

Newman's Notes...

Greetings, my *Elegant* friends! Thank you so much for dropping by!

After much consideration, this little 'zine is now officially a quarterly publication. We do appreciate your years of readership and support, and are thrilled that we now may offer expanded *Elegant* news to assist you each season.

Of course, it's officially summer, and our primary focus is beating the heat. We discuss swimsuits, soirees, sourpusses, and offer tips on true, abundant, and FUN living!

If you enjoy this free publication, I cordially invite you to contribute to the newly established *Elegant Fund*. Proceeds benefit Girls, Inc., an organization whose mission is to inspire girls to be strong, smart, and bold! (<http://www.girlsinc.org/index.html>)

Stay cool this season, my friends!

Cheers,

Beth

Just Starting Out!



Just Starting Out is a mentoring program designed for women between the ages of 22-26 who are searching for a way to thrive as they 'join the grown-ups.' Image consultant and life coach Beth Newman shares with you success tips and strategies to help you get a handle on it all -personally and professionally.

Sign up for 4 sessions, get the 4th one FREE!!!! Details at <http://www.newmanimage.info/Packages.html>. Offer ends August 30, 2011.



Going glam in my new hat.

Look Your Absolute Best!



Ready for a little pool play? How about some big beach fun? No? What's that you say? There's no way you're getting your derriere into a tiny swimsuit? I know... it's hard to get excited about hitting the water when we're not sure about suitable swimsuits. Trust me, it will be in your best interest to honestly acknowledge your body type. There is a swimsuit for you, if you're willing to do the work:



Bountiful Boobs: Minimize your overflowing cups with wide straps on your swimsuit. They offer more support and cover side bulges. Try a high, straight bust line. This conceals and helps you to look more proportionate. Tankinis and bikinis offer loads of support and lift. You can also try a sports top. These tops keep everything in place and add the comfort of full coverage.

Know your body type, and dive confidently into any body of water!



Barely-there Boobs: Give yourself a little boost by trying the vast array of padded bikini tops available. If you can't do underwire and padding, try shorter straps to pull you up and fill you out. If you prefer something with a little more coverage, try suits with a horizontal neckline or bloused top. This will draw attention to your shoulders and give the illusion of a fuller bust. Try different prints. Some lines and designs can actually enhance and make you appear curvier.



Long Torso: Shorten a long torso by employing the use of horizontal stripes on a bikini. This will allow the eye to focus on the top and bottom, not the middle. A sports top will also camouflage a long torso by creating a more uniform look.



Bulging Belly: Most of us suffer from it, and there's no shame in it. Try an empire waist. You will find it draws attention to the bust line and slims the tummy area. Choose solid, dark-colored swimsuits for a more streamlined look. Some women like the look of a V neckline as it draws the eyes up towards the bust and the face. Streamlined lines along the sides – light colors down the sides give the illusion of a smaller waist.



Bottom Heavy: A pretty skirt or shorts are fun ways to dress up a swimsuit while hiding heavy hips, thighs and backside. Vertical detailing on top: try on suits that draw the eye to the top of the swimsuit to look longer and leaner. For instance, if the suit is all black, try on one with the design up at the top. Try a skirted suit. You'll be surprised how fun some of the latest skirted suits look – they're definitely not the ones our moms used to wear. A straight necklines will broaden shoulders and balance out proportions – this will give the illusion of a more hour-glass shape.

Look Your Absolute Best!



'Tis the season when many of us – including yours truly – set sail for sand, sun, and perhaps starlight soirees by the sea. Don't you dare do it, though, without your Beach Emergency Kit (henceforth known as the BEK).

Most of this applies to the ladies, but gents, there are a few little items you, too, could afford to take along (in your own bag – hers is already full!)

A spare swimsuit: in the event you're invited to a pool party or dinner aboard a handsome stranger's yacht, you'll want to wear something different...something not covered in sand and seaweed.

A pair of cheap lightweight earrings: to go along with the spare swimsuit should either of the above occur.

A baseball cap: it will keep the glare off you whilst riding the waves. Your regular sun hat won't do – save it for when you're lying on the sand sipping a frosty beverage.

Refillable spritzer bottle: Fill it up with water for a quick refreshing face or body spray or to wash off the salt and sand.

There's more I'd like to place into what I'll refer to as the "Well, Duh" category. Honestly, I'm surprised how often people turn up at the beach without the following: sun block, lip balm, sun glasses, a small mirror, a comb, a tiny pouch of tissue and baby wipes, travel-size deodorant (please), hand cream, a big bottle of drinking water, and money (a few bills and maybe some change – nothing major)

Of course, you should personalize your BEK with other products that you can't live without (hair gel, extra pair of contact lenses, etc.)

Now, should you have an inkling that the day's beach activities will lead to a little night action, remember the following, and add accordingly to your BEK:

In addition to the small earrings, throw in a *cheap, beach-inspired necklace or bracelet* for added pizzazz.

Create a new evening look from what you've already got in your BEK. Perhaps your bikini top stayed dry. If so, pair it with the bottoms of the spare (be sure they coordinate, though), or you could simply put on a pair of shorts. A sarong utilized as a swimsuit cover can easily be transformed into a halter top. Play around with it until you get it just right.

Pack the jeweled flip-flops. They're much more suitable for evenings.

Of course, it's vitally important that before you reach your evening destination from the beach that you *put your comb, baby wipes, tissue, and deodorant to good use.*

Do right at the beach without looking too done-up. Have fun, remain flexible, and strive for a truly fabulous fun-in-the-sun summer vacation!



Look Your Absolute Best!



Hot Looks Now!



Wedge Heels



Halter Tops



Maxi Dresses



Walking Shorts

Step Into Style!
Beth Newman would love to help you get a handle on your summer look! Check out her *Step Into Style* package at <http://www.newmanimage.info/Packages.html>



Sunshine!

Don't let the fear of sun dangers keep you indoors this season. Your body needs vitamin D, and the sun is great source for it. Apply your sunscreen, and enjoy!

Sweat!

The only sure-fire way to lose weight and keep it off is good, old-fashioned sweat. Walk, jog, dance...just get moving! Incorporate a few push-ups and squats daily, and you'll be amazed just how great you feel...and look!

Avoid Debbie Downer

If the company you keep doesn't make you feel good, get with a group that does. Life's too short to waste on sourpusses!

Sleep!

You won't feel fabulous without your ZZZZ's. Adequate sleep improves your mental clarity, skin, and overall well-being.

An Attitude of Gratitude

Focus on what's right, and disregard what you perceive to be wrong. Offer thanks for everything you have!

Embrace the Arts

Listen to your favorite music, study your favorite paintings, read uplifting and enlightening material.

Take Out the Trash

Turn off the TV, and be mindful of the information you allow into your life. Avoid time-wasting activities, and start living!

Newman Image Daily Dose

Align your strengths and rediscover your passions in order to live authentically! Details at <http://www.newmanimage.info/Packages.html>



For daily style and substance tips, become a fan of Newman Image on Facebook!

Live Your Absolute Best!



Successful Summer Soirees!

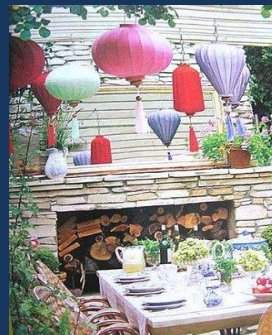
Many of us are planning backyard bashes right about now, but before we do, let's insure we've got everything in place:

- 1) A barbecue grill, obviously, if it's a cook-out. If not, pot-luck usually works best for these casual soirees.
- 2) Burn citrus candles to keep the bugs away, and be sure to cover all food when it's not being served.
- 3) Comfortable seating is necessary for everyone. For large groups, if you have built-in seating or seat walls, these can supplement garden furniture. They also keep the garden looking uncluttered.
- 4) You need easy access to the kitchen. In addition, you want to design good traffic flow from house to garden and around outdoor living space.

6) Buffet-style is easiest. If you do not have built-in countertops, you can use portable carts or side tables

7) Keep bottles of water and cans of soda on ice in a cooler. Have the blender easily accessible for frosty adult beverages.

8) You need outdoor lighting for evening parties. String lights lend a fun and elegant touch!



Elegant Musings

www.newmanimage.blogspot.com

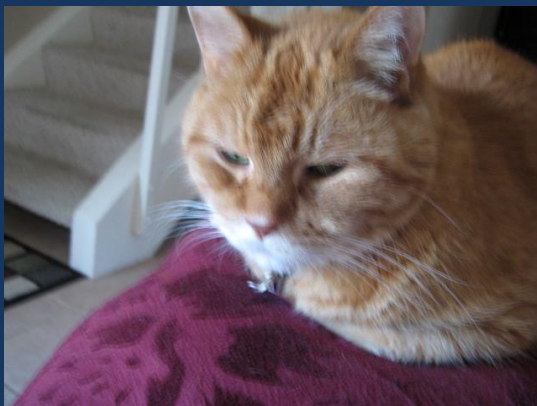
Live Your Absolute Best!



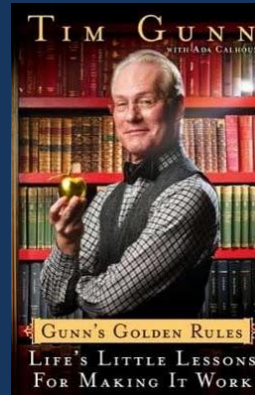
Summer To-Do List

Do This:

- Visit with neighbors
- Laugh at the absurdity in life
- Surround yourself with good people
- Spend evenings outdoors
- Show attention on your pets

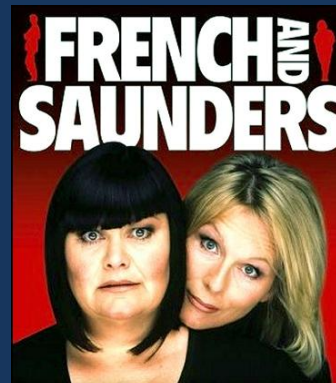


Read This:



- Gunn's Golden Rules* (Tim Gunn)
- The Attractor Factor* (Joe Vitale)
- A Thousand Days of Magic* (Oleg Cassini)
- How to Be Freakin' Fabulous* (Clinton Kelly)

YouTube This:



- Anything with French and Saunders
- Old *Tonight Show* with Johnny Carson clips
- Lorna and Liza: A Tale of Two Sisters*
- Style Watch* with Beth Newman ;)

Eat This:

Homegrown tomatoes

Drink This:



2001 Chivite Gran Feudo Reserva

*That's all,
Folks!*

*Enjoy an
Elegant summer!*



Cari Murphy
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