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 Forward to a Friend

UNIQUELY YOU
Holiday and Men's Edition
Fall/Winter 2009-10

Hi everyone,

Men and the women who love them have requested that I add additional articles about men. In past issues, I have concentrated quite a bit about how women can avoid adding unwanted years to their image. In this issue, it is the men's turn.

***Gift Certificates and Ideas.* If you want help picking out gifts for family and friends, or shopping for the right holiday outfit or cruisewear (or ski clothes) for you**

Enjoy!

Orene,



In This Issue

[Best Wishes for a Wonderful Holiday Season](#)

[Men – Remove Unwanted Years from Your Image](#)

Wishes for the Holidays

"All I want for the holidays is a little peace and happiness." Isn't that what it all boils down to? In a season where our patience can be mightily tested by packed parking lots, annual family conflicts and the endless search for the right gifts, it's time to put attention to what our hearts want most: peace and happiness.

"Set peace of mind as your highest goal, and organize your life around it."

- Brian Tracy

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Men -- Remove Unwanted Years from Your Image

Updating Staples. If your size has changed, your clothes need to change too. Collars too tight, buttons on shirts that are strained, suit jackets that can't be buttoned are all signs that are adding unwanted years to your look. Go up a size and look younger.

Add Details. Make accessories count by being high quality. Is your belt the most basic style it can be? Make it more interesting with buckles or quality leather. A bump in interesting details shows you're paying attention. Be sure your watch is good quality and fits properly. Again, if it looks snug, it's sending the wrong message.

Play with Color. Shirts and ties in combination with jackets or blazers should be pointing to your best business asset-- your face. If you've been sticking to the same formula for years, it's time to shake things up. Look more vibrant and youthful by creating the right mix of color and texture.



Check out Those Jeans. If jeans are a go-to item, don't expect to mimic young male hip hop stars, but do expect that not all jeans are created equally and yours may be doing damage to your image.

Getting the right fit for your body and looking for details that are fresh will take you from "someone's dad cleaning the garage" to "a man I want to get to know" in the time it takes to change clothes.



Men -- Remove Unwanted Years from Your Image-Contd.

Shoes: Fashionable and Comfortable.

You may be wearing your standbys, but have you checked out men's shoe styles lately? A basic work ensemble can be made to look more youthful (but not foolish) with a more updated shoe style. Take an hour and try some on that you've never tried before. Ask for a younger sales person to help you. They are keen on the nuances of design and can help you make a good impression from the bottom up.

Ban the Grandpa Look. Baggy jeans, fluffy sweaters, a blazer with patches--these are items that we often think of our grandpas wearing. They were great to wear in your late 20s, but if you're over 40, they tend to make you look, well, over 40. That's not a look you want in this day and age.

Safe and Natural Solutions

[Contact me](#) if you're interested in looking younger and more vital. You may feel that way on the inside but it's important that you convey that on the outside. I can help!

