

THE NEW YOU TOTAL MAKEOVER



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What's Been Happening?

- Marilyn just had her first Botox injections this week at Lakeshore Vein & Aesthetics.
- She has completed ZOOM teeth whitening with Dr. Brian Ashley and has had her teeth prepared for new crowns, veneers and a bridge.
- Marilyn had new measurements and a progress assessment this week with her fitness and nutrition coaches at Global Fitness and her program is being tweaked to push her past a plateau.
- The initial spa treatments at Total E'Clips & Day Spa are booked.
- She is continuing her life coaching through InnerWorks Consulting with a continued focus on employment goals.



Stante Enjoys Fashion Party at koLu Clothing

By Tara Miller, Special to The Daily Courier

Virtually all women love a good shopping spree and Marilyn Stante is no exception. Nearing the end of her makeover package, Stante met with koLu Clothing owner Jane Mifflin for her personal style consultation and new wardrobe.

koLu's Kelowna store hosted Stante's personal style session showcasing designers from all over the world including Sarah Pacini, Lauren Vidal, Free People, Comrags, Metalicus, Stills, Fidelity Jeans, Michael Kors footwear and options for a wide range of sizes, styles, and personalities.

To Mifflin, it's about more than just designer labels. "It's all about customer service here. We help people put together a whole wardrobe and give them ideas how to put things together for a complete look."

Mifflin gave Stante a tour of the bright and airy store, talking about wardrobe basics and getting a feel for Stante's style and needs.

Mifflin, with Sales Manager Karen Voisin, ushered Stante to her dressing room and started pulling options to get her started, beginning with a black pair of skinny jeans as a basic bottom to build around.

"We show our customers how to build a wardrobe. Two good pairs of jeans - a boot cut and a skinny, a good black dress that you can wear to the office then dress up after work and we build around that. We walk you through the store to find your style and set up a core wardrobe that you'll be happy with," said Mifflin.

Mixing classics with trends gave Stante a look that suited her personality and needs for a casual office look with versatility to dress down or up as she

needed. Adding bursts of colour moved Stante out of her usual style zone and into something updated and current.

"I'm ultra conservative. This brought me out of my box a little bit. It is a good thing to be shaken up a bit and I really enjoyed the experience," said Stante.

Stante found a perfect fit in a dark denim rinse pair of jeans and a black dress that "fits me like a glove!" With over 50 styles of jeans in koLu's selection Mifflin affirms "there's no reason a woman should leave this store without the perfect pair of jeans! Start with a good pair of jeans you love and go from there."



"Part of the experience is about getting an education about the designers behind the lines we carry as well," said Mifflin.

Current trends that people can pick up at koLu and see in any fashion magazine this season include "jeggings" - a denim pull on legging that's flying off the

shelves. Plaid shirts, dressing in layers for the "boyfriend" look, cropped leather jackets and patterned tops with cut out shoulders are all mix and match pieces that koLu has ripe for the picking.

With new shipments arriving weekly Mifflin says that many of her customers come in each season and select some new pieces to keep their look fresh.

"They'll come in and do a big shop where we put together a whole wardrobe for them. They get the pick of the crop at the beginning of the season and will bring in their own pieces to help us find things to get it all working together. Then they can add new pieces throughout the season to work with what they already have."

For Stante, it was a complete foundational wardrobe. A couple pairs of pants, a pair of shorts for summer, a classic black dress, black blazer and tops with bursts of colour. Stante's wardrobe is completed with accessories, Michael Kors shoes and ideas on different ways to wear each piece and how to take these basics and make them work through each season.

"I wouldn't have thought of a lot of the items and I wouldn't have known how to put them together. I love these clothes. I can see myself wearing them a lot and I really got an education in style here," said Stante.

Stante's energy noticeably elevated as she had fun with the clothes. "It's like a birthday party with your girlfriends!"

Stante's new wardrobe will take her to job interviews and into the workplace with confidence. Mifflin and staff gave her ideas for working her look from casual to dressy as well as how to mix and match pieces to make them work through the seasons.

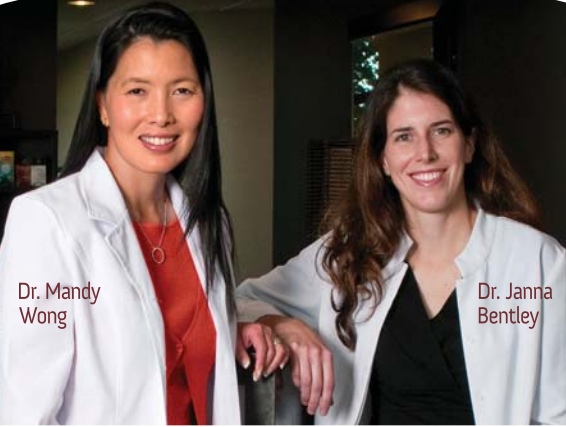
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