



The Art of Mindful Aging

MATURE BEAUTY AND STYLE

## **The Art of Mindful Aging – Mature Beauty and Style Seasonal Color Analysis and Style A La Carte Services**

### **Seasonal Color Analysis (2 hours in-person, at your home)**

You will receive a fabric color fan chosen specifically for you containing your best personal colors. The fan is what you will be using when you shop. It is custom made. I will deliver to you within 10-14 days after we complete your Seasonal Color Analysis. This service also includes a 1-hour introduction to your fan, which I will provide when I deliver your fan. \$500 + Travel Time

### **Body Signature & Document (Must be done in conjunction with Seasonal Color Analysis)**

Your body contains valuable visual information about your line, shape, features and size that define your unique beauty. The lines created around your body are what form your body shape or silhouette. We will identify those lines and determine your specific body shape. Once I put all the elements together from measuring your body and features, I will send you (via email) a document that will outline and highlight your specific body shape, how to dress that shape, along with suggested clothing styles that highlight your body shape. This document becomes a reference tool for you regarding fabrics, specific style tips and elements of design tailored to your body. \$500

### **Mature Beauty & Style Assessment (2 hours in-person at your home)**

This highly personalized service reviews your changing lifestyle, personal image, body changes, work transitions, retirement, new wardrobe requirements, make-up and changing skin, along with a review of emotional, and spiritual aspects of aging and how they can effect or enhance your personal style. We will discuss and discover what new and different needs you might have as a woman wanting to enjoy the pleasure and distinction of mature beauty and style. \$300 + Travel Time

### **Wardrobe Guideline**

We now know your colors and your Body Signature. With this information, I will prepare a document that contains a personalized list of items for your wardrobe that outlines a basic, all-around wardrobe that will ensure you have something to wear for home, work, and special events. We will work from this guide when we do your Wardrobe Alignment. \$300

### **Wardrobe Alignment (3 hours in person- at your home)**

Now that we know your best personal colors and have determined your specific body shape, we can review your current wardrobe. This service includes identifying garments that no longer align with your new colors and style (be prepared to purge!), as well as creating complete outfits that are harmonious with your new colors and style. If you like, photos can be taken for you of the outfits we create from your wardrobe. We will also create a Shopping List from this service. \$450 + Travel Time

### **Shopping Trip (3 hours)**

Once we have your colors, body shape and shopping list, its time for a Shopping Trip. Note, it takes time and patience to build a winning wardrobe. I can't guarantee that stores will have all or any of the colors on your palette at the time of our shopping trip. I will do some color research ahead of time to optimize our shopping efforts. I will also pre-shop at the selected store to pick items specifically for your color palette and Body Signature. \$450 + Travel Time

### **Look Book \$75 hour (2 hour minimum + travel time)**

Once your closet alignment and some shopping are complete, we can create complete outfits for you including accessories. Photos will be taken and saved in a format that will work best for you (online or printed) as an easy reference guide.

### **Style Inspiration**

Pinterest is an on-line visual tool that allows you to see what I have chosen as inspiration for your personal style through photos of clothing and accessories. With this service, I will create a Pinterest board for you that will feature clothing and accessories tailored to your Seasonal Style and Body Signature. The Pinterest board will focus in on a specific aspect of your style i.e., style persona for work, workshops, speaking engagements, career advancement, your return to the dating world or some other area for which you need help taking your style to the next level. \$300

### **On-Going Maintenance \$100 hour (2 hour minimum)**

Now that your basic wardrobe has been established, we can set up a maintenance program where we work together at a designed time to continue to create outfits, review your wardrobe, add accessories, and ensure your closet set-up is working for you. We also continue to add to your Look Book and will address any upcoming special events that need specific wardrobe attention.

### **Virtual Style \$100 hour (2 hour minimum)**

This service is where you begin to fully integrate your knowledge of your colors, body signature and personal style. You shop with your fan, pick clothing that you think works for you, submit it to me via Internet, and I will provide feedback. It is important that you purchase items that can be returned. This is where the rubber meets the road, and you learn that OK is no longer acceptable. You will begin to understand what "marvelous" looks like on you and why.

### **The Art of Online Thrift Shopping \$50 hour (1 hour minimum)**

This service will help you get started with online shopping and provide you with guidelines, tips and tools for cultivating the wardrobe you desire. I use Ebay, but we can use any online platform you wish. Requirements for this service: You must have a color palette, a prepared wardrobe list, a good sense of your body shape and the style of clothing that works best for you (ideal if you've had the Body Signature service), know your exact size (dresses, skirts, pants, jackets, tops), and preferred designers and clothing lines. Additionally, you must have an account with an online store, and a chosen method of payment. Just like shopping in retail stores, we will be limited by what is available online.

### **Seasonal Color Analysis and Style Transformational Package: \$2,500**

Does NOT include Look Book, On-Going Maintenance, Virtual Style or The Art of Online Thrift Shopping.