

love who you are - hot summer, sunny delight



“Image is something that people think too much about. When it comes to style & clothes, it’s about feeling confident in what you’re wearing” Ashlee Simpson

I find this quote so apt when it comes to this time of year, when our summer holiday arrives & with that comes the dreaded swear word for some of us'Swimming costumes!' This dilemma often causes people headaches, when summer arrives! Now for finding the perfect one that makes us look like goddess's on the beach.

HERE ARE A FEW TIPS THAT WILL CERTAINLY HELP THE CONFIDENCE LEVELS WHEN HEADING FOR THE BEACH

- Invest in a hat & stunning big sunglasses (They always make a statement & draw the eye away from the silhouette - make you look fab!)
- Exfoliate your body with your favourite beauty products or treat yourself to a full body exfoliation and massage thereafter at your local skin care salon.
- Spoil yourself with a paraffin pedicure to ensure your feet are ready for summer.
- When it comes to a costume invest in one, like you would a suit, as the right style costume for your silhouette can make you look & feel like a million dollars.
- It is money well spent particularly if you have body zones that need support, covering or enhancing.
- A figure analysis consultation will guide you in the right direction to ensure you make the correct selection.

A stunning swimwear range that I've recently come across - are imported from Brazil. The range is sold at open days. Email Debora Tozzo on deboratozzo@hotmail.com or 083 694 8899 for more information.

- Naturally dark colours will slim the silhouette however will make you feel hotter as they absorb energy/heat.
- Patterns will conceal any area you feel self conscious of e.g. tummy.
- Light colours will make the silhouette look bigger (if you are small busted - then a great option to consider) and will make you feel cooler as light colours reflect light/heat.

- Try a chiffon plain or patterned kaftan worn over your costume. The retailers are stocking up with some beautiful ones that you can wear to the beach or dress up at night with a beautiful pair of linen pants.

- Some Sun protection tips from skin specialist/lecturer Dr Ncoza Dlova:

Some important sayings for children and adults to learn when outdoors and exposed to the sun:

- “Kids cook quick”
- “Fry now and pay later”
- “Go to the beach early... then between 11 and 3 slip under a tree or umbrella..... and come out again after 3”.

REMEMBER THE FAMOUS SAYING: SLIP.....SLOP.....SLAP

- Slip on a shirt (preferably cotton)
- Slop on some sunscreen (and not suntan lotion only)
- Slap on a hat (broad brimmed to shade the face)

LOOKING FOR THE PERFECT CHRISTMAS GIFT?

I'm sure by now you've been inundated by the various media advertising, telling you its a few weeks until Christmas.

This time of the year can be a bit of a night mare, crowds in the malls, road rage in the car park and looking for the perfect gift - when everyone else is trying to find the perfect gift as well.

Here's an option that can keep your sanity & save your feet!

- Give the gift that never goes out of style.
- Give the gift they really want.
- After finding the perfect gift voucher for your mother, husband, sister and best friend, why not treat yourself too - this is the season for giving after all.

DRESSBYLYNNE Gift Vouchers available. They're so easy, simply a phone call/email away!

GLAMOUR MAGAZINE/NIVEA DEODORANT DOUBLE EFFECT MAKE OVER

Jade Tait, age 25, from Port Elizabeth won the August 2008 Glamour Magazine & Nivea Deodorant Double Effect make over competition.

Jade is beautiful with long & short hair. On seeing Jade's photo, I was so excited as I could picture her with short hair. I coached Jade telephonically & by sending her pictures via email of hairstyles that I had in mind prior to meeting with her.

Jade's lifestyle is really casual; however she was dying to find a dress to suit her for her New Years Eve party!

We found the perfect dress which formed part of her prize - clothing from Holmes Bros in Gateway Shopping Centre.

Jade can dress down her outfit by wearing flat gladiator sandals or glam it up with a pair of heels.

This is what Jade had to say about her make over:

Dear Lynne,

“Everything was wonderful, much more than I ever expected. I stressed a bit when I heard they were cutting my hair short, but I absolutely love my new hair, I think it is beautiful. I feel so good about myself now, they spoilt me rotten. Everyone was wonderful and friendly and they made me feel so special”

Jade

This is what Jade's boyfriend Mitch had to say about her make over:

'He was so shocked. He loves my hair. He said I look so beautiful and he absolutely loves the dress'.

If you'd like to know more about teenager shopping consultations during the school holidays, please email your enquiry to dressbylynne@mweb.co.za or contact her on 082 520 1412.

May your festive season be filled with beautiful moments, many spoils and here's to a very successful 2009!

Yours in fashion always

Lynne



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