



Welcome to Ann Whitaker Style & Beauty and I look forward to connecting more with you and learning how I can assist you on your image and style journey.

I trained as an Image consultant in 2006 and this knowledge and my passion for beauty has allowed me to help countless women build their self-confidence and enhance their visible and personal impact. In my tailored sessions women learn how they can get ready in minimal time and still look their best no matter what the occasion. They also discover how to shop with ease knowing the shapes, styles and colours that suit them. Once you have your individual formula, shopping becomes simple, quick and effective. My website www.annwhitaker.com.au will give you more information about my classes and you want to chat over my course options feel free to give me a call on **0424 656 097**.

I not only teach how to make the best first impression with your clothing choices, I can also help you regain confidence in your skin, your makeup and help you love the way you age. I fell in love with the skincare products I use (especially the wrinkle iron!) in 2011 and adore sharing these secrets with my clients. There is a myriad of options available to us these days and I love that I can offer my clients exceptional products and beauty solutions that provide amazing results.

I wanted to share my hints and tips sheet with you and I hope they are useful and look forward to helping you on your journey to looking and feeling fabulous. If you have any questions, please do not hesitate to contact me.

“7 Instant Image-Boosting Secrets” Guide

Tips you can use right now to improve your look – safely!

Buy true red. It is the safest colour if you don’t know what you’re doing and if you have not had your colours professionally analysed. Providing you find the correct tone, it will work wonders for you as well as announce your confidence to the world. You can compare tones by holding them against your face to see which ones lift you and which drain you.

Re-visit your underwear. Get your bras fitted properly (70% of women wear the wrong sized bra) a good bra will lift and support you and slim the tummy area dramatically, I am

trained as a personal bra fitter so I can help you in this area. And be sure you also eliminate 'victim' knickers from your lingerie wardrobe and any undies that create bulges. Amazingly, your underwear can make or break your look.

Get a manicure. Well-groomed hands will take years off of your perceived age, will draw the eye's attention and will give you an immediate lift and renewed sense of confidence.

Face your feet. Shoes are a giveaway in so many ways. Get someone to photograph your lower legs and feet in every pair of shoes you own. What story do those shoes tell? Scoop toed shoes and nude colours add length compared with flats, ankle boots and ankle straps. Chuck the pairs that don't please you. Give the ones you keep a full service – polish and all!

Accessorise. Accessories give the viewer something to focus on, scarves can hide tummies and lengthen a body, same with longer necklaces. Earrings can frame a pretty face, bracelets draw attention to arms and away from bodies. Be in proportion, small delicate jewellery is lost on a larger person so go for bolder pieces.

Size Doesn't Matter but Fit does. There is only one person who knows what size you are wearing and that is you! But ensure your clothes fit you NOW. Tight straining clothes make people look larger than they are, big baggy clothes also make people look larger than they are. Clothes must fit the body without straining or sagging on it.

Bring that hair-do up to date. You have to change the style to keep current. But DON'T colour it until you've had your colours analysed by a professional, because the hair frames the face and the wrong colour tone can add years to your appearance.

There are many things you can do to discover how to use colour, clothes and accessories to enhance your look and boost your confidence; these are just the tip of the iceberg. By making these small changes you are just at the start of your journey of self-discovery and you will be on your way to uncovering the best version of you and feeling confident every day.

If you would like to book into a 1-on-1 class, then please call or email me and if you'd like to book in for one of my group classes my booking site is:

<https://bookwhen.com/annwhitakerstyle>

Take care, have an amazing week and follow me on Facebook at:

<http://www.facebook.com/annwhitakerofficial>

for colour and style updates and tips.

Ann x