

THE MESSENGER GIRLS



Starring Sarah Hills, Kim Gregory and Jenni Horn

■ Calling all businesses that want us to trial run their services. Each week we will be featuring a mix of fashion, health, beauty and competitions. If you would like to be featured on this page, contact us. Also, let us know what's hot and what's not! Contact us at: Messenger Girls, Medway Messenger, Medway House, Ginsbury Close, Sir Thomas Longley Road, Medway City Estate, Strood, Kent ME2 4DU. We can also be e-mailed at: messengergirls@thekmgroup.co.uk ... hope to hear from you!

WIN a makeover

JANUARY is here, the festive rush is over and it's time to look ahead to a new year.

How would you like to have a complete style make-over?

Throw out all your old clothes, bin those trousers you've been hanging on to in case you fit into them one day (or they come back into fashion again) and overhaul your look.

We have teamed up with Hamlyn Nash, ohd salon in Rainham and Hempstead Valley Shopping Centre to offer one lucky reader the make-over of a lifetime.

After the two teams have worked their magic, the winner of this fabulous competition will be transformed.

Deborah and Karen from Hamlyn Nash will make sure you never again wear colours that don't suit you, or wear styles that don't flatter.

They will do a colour analysis - the benefits include making your complexion look radiant, giving your facial features great definition, making you look healthier and younger - all of which boost self-confidence.

A colour analysis with Hamlyn Nash includes determination of the natural colour charac-

USEFUL NUMBERS

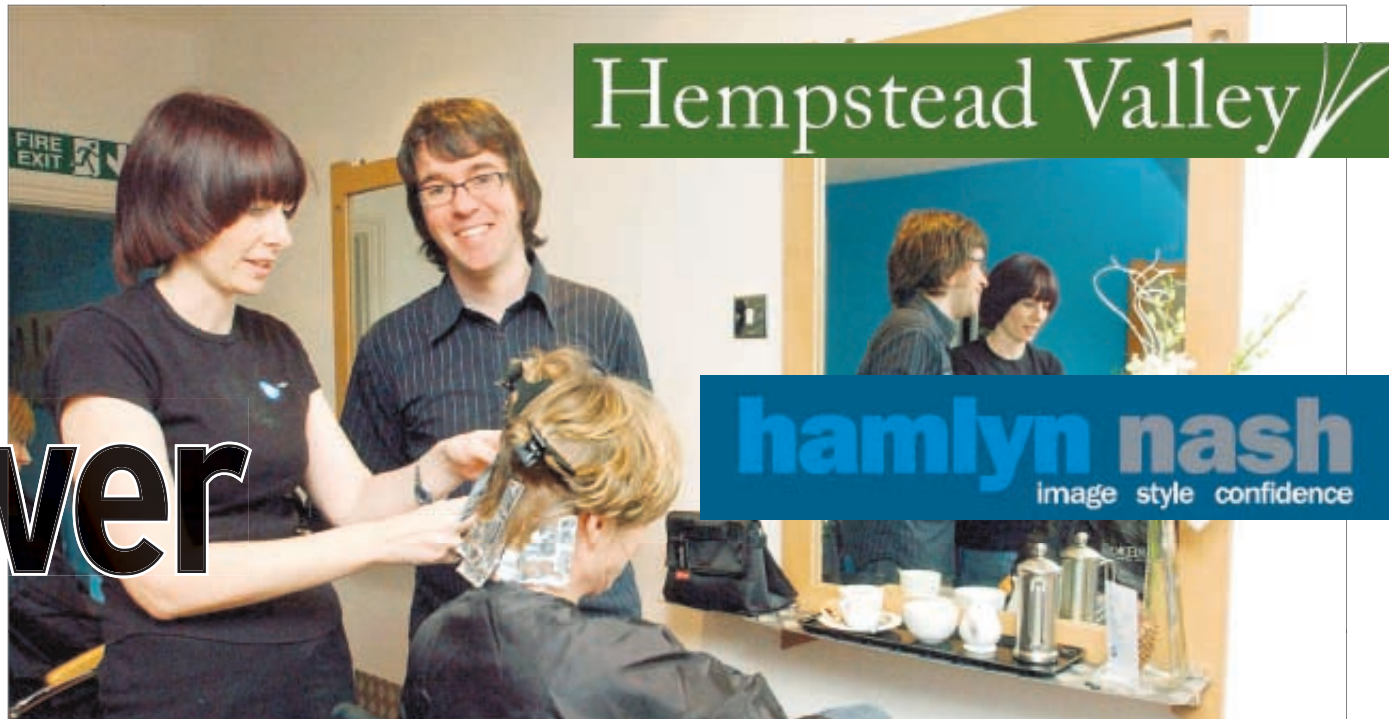
Hamlyn Nash -
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ohd - 01634 232345

Hempstead Valley Shopping
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teristics, a full application of make-up in the correct colours, a personal rating of each colour from the correct and individual colour palette, advice on hair colour and a personalised colour swatch wallet of the best colours to take shopping and use as a guide in the future.

The consultation also includes detailed advice on:

- using colour to look your best all the time
- achieving different looks using colour alone
- discovering new colour combinations
- removing expensive colour mistakes from your wardrobe
- making shopping easier and less stressful
- creating a cost-effective, co-ordinated wardrobe



■ Keith and Louise Owen at the ohd salon in Rainham



The reader who wins this prize will spend a half day with Karen and Deborah at their Rainham premises for a consultation to discover not only what colours are best, but also a style consultation with personalised handbag size style file, providing professional advice about styles and fabrics that will flatter them, taking into account and finding out about their personality and lifestyle, any figure problems

or indeed attributes, personal garment recommendations, clothing care and proper fit and advice on hairstyles and accessories before a half day personal shopping trip at Hempstead Valley Shopping Centre.

The reader will have £150 to spend on a fabulous new outfit and accessories at the centre.

After the styling, Keith and Louise Owen from ohd in Station Road, Rainham, will get to work re-styling and colouring your hair to make sure you are transformed from top to toe.

They will give you a full consultation to discuss your hair. Keith will talk through the cut, explaining what would suit your hair type, face shape and hair texture.

Louise will talk colour and also prescribe the right colour choice for you, again taking into account your hair type and skin tones and what will complement your overall look.

While you are having your hair done, you can enjoy a glass of wine, order something to eat and clients are also treated to a hand massage while they are worked on.

The final part of the prize is a photo session, so you will have a lasting memory of your new look - although once you are transformed you will never look back.

To be in with the chance of winning, write to us, telling us why you should win this great prize.

Send your letter, to be no longer than 250 words to: Medway Messenger, Medway House, Ginsbury Close, Sir Thomas Longley Road, Medway City Estate, Strood, Kent ME2 4DU. You can also e-mail to mmcompettition@thekmgroup.co.uk

Entries must be received by Monday, January 22. A judging panel will decide the winner.



■ Karen MacPhee and Deborah Turner from Hamlyn Nash with Sarah Hills

Don't cramp your style - get a consultation

WHAT do you wear when you have style consultants coming to give you an assessment?

I must have tried on about five different outfits when meeting up with Karen and Debbie from Hamlyn Nash, but as they were coming to my home, I didn't want to be over-dressed or, at the other end of the scale, under-dressed and looking as if I was in need of a drastic make-over.

I was assuming they would come looking perfectly groomed with fabulous outfits, matching accessories and looking wonderful - and I was right.

But they couldn't have been nicer and the consultation wasn't the style battering which Trinny and Susannah harshly dish out for the sake of the TV cameras.

They started by taking off all my make-up, which all girls hate - especially when there are two people wearing make-up in front of them!

They then had a look in my make-up box to see what horrendous facial faux pas I was making. A current make-up trend is bronzer, which is great for warm skins like mine - the majority of the UK have cool skin and should avoid it - so I'm pleased to say that I have been doing OK. They gave me a few ideas about colours I had never

tried, and I've continued to use them on various outings over Christmas.

They then started on the colours. Just like Bridget Jones, I have now had my colours. The girls drape fabrics of various shades of many colours across you, and based on your natural colour characteristics, they determine which shades make you look your best and which make you look like a wet weekend.

It's amazing how different colours can affect your skin tone, making dark circles under your eyes look worse, and which colours can be used to enhance your skin tone.

I find myself looking at

people in the street and on the TV now and thinking that a different shade in this or a different colour in that would have looked so much better! You can also spot the people who know exactly which colours suit them - and hopefully I've joined them after my consultation.

I've also found out that gold jewellery looks better on me than silver, so I'll just have to have those expensive bracelets, earrings and necklaces I like so much and none of the cheaper silver stuff any more.

The final part of the consultation is to be handed a wallet with swatches of all the colours which make you look your best, as well

as being given advice on make-up, jewellery and other accessories.

The idea is, you take it shopping with you and match the colours as closely as you can, to make sure what you're wearing makes you look your best. Of course, you can wear clothes that aren't in your swatches, but the fashion police may be waiting round the corner for you!

One person I know told me the consultation changed her life, and I'm inclined to agree with her - it makes you much more aware of what not to wear - and Trinny and Susannah should watch their backs!

Sarah

Rules

1. This competition is not open to employees (and immediate families) of the Kent Messenger Group or any other company associated with it.
2. Entries which are altered, illegible or not in accordance with the rules will be disqualified.
3. Responsibility cannot be accepted for entries lost or damaged. Proof of posting cannot be accepted as proof of delivery.
4. The decision of the judges, as appointed by the Kent Messenger Group, is final.
5. Only one entry per person.
6. Entries must be received by noon on January 22 and the name of the winner will be published in this newspaper.
7. Entrants' details may be used for marketing purposes and entry to this competition indicates your acceptance unless you clearly state otherwise on your entry.
8. There is no cash alternative to the prize.