

April, 2011



Newman's Notes...

Hello and welcome to this month's edition of *Elegant* – the little 'zine dedicated to fabulous living! We've loads of *Elegant* news to share...tips on fashion, beauty, and overall wellness. We truly believe in 'The Total Package' – that when one looks her best, she feels her best. It all goes hand-in-hand.

I'd like to take this opportunity to tell you a bit about *Beth's Boutique*, my exclusive, online shop for all things fabulous. You'll find it on the official Newman Image website, and more elegant goodies will soon be added – stay tuned!

So let's raise a toast to celebrating life, to celebrating the newness of spring, and to celebrating all things *Elegant*!

Cheers,

Beth



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Relaxing with Tallulah Belle



The onset of rising temperatures lead some to believe that dressing down for the season is perfectly acceptable. No so, dear friends. If anything, we must work a little harder to insure that our style remains fabulous, no matter how high the heat:

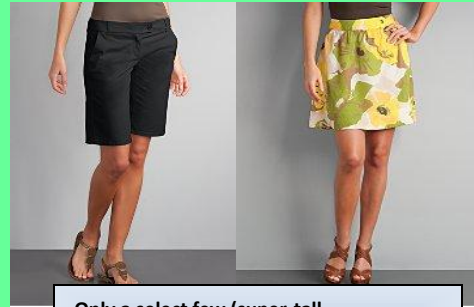
From the Top



Wrap tops with quarter length sleeves help to maintain your silhouette. Look for vibrant colors this season.



A Leg Up



Only a select few (super-tall supermodels) can truly get away with Capri pants or pedal pushers. We mortals are better suited to Bermuda shorts or, better yet, easy-breezy skirts.

A Shoe-In



Ballet flats in funky colors are all over the place these days, and can certainly add an element of whimsy to your look. They work best with trousers or skirts.

Accessorize, Accessorize, Accessorize!



Bring out your ethnic best – now's the time for big, bold beautiful bangles and necklaces. Long earrings add panache to your warm-weather wear. Do refrain, however from wearing all your pieces at once.

Don't allow warm weather to wreck havoc on your style. Maintain your fabulous self!



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Blast Those Beauty Blues



At last, darlings, we can rejoice! This season's runways featured myriad styles that are practical and easy. Here's what's hot for spring:



Updos were everywhere, but the most memorable styles were adorned with shimmering accents, from nature-inspired branches to gem-encrusted barrettes.



A full spectrum of pink lips stormed the runways. To match the bold colors, paint the mouth fuchsia, leaving skin clean without a trace of concealer or blush.



There's a fresh take on the color coral every spring. This season's shade looks more peachy than pink. Paired with sea-green shadow, a sheer wash of warm coral on lids, lips, and cheeks gives skin a glow without looking overtly tan.

Don't be afraid of color! Have fun with the trends, and find the shades and styles that work best for you!

Ramon' is a stylist and regular Elegant contributor.



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Healthy Home



By Olivia Fine

If you long for the beach but can't make the trek, why not bring the beach to you? You can easily turn your home into a tropical oasis with just a few little tricks.



For an ocean-fresh splash in the tub, string denizens of the sea along your shower curtain



Display vacation or travel snapshots memory-book-style on an accordion-fold card, available at paper stores. Use gummed photo corners to attach photos. Decorate the front of the card with a sand dollar and prop it up with flowers or shells.



To show off a shapely conch picked up on the beach, pour sand in a glass cylinder vase. Arrange the conch to call attention to its natural beauty. Stand the vase on its own or rest another shell or two against the base.

Olivia Fine is a decorator and regular *Elegant* contributor.

Style Watch with Beth Newman

Now Playing

<http://www.youtube.com/user/newmanimage?feature=mhw5>

For the Boys



Here Comes The Groom!

By Barry Levine

Most men love a simple grooming routine, so switching out products for the warmer weather and contending with the sun's burning rays might not be top on their to-do lists. But don't sweat it — just a few changes are all it takes to create an effective summer routine.

Choose your cleanser

Typically, hot summer weather means your skin is churning out more sebum — the skin's natural moisturizer — especially if you live in a humid area. Excess oil can leave your skin shiny, in addition to clogging the pores and contributing to breakouts.

This is especially true with men's skin, which tends to be oilier to begin with.

To prevent oil overload, the first step is to choose a cleanser that'll break down oil and impurities, leaving your pores clean and unclogged. Good ingredients to look for include salicylic acid or glycolic acid.

Banish body odor

If sweltering temperatures leave you feeling sticky and sweaty, don't just rely on your deodorant. Instead, start in the shower with an all-over cleanser that fights bacteria.

Smells happen when sweat mixes with bacteria, so a body wash helps you prevent odor well before you start your day.

Shave regularly

Surprisingly, shaving is good for your skin! It sloughs off all that rough, dead skin, and is an easy way to exfoliate. But if your skin is red and raw from frequent shaving during the summer, it may be time to take a closer look at your shaving method.

Speed up your routine

If you have specific skin concerns — like wrinkles or acne — that you want to deal with, you don't have to invest in multiple products. Nowadays, you'll find a variety of all-in-one formulas on the market.

For instance, if you want smooth, clean skin, without having a shelf full of bottles, swap your regular cleanser for an exfoliating cleanser with gentle microbeads to get rid of dead skin cells and debris.

A complicated skin care routine isn't necessary for clean, healthy skin. So you don't need to use a slew of products or spend hours on your routine to have a clear complexion. With just a few adjustments to your current routine, you can certainly save face!

*Barry Levine is a stylist and regular **Elegant** contributor*



She knows all, and tells most!

Dear Cookie,

What's the best wine to serve with fish?

Ah – the choice!

Sparkling wine can complement the entire meal, from the seafood appetizers, to the main course, to the dessert. . In fact, when the ingredients are so complex that your wine selection is a puzzle, champagne is the answer.

Chardonnay is the best match for a seafood dish with a warm, rich, buttery or creamy sauce.

Try Sauvignon Blanc with fresh, simply prepared or cold seafood -shrimp, oysters, clams, mussels, and light fishes such as mahi-mahi.

German Riesling is light, slightly is perfect with scallops, clams, grilled shrimp, calamari, trout, or baked oysters.

Red wines also have their place with fish, as long as they are served with the meatier fishes, such as sturgeon, tuna, shark, and swordfish.

Dear Cookie,

My friend Midge lives in a pigsty. Dust and clutter have enveloped every room in her house. It's truly a ruinous situation – to the point that I no longer care to visit her in her home. How might I help this woman?

I commend you, darling, for wanting to help this little piggy rather than cut her out of your life. If she's physically unable to clean up after herself, offer to do it for her or hire a cleaning service to visit her regularly. If she's perfectly able-bodied, kindly inquire as to how her home ended up in such a state. She may suffer from something deeper than a dirty house. Do your best to assist her in getting help.

Should none of the above work, don't cut ties completely. Offer your pleasant home for all of your get-togethers. If she insists on gatherings in her home, do try to make the best of it, but I encourage you to limit the amount of time you spend there.

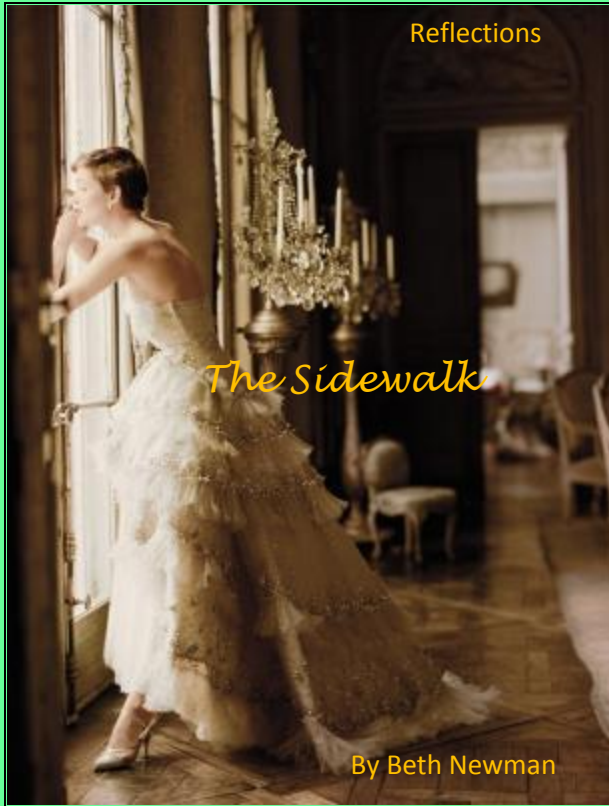
Quandary? Conundrum? Perplexity?

Cookie McDaniel-Stein, world traveler, fashion guru, and all around devotee to tasteful living, has the answer. Contact Cookie via beth@newmanimage.com

Dear Cookie,

No one returns my calls. I call and call and call and leave message upon message, but no response – from anyone! What shall I do?

Perhaps the nonstop calling and messaging is trying your friends' nerves. Remember, dear, your friends have lives of their own to live, and will get back to you when they can. Or not.



A true tragedy occurred in my little corner of the world recently. Without going into too much detail, a troubled young man is no longer with us. I saw this young man frequently, we chatted occasionally, and that was the extent of our relationship. I witnessed authorities remove his lifeless body from his parents' home, and it's had me thinking an awful lot about life...how we spend it, with whom we spend it, and how much of it is caught up in idleness and unproductive behaviors.

It's caused me to review how I while away my hours. I know I tend to spin my wheels and focus on business far too much. I'll burn myself out on it completely— physically, emotionally, and spiritually -if I'm not careful. I need a hobby...a daily diversion...a little outlet, if you will, in order to wind down from the day-to-day.

That, of course, leads me to the whole 'life balance' issue: have I been diligent in forming

true bonds with people? Do I follow-up as well as I could with family and friends? Truth be told, I'm terribly shy and guarded, and I often go on the assumption that my family and friends know how much I care about them. That old cliché of action speaking louder than words exists for a reason....

I suppose this young man's death opened my eyes a little bit, and it certainly has forced me to take stock in my own life. I need to reach out a bit more. I need to slow down. I need to become more aware that someone who shares a sidewalk with me might be in the market for a bigger smile as we head to our cars each morning, or a little more conversation at the mailbox each evening.

Because, really, when it gets down to it, life is about making those true connections. We should never leave anyone wondering how we feel about them. We should never get so caught up in ourselves that we miss out on true, meaningful, life experiences. Simple concepts, really, but ones we don't adhere to as often as we should. I intend to change that about myself; how about you?

Elegant Musings
www.newmanimage.blogspot.com



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That's all for now, Sweeties! Enjoy every Elegant moment this month!



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