who is happy with the way she looks. I now know exactly what colours and styles will suit me and what to avoid. I no longer give new clothes to the charity shop with the price tags still on! I'm confident I have the appropriate outfits, complete with accessories, for every occasion. I am no longer waiting to loose the 20lbs I need before I can look good – I look and feel good now! Everyone I meet now compliments me on the way I look, saying 'you look great today' and follow up with 'you always do'. I never got that positive reaction before!"
M.C, Berkhamsted.

Think about that for a minute...are you a Fab 40-something or do you feel stuck in a rut and would like a bit of [expert guidance](#)? Send me your image dilemma or question to mail@style2you.co.uk