

## **Greetings!**

SW Florida is re-building! Signs everywhere say #SWFLStrong and #FloridaStrong. It will take years in some cases, but the re-build has begun. There are still thousands without homes and/or cars and for those of us who fared much better "survivor's guilt" is real. It is heartwarming to see the outpouring of helping hands in our community. I'm proud to be a part of it.



This month is the month to give thanks for all we have and to send blessings to those here in SW FL who have lost so much. I am grateful for my family and friends and for you, my clients (many of whom have become friends) who keep me going strong in a business that I have loved for 35 years.

My presentation schedule is filling up and I am so glad because I love speaking to groups of women interested in ways to look and feel better. If you belong to an organization or social group that is looking for a speaker, call me! 239 454 0044.

And if you are looking for ways to look better, fresher, more youthful - read on as I continue my discussion on "Color Me Ageless."

Filled with gratitude, I am sending blessings to all.

***Christine***

**A noted dermatologist once told me, "In order to have beautiful skin you need to stay out of the sun and choose your parents carefully." Well, staying out of the sun is difficult for those of us who live in the Sunshine State and none of us got to choose our parents. We got the genes we got.**

**Beautiful skin is healthy skin. When your skin is healthy, you look healthier overall. An added bonus to healthy skin is looking younger. And most of us wouldn't mind looking a few years younger.**

**If you haven't paid much attention to skin care before, it's never too late to start. You'll want to start with the basics, which is cleansing every morning and every evening, using a treatment product that will address your skin care needs at least once a day and protecting your skin with moisturizers in the morning and evening (or a night cream if your skin is needing extra moisture).**

**Skin care can be confusing because there is so much information available, it's hard to wade through it all. And there are so many products on the market, it's hard to know which ones will be best for you. I advise my clients to stick with what they like regardless of price or brand. Some less expensive products work just as well as others priced much higher. One brand might work well for one woman and not for another. No one product will be the best choice for every woman, every skin type.**

**Product choice will vary woman to woman but we all need to do the same three steps:**

**Cleanse (twice a day)**

**Treat (once or twice a day)**

**Protect (twice a day)**

**Regular facials can also be of benefit. A basic facial with deep cleansing, extraction of pimples and/or blackheads, a masque and exfoliation will make a big difference in how your skin looks and feels. Facials can be done monthly or at least 3-4 times a year for most benefit.**

**Because I believe in the benefits of a regular facial, I have asked the IntegraLife Spa (where my office is located) to offer a special**

price to my clients. You can book a facial for \$90 (regularly priced at \$110) from now until the end of the year if you call and say you are my client. Call the spa at 239 437 8386 or click here to connect to their web site:

<https://integralifespa.net/>

**You will be glad you did and your skin will thank you!**

\*\*\*\*\*COLOR ME AGELESS\*\*\*\*\*

**Let's talk about handbags! Handbags have become a hot fashion accessory. They are no longer chosen for practicality. Your handbag should be an expression of yourself.**

**The first thing to think about is size. The handbags we carry today would have been considered carry-on luggage a generation ago. Now, we routinely carry handbags that are 2-3 times larger than what we carried 20 years ago.**

**So, how big should your handbag be? Although larger bags are common, the size of the bag still needs to be in proportion to your height and body frame.**

**If you are less than 5'2" and have a delicate frame, narrow shoulders and soft facial features, your handbag should be no larger than a small loaf of bread.**

**If you are petite but have a strong frame, broad shoulders and angular facial features, your handbag can be larger.**

**For those women taller than 5'7", larger than average handbags are a must. A tiny bag will look silly and insignificant.**

**Carry a handbag that is about tote bag sized.**

**Note: A small delicate handbag is always appropriate for a formal affair. No tote bags to a wedding, please!**

**Consider the shape of your handbag as well. Match the shape of your bag to the general shape of your body and facial features. If you have soft rounded facial features (big**

eyes, apple cheeks, full lips, etc.) and a softer, curvier body type (rounded shoulders, full bust, rounded butt) use a handbag that has a soft shape such as a hobo bag, or any bag that is pliable and has rounded edges.

**Look at these examples of softly shaped bags:**



**For those women with angular facial features (prominent nose, thin lips, squared or pointed jawline) and a body type that shows more bone than flesh (visible collar and wrist bones, flatter in the bust and/or butt) choose a handbag that has structure and shape. Look at these examples. Notice how the handbag keeps it's defined shape and shows straight edges and geometric details.**



**Have fun with your handbag. Choose any basic or accent color from your Imae Matters Color Portfolio. Neutrals such as black, brown, gray or navy are okay, but they aren't as exciting or as fun as a fabulous handbag in your most flattering color.**

**One final word - and the word is "Handbag." Calling it a pocketbook or a purse recalls what our grandmothers used to call it. Stay ageless and use current lingo.**

**Stay tuned for more tips on ageless image in future**

## What my clients are saying:

"The difference you make, makes all the difference. Thank you for your time and expertise in improving my image.

People are noticing."

Joan B.

"Christine's services are so awesome! She has taught me what a difference colors, shapes, hem lengths - even eyeglasses - can have on my image. I'm so grateful that I found her."

Gini P.

"I found Image Matters through a friend. I had quit coloring my hair and let the natural white color grow out. I found that the old colors I had in my closet and the little amount of makeup I was wearing didn't look right anymore. In other words I was having an identity crisis and Christine came to my rescue. I call her my "Truth Mirror." She worked with me and helped me discover my new identity. Identity crisis over. Thanks so much Christine!"

Deb A.

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