

# Health & Beauty

Advertising feature

## Style made simple

If you have difficulty understanding your body shape and how best to dress it, aren't sure which colours flatter you, what your personal style is or need help co-ordinating outfits, some time with a personal stylist will be money well spent.

Award-winning Hamilton stylist, Simply Style Image Professionals Ltd director Ceeann Martinsen, is a qualified image and colour consultant who specialises in helping women look and feel their best.

Ceeann's focus is on teaching women how to create an inspiring wardrobe that complements their appearance while meeting their personality and lifestyle needs.

"Women often tell me they've been shopping, found the perfect item of clothing, been really excited, bought it, got it home and found it wasn't quite right for some reason and feel like they've wasted money (again!) on a garment they'll never wear," says Ceeann. "This comes from not understanding one's body shape, colouring, personal style and lifestyle."

When choosing clothes, consider colour, design and appropriateness, Ceeann says. "Colour is the first thing noticed about you, then your figure

which is influenced by the design lines of your clothes, then the appropriateness of the outfit for your personal style and the occasion."

Ceeann also helps her clients get the most out of the clothes they already have, helping them re-discover their existing wardrobes, looking from a new perspective and economically bringing it up to date.

"Today's women want wardrobes that provide versatility, variety and value for money. They need a wardrobe they can rely on to offer them great choices so they can quickly and easily throw an outfit together that has them looking and feeling great."

Through style and colour analysis, makeup, wardrobe assessments and personal shopping, Ceeann provides the tools to enable all women to achieve fashion confidence and increase their self-esteem regardless of size, age or budget.

For further information or inquiries call Ceeann on 027 291-2581, email [ceeann@simplystyle.co.nz](mailto:ceeann@simplystyle.co.nz) or visit [www.simplystyle.co.nz](http://www.simplystyle.co.nz) and get your free E-book, Image Essentials Every Woman Should Know.



Simply Style Image Professionals Ltd director and stylist Ceeann Martinsen.

### Flagstaff

## Medical Centre

**Dr Marilyn Griffiths**  
MB ChB (Otago) DCH (Otago) FRNZCGP

**Dr Ken Couper**  
MB ChB (Otago) DA (Lon) FRNZCGP FACHAM

**Dr Tammy Wong**  
MB ChB Dip Paeds FRNZCGP

Practice Nurse for

- Cervical Smears
- Childhood Immunisations
- Dietary Advice
- Diabetes
- Information
- Diabetes Checks

Ph 07 854 0189  
Fax 07 854 0738  
2 Endeavour Ave • Flagstaff • Hamilton

## ATTENTION DENTURE WEARERS

Are your dentures ill fitting, causing soreness or worn down and are they affecting your eating and appearance? **I Can Help!**

- \* I offer you a **FREE** consultation in the relaxed environment of your home.
- \* Avoid driving and parking hassles and stay warm.
- \* Finance available

**Mobile Denture Service**  
**Phone Peter 0800 000 284**  
P.J Pickin NZIDTA • Registered Clinical Dental Technician

Affordable • Quality Guaranteed • 30 Years Experience

It's about **STYLE**  
It's about **CONFIDENCE**  
It's about **YOU!**

- ! Dress with confidence in styles that flatter your body shape & enhance your image
- ! Know which colours for clothes, accessories & makeup most flatter you
- ! Look great everyday regardless of your size, age or budget
- ! Shop with confidence again & save money in your wardrobe!

**SIMPLY STYLE**  
IMAGE PROFESSIONALS LTD

Ceeann Martinsen  
Member of NZFIC, Qualified and Experienced.  
Phone 027 291 2581  
[ceeann@simplystyle.co.nz](mailto:ceeann@simplystyle.co.nz)

**IMAGE FASHION COLOUR STYLE CONFIDENCE**

Visit [www.simplystyle.co.nz](http://www.simplystyle.co.nz) for your **FREE e-book**  
"Image essentials every woman should know"

Stockist of Jane Iredale Mineral Makeup

With the holiday season over our office is now back to normal hours of 8.00am to 4.30pm Monday to Friday. Call in and see us for all your footwear, insole, compression and bracing requirements.

**56 Pembroke Street, Hamilton**  
(look for the lime green letter box and parking at the back of the building)  
Telephone: **(07) 838 0606** or check out our web site: [www.orthotichouse.co.nz](http://www.orthotichouse.co.nz)

**Half Price IPL in February**  
All IPL treatments are half price in February when you mention this ad

**February Special - Tranquil Moment Facial**  
Bring a friend for **FREE!** Just \$60 for the two of you

Upstairs, 829 Victoria Street, Hamilton (rear entrance)  
**FREE PARKING**  
Phone: (07) 839 2224 Email: [enquiries@bodycafe.co.nz](mailto:enquiries@bodycafe.co.nz)  
[www.bodycafe.co.nz](http://www.bodycafe.co.nz)

L to R: Janice, Rebecca, Dana, Megan, Lisa and Danielle