

The *Style* Clinic



Rosanagh Wilson



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Looking good and feeling great should go hand in hand. For the girls I met from the Snow Drop group at St Richard's Hospice recently this was a distant memory. The girls were recovering from their treatment for breast cancer and needed a boost to their self esteem and confidence.

After a colour workshop I offered the girls a makeover opportunity and Jayne Symmonds rose to the challenge immediately.

First step was a shopping trip to give her the chance to try on several looks and to have fun without having to do all the leg work (that was my job). Jayne is curvy with an hourglass figure, amazing skin and piercing blue eyes. Her hair had begun to grow back after the chemotherapy and she was trying to adjust to a different look.

Jayne's style is neat and co-ordinated and she wanted to look up-to-date but staying true to herself.

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We discovered blues, pinks, steely greys, purple and emerald green were all fantastic and, as the high street is awash with jewel colours, we were in luck. These formed the basis of our colour palette. We were looking for softer, drapery fabrics in a semi-fitted shape that skimmed the curves. We decided to go for planer bottoms and, to draw the eye upwards using jewellery, colour, pattern, and accessories.

We avoided clothes with too much bulk or fabric as these would have swamped her frame.

Jayne was keen to bring back the femininity into her wardrobe and we went for dresses rather than skirts as they are easier to wear and great for dressing up or down.

We established a look that was fun and neat that would fit in with her lifestyle as a busy mother of four.

We put together a capsule wardrobe from the high street and a great purple velvet coat gave an added touch of luxury. Scarves and bold necklaces created a sense of fun.

Step two came a couple of weeks later. I took Jayne to see Shirley Thornhill-Jester, salon owner of Umberto Giannini in Worcester. Shirley established a hair style that will be easy for Jayne to maintain as her hair continues to grow. She advised on the correct products to keep her hair soft and manageable.





This was the first cut since her treatment and she was thrilled with the result.

Then on to YOU in Friar Street where Judy Owen worked her magic with Bare Essentials mineral make up. These natural organic products were perfect for Jayne's skin and gave her a dewy, glowing complexion.

Although nervous about facing the camera, the new outfits, hair and make-up gave her confidence. I think the result is stunning and she will be able to approach the Christmas season with a spring in her step. It was a pleasure to work with her.

My thanks to Shirley at Umberto, Judy at YOU, and the photographer, Mike Henley for giving their time and helping Jayne to regain her self esteem.

For more information on The Snow Drop group and St Richard's Hospice call:



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