



INSIDE TIPS FROM LOCAL BEAUTY EXPERTS



KIM FOLEY IMAGE CONSULTANT

“HOW TO UPDATE YOUR STYLE”

- Get rid of eyeliner under the eye – as you get older you don't want to draw attention to that area
- Wear pants one to three inches below the navel (but no lower) since you don't want to look like you have granny pants that are too high in the waist
- Don't wear frumpy shoes – and that includes sneakers if you're wearing them for comfort rather than function
- Get a hair consultation for color, cut and style. Hair alone can raise (or lower) your perceived age
- Find a good bra that fits – one that lifts and minimizes if you're too large in the bust or one that enhances if you're a lot smaller in the chest than in the hips.
- Whiten your teeth – either by a professional or at home.

Kim Foley has been a television stylist for 25 years and conducts image workshops. She is releasing an upcoming DVD series, “10 Pounds Thinner/10 Years Younger,” as well as a book titled, “The Power of Image.” Go to her website for more info at www.kimfoleystyle.com