

Update your image with a few simple tricks



Solving your style problems in seconds

BE five kilos lighter at the flick of a wrist. Meet the woman who can show you how to look slimmer without having to lose any weight.

Super nanny might have the kids under control but what about that waistline?

There hasn't been a saviour of style... until now.

We introduce the internationally acclaimed image consultant, Chata Romano, a woman who can make anyone look at least 5kg lighter without a scalpel or a diet program.

Armed only with a tape measure and colour swatches, Chata has a message to Australian women of all shapes and sizes: "Everyone can learn style and how to make themselves look better."

It's not hard to look good.

Many Australian women feel they need a lot of money and loads of time but it comes down to two things, education and choice.

"Knowing what works for you and what doesn't is the biggest problem, but that's easily fixed once you know the

basics," Chata said.

More helpful tips like these are included in Chata Romano's new book, *Change your Image, Change your Life* which is the ultimate image solution, offering women proven advice on everything from colour, hair and make-up to style and wardrobe management.

Featuring more than 450 photographs, *Change your Image, Change your Life* is a 224-page personal make-over guide that helps women achieve their own glamorous reality according to their personality, lifestyle and budget.

Topics covered within the book range from correct colours according to your skin tone, flattering lengths and shapes for an individual's own body proportions, style ideas and complementary jewellery and accessories to wear.

It also tells readers what to do with knobby knees, how to disguise droopy eyes and bigger bottoms.

Change your Image, Change your Life retails for RRP \$45 and is available at Big W, Target and at good book stores.

- Lose 5kg in five minutes with these top 10 style tips:
1. The way you style your hair can make your cheeks look slimmer or fuller. If you have a particularly round face tuck your hair behind your ears, your face will instantly look longer and slimmer.
 2. A very full hairstyle or lots of curls creates volume, not something you want if you have a full or round face shape. The fuller the style, the fuller the face shape ... A layered, shaped style will skim inches of your cheeks.
 3. A fringe will make your face look shorter and wider because it visually divides your face in half. A feathered fringe is not a problem, just avoid a solid heavy fringe.
 4. Double breasted vs single breasted. Your eye travels from west to east (hip to hip) when you wear a double breasted item, be it a jacket, blouse, coat, etc. Your eye travels from north to south (head to toe) when you wear a single breasted item, making you longer and leaner.
 5. Wide collars shorten the width of your body and can make a full bust look even fuller. Go for regular collars instead.
 6. Big pockets automatically drawing the eye to the tummy and hips, small pockets (preferably no pockets) will make the stomach and hips look much flatter and slimmer.
 7. Even if you don't have a shaped waist, make sure the waistline of your style (be it a jacket, dress or shirt) is tapered, creating shape. A box style takes shape away from the waist.
 8. Tapered skirt or full skirt? The fuller the skirt, the fuller the body. The same will apply to pants so stay with tapered pants, without going too tight.
 9. The choice of earrings is also important - avoid big, full earrings which will make your face look fuller or wider. Choose smaller earrings instead.
 10. Even your handbag can affect your weight - the wider the bag, the wider your body will look. Choose a bag that is not wider than the width of your body, from the side view.

The Veronicas return to start a revolution

AFTER conquering Australia with a sell-out tour in April, The Veronicas - sisters Lisa and Jess - are returning home and to Toowoomba.

On their last tour the sisters proved they could more than deliver as a live act, with reviewers nationwide applauding their talents.

The Revolution Tour will follow the August release of their new single *Revolution* from their triple platinum hit album *The Secret Life Of...*

Hitting the tour trail with the girls will be Brisbane band Avalon Drive for all shows bar Townsville, Rockhampton and Cairns, while America's Ryan Cabrera will perform a solo acoustic set on all shows.

Tickets for The Revolution Tour go on sale on Tuesday July 4, at 9am.

The Toowoomba show will be held at the USQ Clive Berghofer Recreation Centre, on Tuesday, August 22. For tickets contact the USQ box office on 4631 1111.

How do I get that photo?

If you've seen a local photo you love, take note of the date the photo was taken, then come into our office at 50 Albion Street to view the colour photos. Your quality, full colour photo can be printed in any of the following sizes:

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15cm x 20cm	\$12.00
20cm x 25cm	\$18.00

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YOUR WEEKLY MOVIE GUIDE - WARWICK TWIN CINEMA **West** Ph: 4661 9477 / 4661 9685

	THUR 29 JUNE	FRI 30 JUNE	SAT 1 JULY	SUN 2 JULY	MON 3 JULY	TUES 4 JULY	WED 5 JULY
SUPERMAN RETURNS (G) 2 hrs. 30 mins.	9.40am, 2.05pm, 6.40pm	9.40am, 2.05pm, 6.40pm	9.40am, 2.05pm, 6.40pm	9.40am, 2.05pm, 6.40pm	9.40am, 2.05pm, 6.40pm	9.40am, 2.05pm, 6.40pm	9.40am, 2.05pm, 8.30pm
OVER THE HEDGE (G) 1hr. 25 mins.	9.30am, 1.10pm, 4.45pm, 6.30pm	9.30am, 1.10pm, 4.45pm, 6.30pm	9.30am, 1.10pm, 4.45pm, 6.30pm	9.30am, 1.10pm, 4.45pm, 6.30pm	9.30am, 1.10pm, 4.45pm, 6.30pm	9.30am, 1.10pm, 4.45pm, 6.30pm	9.30am, 1.10pm, 4.45pm, 6.45pm
CARS (G) 2 hrs.	11.05am, 2.45pm, 8.15pm	11.05am, 2.45pm, 8.15pm	11.05am, 2.45pm, 8.15pm	11.05am, 2.45pm, 8.15pm	11.05am, 2.45pm, 8.15pm	11.05am, 2.45pm, 8.15pm	11.05am, 6.45pm FINAL
FAST & THE FURIOUS (M) 1hr. 45 mins	12.20pm, 5.00pm, 9.20pm	12.20pm, 5.00pm, 9.20pm	12.20pm, 5.00pm, 9.20pm	12.20pm, 5.00pm, 9.20pm	12.20pm, 5.00pm, 9.20pm	12.20pm, 5.00pm, 9.20pm	12.20pm, 5.00pm FINAL

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PIRATES OF THE CARIBBEAN: Dead Man's Chest, July 6th



more from maggie

Coast chit chat with Maggie and Sophie Gidoomal.

Do you know something we don't?
Tell Maggie and Sophie about it.
email us at gossip@lifegc.com.au



coldplay's concert

Coldplay's lead singer, Chris Martin, and his world famous band members blew supporters away on their Australian tour this month. A collection of enormous, glitter filled, yellow balloons were dropped down onto the astonished crowd, who were drawn to the words "Look at the stars, look how they shine for you, and everything you do, yeah they were all yellow."

I wonder how someone who's able to come up with such breathtaking lyrics managed to settle on the name Apple for his baby girl? Maybe his choice of baby names will improve in the future.
Oh hold on, I take that back. His new addition was recently named Moses. Ouch.



paris lookalike

Could amnesia be catching up with me or should Paris Hilton still be in the States?
Unless my age has miraculously skipped more than just a few years, I'm quite sure Paris hasn't been back to the Gold Coast since she was filming the movie, *House of Wax*, at Warner Bros. Movie World awhile back. So who is her 'look alike' spotted at the Polo just a few weeks ago? Have we captured a clone?

somerset's stunners

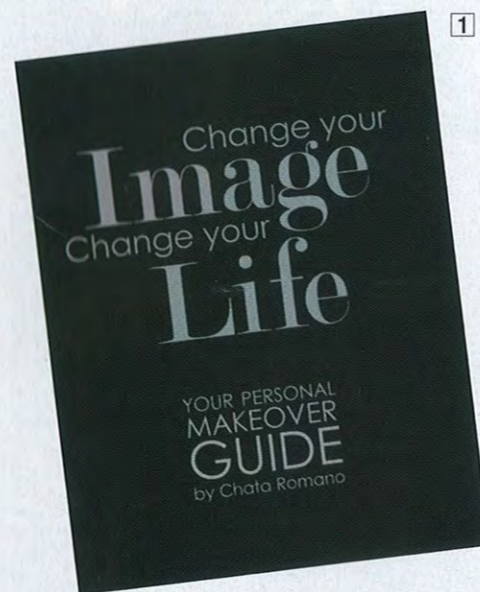
Ellyn Bryant is among the lucky few who have managed to pull off the same dress that former *Home and Away* star Bec Cartwright wore at this year's T.V. Week Logie Awards. Somerset College was proud to promote their glamorous guys and girls at the Gold Coast's Marriott for their Formal '06. The kids of class revealed their inner royalty as they elegantly arrived at the red carpet entrance.



traveller returns

Talented jewellery designer Susan Peacock is back on the Coast, brimming with creative ideas and planning to open a gallery in Q1 showcasing the work of a variety of different artists, including her own. Following the death of her beloved father, Susan embarked on a physical and spiritual journey, which included walking the famous pilgrimage Camino de Santiago de Compostela, from St. Jean Pied de Port in France to Santiago in Spain. Shirley MacLaine has documented her own journey on this historic pilgrimage in her book *Camino* and Susan was inspired by Shirley when she met her in Santa Fe, where she lives between filming.

Lifewhat's new



giveaway...

We have some great Danny McMaster prize packs to give away that include his CD releases and a DVD. For your chance to win call our Lifeweekly competition line, 1900 999 253 (call costs .55c, higher from mobiles) and leave your details plus the codeword DANNY. Entries close Tuesday 11 July.

1 *Change Your Image, Change Your Life* by Chata Romano is the essential bible for women. RRP \$45. Available at David Jones, Myer, Big W, Target and book stores. More on www.chataromano.com 2 The Bose QuietComfort 3 Acoustic Noise Cancelling headphones fold flat in a slimmer carry case and come with a rechargeable battery. RP \$599. Available at the Bose Store, The Brickworks, Ferry Road in Southport, or more on 1800 267 300 3 Salt City Candles are the most fragrant scented candles on the market. More on www.saltcitycandle.com.au 4 Achieve the perfect salon blow dry at home with the Remington Smooth Styles Ionic Pro Pack (RRP: \$53.95). And for a big, sexy blow-dry, use the Remington Body Waves set (\$53.95). Stockists: 1800 623 118 5 Check out Hussy's sizzling new range of stylish and sexy designs. More on: (02) 9280 1610 6 Comedian Danny McMaster is currently touring his hilarious live act *The Meaning Of Life* but he's also just released a new comedy CD as well as a standup comedy show on DVD entitled *Got It. Good!* It's out now from Myer, K-Mart, Sanity, HMV and all other leading DVD retailers.

The Luke, Rob and Renae Show 5.30am to 9am weekdays



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