

# CHATA ROMANO

THE COMPLETE IMAGE SOLUTION

www.chataromano.com



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**Chata Romano is an International Image Consultancy that proudly empowers women and men through Personal Consultations, Workshops and the Makeover Experience. Through these various services, clients are introduced to The Complete Image Solution® a unique global system that provides individuals with their correct colours and styles for hair, makeup and clothing. The Chata Romano range of services are ideal for both the corporate and individual market. View a complete list of services on www.chataromano.com**

## YOUR PERFECT HOLIDAY PACKING GUIDE

Planning that perfect getaway break is always so exciting until it gets to "THAT" task: What and how do I pack?

International Image Consultancy, Chata Romano, has the answer to ensure you can create the maximum number of outfits with the minimum number of items packed.

Our PACKING CHART for women and men provides practical tips on how to pack your bag perfectly for: various types of trips (business or leisure trips duration 2 days, 1 week, or 3 weeks) and different season; summer, winter or combination. It also eliminates the "just-in-case" scenario and ensures you wear at least 80% of what you pack.

### PACKING TIPS

- Before you choose the first item of clothing remember:
- Each item you pack should co-ordinate with at least three other items to ensure versatility. (including the outfit you wear when travelling)
- Ensure the colours, styles and fabrics coordinate well.
- Pack more tops and less bottoms as people notice the top half of what you are wearing, not the bottom half.
- More plain garments and fewer prints as it is easier to mix & match plains.
- Don't duplicate any of the items you pack (you don't need two red t-shirts)

### WHAT TO PACK

When packing for your holiday trip, ensure you select 80% casual or leisure items and 20% smart or

evening clothes.

Lay your clothes and accessories out on the bed before you pack so that you can clearly see your outfit selections.

Start by choosing your jackets first, then bottoms, followed by your tops (plains first then prints). Finish off with shoes and accessories.

### Here is an example of what to pack for a ONE WEEK summer holiday trip:

20 items = 60 different outfits

#### 2 Jackets:

- 1 casual jacket – basic colour
- 1 cardigan – basic colour

#### 10 Tops:

- 3 shirts – 2 plain, 1 print
- 2 blouses – 1 plain, 1 print
- 4 T-shirts – 2 plain, 2 print
- 1 lightweight pullover / hoodie top – plain

#### 5 Bottoms:

- 1 soft skirt – print
- 1 casual skirt – denim
- 1 casual pant – basic colour
- 1 jean – blue
- 1 shorts – basic colour

#### 3 Dresses:

- 1 casual dress – basic colour
- 1 casual dress - print
- 1 sundress - print

You can replace any item with one of your choice (e.g. pack another casual pant instead of a soft skirt)

### Accessories:

2 belts, 2 bags, 1 pair of flat shoes, 2 pairs of sandals (all in basic colours).

### HOW TO PACK

Your clothes are now perfectly co-ordinated and ready to be packed.

When packing into a small bag:

- Fold jackets in half (lengthways) into one half of the bag (alternate shoulder pads to save space).
- Follow the same procedure and pack your tops and skirts into the other half of the bag.
- Fold pants in half and lay across the length of the bag, then your towel and bathrobe on top

When packing into a large bag:

Flat pack

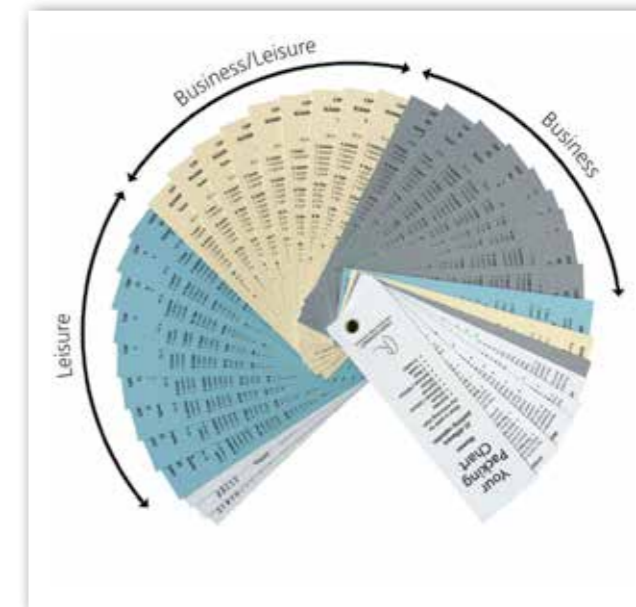
- Put the shoes into shoe bags, toe to heel, then pack into the corners of the bag.
- Underwear and socks in the spaces between the shoe bags.
- Wrap belts around the inside of your bag (don't roll into a tight ball, as the leather may damage).

Pack a small, portable steam iron.

Cosmetics in a separate toiletry bag, that leaking lotions and perfumes don't damage your clothes.

### YOUR PERSONAL PACKING CHART

The Chata Romano packing chart has 27 different packing capsules, making it the ideal planning tool for any leisure or business traveller. For more information on our personal packing service or to purchase your own packing chart for R190, kindly contact Willene Sieberhagen, Chata Romano Ambassador and Senior Image Consultant on 082 451 1959 or willene@chataromano.com or visit our website www.chataromano.com.



- Valerian Root: (Valeriana officinalis)**
  - Sleep aid & anxiety fighter - helps relax the central nervous system
- Chamomile: (Matricaria chamomilla)**
  - Soothes & calms the body - promotes relaxation
- Passion Flower: (Passiflora incarnata)**
  - Mild tranquilizing effect.
- Skullcap: (Scutellaria lateriflora)**
  - Nerve tonic & mild sedative effect
- Sceletium: (Sceletium tortuosum)**
  - Mood enhancer and mild sedative effect
- Siberian Ginseng: (Eleutherococcus senticosus)**
  - Therapy for insomnia - supports the body during periods of physical and psychological stress
- Hawthorn: (Crataegus laevigata)**
  - Positive effects on restless legs syndrome, a sleep depriving disorder



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