



# HEALTH | *and Beauty*

## So you're wanting a 'Makeover'?

We are all truly captivated by the word 'Makeover'. It conjures images of instant transformation, all designed to improve your existing appearance...but to what and what for?

Reality TV programs have produced shows such as Look 10 years younger in 10 days, the Biggest Loser, Extreme Makeover. These all show us what is possible when we have the desire to be different to what we are now. But is it realistic and possible to maintain, and are we sure of the real motivations for change, and how these changes will affect us in the future?

Anyone can change the way they look, but its whether you can pull it off with the right corresponding behaviour and persona that will determine the success of the visual change. A True 'Image Makeover' constitutes so many other areas, and will empower an individual to greater heights and success through improved appearance, Self Image and Personal and Professional Development.

In an economic time that is proving to be challenging for all business sectors, employees are being noticed for their ability to continually improve, revamp, and. reinvent their image to stay ahead of the competition. But its not as easy as a quick trip to the hairdresser & changing your hair style or colour.

Appearance covers all areas of how we dress, groom ourselves and accessorize, as a reflection of our beliefs and values. Its knowing what to wear, when and how, so that we can always look and feel great and be appropriate as well. That's what will help us achieve our desired goals when it comes to making a good first impression.

Self Image investigates how we would like others to perceive us, and what we would like to see when we look in the mirror. This has an effect on our confidence levels and poise.

Our Personal and Professional Development looks objectively at our existing professional appearance and how can that be improved to promote

more confidence, appearance of success, and an ability to socialize more effectively.

Career promotion opportunity, career redirection, or for a woman, the onset of menopause are traditionally the reasons individuals seek out the services of an image consultant. A true full makeover may take several sessions and will include an image consultation on style and colour, often a wardrobe audit, shopping trip, and visit to the beauty salon & hair salon. It will have embraced all of the key areas of a persons total image to make sure the clients needs are being met.

The Personal Enhancement Program at allyou embraces all the components of Image Management, to help you stay and feel in control and competitively advantaged.

**For more information, or a personalised consultation call Julie Hyne, accredited Image Specialist at Allyou on 0433 114 841.**

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Ladies, did you know that your appearance and image can directly influence your job prospects and career opportunities?

### 'YOU LOOK GREAT'

personal enhancement program will help you look groomed, polished and ready to take on the world. **Valued at \$400, only \$165 at allyou**

#### Includes...

- Professional Skin analysis
- Facial treatment tailored to your skins needs
- Express manicure and pedicure
- Home care prescription so you can maintain your skin in peak condition
- Personalised makeup session
- Facial waxing as required
- Defining eye makeover, with brow shape, tint and lash tint
- Half leg wax (because legs need to be silky smooth under hosiery)

Over \$350 worth of treatments for **JUST \$165**, not to mention the 120 minutes of confidence building pampering and advice you will receive.

**Plus, a copy of our image manual "The Polished Professional" valued at \$30, will provide you with pages of image tips and information for the woman who strives for success.**

**Bookings Essential**  
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