



Wearing Colour with Confidence



Colour is all around us and we are continually being influenced by what we see. Colour can affect how we feel as well as such physical properties as our heart rate and blood pressure. The colours that you choose to wear tell a story about how you see yourself. Certain colours will portray you as a trustworthy and honest individual while others will show that you are a creative lover of life. More importantly, by wearing the right colours you will appear younger, healthier, happier and more dynamic.

If you would like to have more confidence when it comes to choosing colour for your clothes, accessories and makeup or if you would love to wear something other than black, this session is for you.



During your colour session you will discover,

- * What your best colours are for your clothes, accessories and jewellery.
- * What colours you should avoid and why.
- * How to successfully combine colours to create an outfit that works.
- * How to use colours to appear younger, taller, slimmer or shorter.
- * How to save money by creating a capsule wardrobe.
- * What your colours are saying about you.



Your colour session includes a great colour swatch book to take home that will make shopping for the right colours a breeze.

This session is available as a one on one session or double the fun and bring a friend.

Duration: approx. 2 - 2.5 hours

Investment:

Private session \$150 per lady

Bring a friend \$120 per lady

For more information or to make an appointment, please contact me on the details below.

I am a member of the International Association of Style Coaches and Association of Image Consultants International

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