



*Lizzy Eden*  
Personal Stylist  
IMAGE & COLOUR CONSULTANT

## LEARN THE 5 SECRET HABITS OF SUPER STYLISH WOMEN

1

### Stylish women always dress very well for, and regardless of their age.

We've all heard the statement, 'mutton dressed as lamb'. This never seems to enter into the minds or wardrobes of women who embrace good habits of style. They reflect their age gracefully through their garments, but in a youthful way while expressing appropriate taste. These women adopt trends to suit who they are, but never a slave to fashion.

2

### Stylish women take the time to groom themselves as part of their daily ritual.

These women love to regularly maintain well-kept hair with an 'up to date' modern look. They'll take care of their skin and commonly spend a significant amount of money on it. They'll often, and if needed look after their teeth by having them whitened. But women, in general, see these grooming habits as a significant part of their health care, and not just for outward appearance.

3

### Stylish women never 'overdo', overwhelm or clutter their outward appearance.

We've all heard the term 'less is more'! Women who adopt good style habits 'get' this very well. They never seem to look as though they need much more when they leave for the day. They 'do' understated extremely well and it suits them. Clothes are worn and drape effortlessly, and accessories are adorned to compliment the outfit just right. This projects class and elegance and we often find ourselves wanting to look like them.

4

### Stylish women know how to apply the correct amount of makeup for themselves.

'Less is more' rather than thick fake looking makeup, and stylish women love that it takes them from plain to glamorous. According to research, we're taken more seriously when we wear light amounts of makeup. It's the attention to detail that says you care about your outward presentation.

5

### Stylish women have the 'knack' for dressing appropriately for every occasion.

These women successfully convey the right message through their garments regardless of the occasion. Their outward presentation communicates well to others in the room before they even speak.