



About Zoie

Zoie Farrow, 28, is a stay-at-home mum to her three-year-old son. She dresses casually during the week and enjoys visiting friends, seeing movies, going to the beach and the occasional night out dancing. However, she is often too busy to spend time pampering herself and feels her look is too casual.

Evening

When choosing long earrings, the longest point should be at the end of your face, in line with your chin. Any longer than that will look out of proportion. Equip earrings, \$9.95.

If you're concerned about your hips, a shaped hemline will make them look curvy and slimmer. Monica jewelled top, \$199.95.

To establish your perfect pant length, try your pants on without shoes – the hem should either touch the floor or be 1cm above the floor; this length will work with any heel height. Esprit jeans, \$89.95.

What to wear

Makeover expert Chata Romano shows a young mum how to look casual but well-groomed.

Although Zoie's lifestyle is very casual, she doesn't need to look dressed down all the time. Zoie came to us with the request to help her step out of her comfort zone of black and basic colours, and instead experiment with colour and accessories.

Zoie has a great body and delightful personality, so Chata and her team showed her how truly stunning she could look. Three outfits were selected to suit Zoie's lifestyle. The overall look is casual, but well-groomed, which Zoie immediately relates to. "I had such a wonderful time," she says, "I really like the styles chosen, and I already feel more confident in choosing what is right for me."



Want a makeover?

For more about this makeover and how to apply for one yourself, visit www.notebookmagazine.com.

Match your accessories in tone and colour. Naturalizer at Mathers sandals, \$89.95; vintage purse from a flea market.

Weekend

Zoie has a good shape, and so can wear small or big prints. If you want to look slimmer, avoid wearing prints larger than your fist. Ladakh dress, \$79.95.

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Don't over-accessorise: wear more accessories with plain outfits and less with busy outfits. Lumière bangle, \$34.95.

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Avoid hemlines that sit right on top of your kneecap – this will make your knees and legs look heavy even if they aren't. The best length is either 4cm above or in the middle of your kneecap.

Avoid ankle straps if you have very thin or very full ankles, as straps will exaggerate their appearance. Midas sandals, \$248.

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Hair and beauty

We trimmed and coloured Zoie's hair to give her a glossier, sleeker look, and styled it with a simple side part to frame her face. For the make-up, we gave her a rosy blush and added some bronzer for a healthy glow. We wanted Zoie to feel glamorous and sexy, so we gave her a darker eye colour using greys and rich browns – and of course plenty of mascara. Finally, to finish the look, a subtle stained lip and a little gloss.



Casual

T-shirts can look big and baggy, so choose shaped or slightly tapered (but not tight) waistlines to highlight your waist. Bracewell singlet, \$35; Target necklace, \$24.95

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Zoie's arms are long, so she can wear wide bracelets. Avoid wide bracelets if you have short arms – they will make them look even shorter. Equip bangle, \$12.95.

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The best length for a capri pant is at the end of your calf muscle, not in the middle of your calf (the widest part of the lower leg). Monica cropped pants, \$129.95.

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Wear an open shoe or sandals with capri pants – closed shoes make it look as if the pants have shrunk. Williams the Shoemen sandals, \$59.95.

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Need a new look?

Change your Image, Change your Life by Chata Romano offers women proven advice on colour, hair and make-up, style and wardrobe management. This inspirational book will help you achieve your best image for your lifestyle. It includes more than 450 photographs and incredible makeovers. For more information on Chata, visit www.chataromano.com.

