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UNIQUELY YOU
Beauty Beyond Treatment
Discussing Breast Cancer Awareness this Month
Scary Decisions
Fall 2011, 2nd Ed.

Dear Orene,

I hope you enjoyed all of my favorite Fall Trends from last month, and that you are well on your way to a fabulous and workable fall/winter wardrobe. For those of you who missed seeing these trends for men and women, here is [the link](#) to my archived newsletter.

October is Breast Cancer awareness month. I want to provide you with tips given to me by a Survivor on what was important to her for her self-image while undergoing treatment. These tips apply to anyone undergoing treatment for any type of serious illness.

Also, with Halloween coming up, I am touching on some *scary decisions* we all face.

Enjoy!

Orene

Breast Cancer Awareness

Beauty Beyond Treatment

Getting a diagnosis of cancer is a life changer. The focus of your energy and time suddenly shifts and a treatment schedule can seem overwhelming.

It might seem counter-intuitive but the most important thing to schedule is some self-care activities along with those appointments.



Taking care of yourself and paying attention to how you look is especially good medicine. Not only does it lift your spirits, but it also helps your family and friends support you in the most positive way.

The good habits you put into place now will serve you well when the treatment schedule is over, too. Start now to focus on yourself and create some new rituals and

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Announcements and Items of Interest

Sought After Speaker Summit. This past weekend I attended a wonderful Speaker Summit put on by Caterina Rando. I am inspired to loudly and proudly remind everyone that I give presentations and workshops on several topics, including:

- **Know Your Shape, Show Your Shape--Strategic Dressing for Your Body Type**
- **Dressing for Your Next Promotion -- Advance Your Career by Upgrading Your Image**
- **Tips for Dressing for Live Presentations, Video and TV**

If your business or group need a speaker for any reason, please give me a call to discuss it.

Post Your Questions regarding wardrobe, style and Image on my new [Facebook Business Page](#), and I will be happy to answer them. Also, I would love it if you would "Like" my Page.

For your information, all of my **previous newsletters** (with all of my articles, tips and items of interest) are archived on my website [here](#).

SCARY DECISIONS

There are some decisions you make about your appearance that can have big consequences. We've all had a friend who decided last minute to go to a new hairstylist and demand the stranger

plans for enjoying beauty - yours!

Adorn Your Body in Color.

Is it time to add some new colors to your wardrobe? What colors make you feel good? Never been a fan of yellow? It might feel just right, right now. Bright colors can lift your spirits; cool colors can create calm and a sense of peace. Find clothes in colors that suit your senses.

Pay attention to fit

Some people experience weight changes during treatment. It might be easier to get a new pair of jeans in a smaller size than have your clothes altered. You look healthy when your clothes fit well. You'll feel better too.

Accessories add pizzazz

Accessories can focus attention on your beauty and give you a positive boost. Bring attention to your beautiful face with scarves wrapped close to your neck for warmth,

cut her long tresses. The result? The friend walked out of the salon an hour later wondering where she could go and hide for nine months until it grew back.

Please don't make any hasty decisions that could leave you in a panic! Here are a few scenarios that require more than a little thought.



What to wear on the first day of your new job

They hired you. You could just wear whatever you feel like, right? Wrong! That first day on the job is very important. Do a little research first. Does this company have a dress code? If so, read it! Did you meet a friendly face when you interviewed with them? Go back to that person and ask some questions. It feels better to fit in than stand out on that first day. A more conservative approach could be best. Wear darker colors in non-wrinkle fabrics that breathe. Be sure to wear an antiperspirant or deodorant. Bring color into your outfit with scarves, ties, or statement necklaces. But leave the noisy jewelry at home

Going for a drastic new look with your hair

Have you been fed up with your hair for a while now? Are you pondering drastic measures? Put down the scissors or drugstore hair color products. Call up a couple of salons that have been recommended by friends and book a free consultation. Ask lots of questions. "How often will I have to come in for a maintenance cut? How much time will it take me to style it in the morning? When will I need to come back for more highlights or root touch ups? What products do I need?" When your questions have been answered, go with the hair professional you feel most comfortable with. You're sure to enjoy a better result having done some research.

Tossing clothes that no longer fit

Whether or not you've been through a weight change for any reason, this is always a hard decision. When is the right time to ditch the extra clothes that aren't fitting your current body? Take an intermediate step before tossing your duds. It never hurts to put the final decision on hold. If you have storage space, pack your oversized or undersized clothing up and put that box away for a year. If at that point your weight has stabilized and those clothes still don't fit, it's time to schedule a trip to your local

necklaces that bring light to your face or layered necklaces that drape across your chest. Brooches, cocktail rings and/or bangles are fun to wear.

Makeup and hair tips

Since treatment can cause hair loss, you may be considering purchasing a wig. Try several on before you decide. While there isn't going to be a wig that exactly matches your hair texture, color or weight, just getting close enough will be fine. You could have it professionally cut and styled by your current stylist. You'd be surprised how natural a wig can look.

Be prepared as well for the loss of eyelashes and your eyebrow line. This is an easy fix. Using an eyebrow pencil, you can re-create your eyebrow line. This is important because your eyebrows frame your face. Using a waterproof eyeliner and creating a line close to your lash

donation drop off box.

Running Saturday Errands in Clothes Better Suited for Cleaning the Garage

We've all done it - gone out to run an errand with no makeup on, wearing our "around the house" clothes thinking we won't see anyone we know. You know the rest of this story! I must confess, I run around a lot in sweaty exercise clothes after working out. Not only do I look like a mess, I tend to get chilled too! Don't be caught in public wearing your "private" looks. When you run into a client, potential client, or the business person you were trying to reach all week on the phone, if you focus on feeling mortified at having been "caught," your confidence may take a beating! Vow to never put yourself through this risky business. If you're going out in public, wear your public clothes and your public face. If you network with community members, it's important to represent your best self even in casual settings.

Not Spending Time on Yourself

If you feel like there's not enough time in the day to even sit down for a minute, then I'm sure you're not spending much time on the most important person, you! Don't feel selfish. You deserve "you" time. Indulge in those five extra minutes in the morning putting on nice smelling lotion to stimulate your senses or pulling an outfit together that makes you feel special. Or spend an hour at a spa getting a treatment done or an hour beautifying your closet. Take a few hours with an image consultant and enjoy understanding what looks great on you including the knowledge of what colors flatter you most. You'll build more confidence when you express the best version of you.



If you want to avoid making any scary decisions, I'm here to help! Don't hesitate to make an appointment to discuss your pressing needs. I can make it all better.

line will make you look like you have lashes. Add a blush or bronzer to your cheeks, and color in your lips for a finished, pretty look.

Stimulate Your Body.

Massages are soothing, relaxing and make you stronger. Ask your doctor first if it's okay to receive them. Can you fit in a 30-minute walk most days? Those endorphins you receive from outdoor activities are natural mood boosters.

Remember, this is just a chapter in your life. It will pass, but in the meantime, taking care of yourself reaps big rewards - now and later!

COMPLIMENTARY CHAT

Sometimes you may feel that you are in a fashion rut or that you are looking frumpy and it is time to look more up-to-date. You may not have much time nor inclination to figure out how to put together items you already have in your closet in a new way. Being busy doesn't always allow you time for shopping. Or, perhaps you don't know where to shop to maximize your dollar.

Wouldn't it be helpful to have an expert who can help you with all of this? If you are ready to take some action, schedule a free initial conversation with me by [clicking here](#) and we can explore your challenges and goals.

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