

after



Working with colour: Usually more comfortable in jeans or black trousers, makeover candidate Denise Hill enjoyed wearing dusky, cool, deep colours, including this teal Tuli dress, \$94, from Scintilla in Barton St, Hamilton. Karston irladi boots, \$499, from Harlow Shoes, Barton St, and necklace, \$169, from Soul, Barton St.

It's a wrap: A crossover top flatters the bust and helps create an x-shaped figure. Blood orange Vigorella Bodywear wrap, \$99.90, and Vigorella grey top (underneath), \$79.90, both from The Look, Alexandra St, Hamilton. Necklace, \$45, from Kimberley's, Victoria St, Hamilton. JillAng Ma Brogues skirt, \$160, from Scintilla. Karston boots from Harlow.

Funky purples: The addition of bold jewellery and colourful pattern has turned Hill from drab to fab. Verge print dress, \$290, from The Look. Necklace from Soul and Karston boots from Harlow, as previous.

Cool in a kilt: Layers don't need to be loose and baggy. Layer colour with a top under another top, with a "v" of colour showing through. Pleats and vertical lines in skirts lengthen and slim. Mesop crossover wrap top, \$135, and Stitch Ministry Atlantic skirt, \$295, both from Alibi, Victoria St, Hamilton. Liberty merino top (underneath), \$75, from Scintilla. Glass heart pendant by Judy Newton, \$99, from Soul. Hispanitas papiro negro black boots, \$519, from Harlow.

HOT TIPS

- To make the best of your figure, invest in good undergarments.
- Like many women, Denise Hill admitted she doesn't always wear the best bra. With her sporty, active lifestyle, she often wears sports bras. "They squelch you down," scolds image coach Jan Fisher.
- A well-fitting, lifting bra can immediately take 10 years and 5-10kg off a woman. It not only supports and lifts breasts, but by increasing the space between boobs and tummy, creates the illusion of a smoother stomach and elongated, slimmer figure.
- "You can't build a house without a good foundation," says Fisher. "How can you look well-dressed without the right undergarments?"
- She says many women make the mistake of wearing the same bra size for years, despite changes to figures due to ageing, weight loss or gain, babies and fitness levels. "Get a professional fitting," she suggests, if you are unsure about your correct bra size.
- Specialist fitters at shops such as Hot Gossip Bra Shop in Hamilton, and at Farmers' lingerie department, Bendon and other dedicated bra shops, can help.
- Shaping undergarments, such as Jockey Shapewear, are also useful for hiding lumps and bumps.
- Unlike corsets of old, modern Shapewear is made of comfortable lycra-mesh fabric. Garments include bras, pants, shorts, singlets and slips, in colours including white, black and skin-tone, up to size 18.
- We got Hill a pair of medium-firm control Shapewear shorts to wear under dresses, which helped control the tummy and smooth and shape hips, bottom and thighs, giving her more confidence about wearing form-fitting clothing.

MAKEOVER FROM TOP TO TOE



Stephanie Patrick, artistic leader at top Hamilton salon Morph gave Denise Hill's hair a much-needed makeover. What did she do, and what are her tips for those in need of a new do? She chats to Kate Monahan.

tempo: What did you do to give Denise a new look?

stephanie: "She's got really thick hair and heaps of it, so I wanted to lighten it up and make it funky. We wanted something that would be easy to do, to leave or straighten.

We kept the overall colour a rich, warm brown because she has beautiful olive skin.

She's such an outgoing person, so, to reflect that, we put some red sections around the face. She's such a fun person but she had such a boring hair do. Now it matches her awesome personality.

We didn't take a lot off the length, but we took the bulk out and made it look more up-to-date and modern."

tempo: What do you do if someone comes into the salon and wants a new look?

stephanie: "It's about enhancing what they have and you don't have to do something dramatic.

You can be subtle. You don't have to go blonde or cut it all off. Just adding movement and texture can change it to funky.

I chat to clients and you can tell from just talking about personality, are they subtle or bold and out there. When you are creating a look, it's not just about hair.

You have to look at the whole thing (including) face shape, personality, skin tone, lifestyle. There is no point doing something outrageous but it doesn't suit the personality.

Body shape is also another factor. You don't give someone (plus size) a short (cropped) hair style. It's all about balancing it out."