



Orene Kearn, AICI FLC
650-245-0380
orene@orene.net
www.orene.net



UNIQUELY YOU **Valentine's Day Edition**

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Hi everyone,

In my special Valentine's Day issue, I want to talk about lingerie. This is the most neglected part of a woman's wardrobe. I have mentioned time and again how important good undergarments are to the fit and look of your clothes. But, lingerie can be so much more.

After reading the article below, please let me know what you think.

Coming next month: Spring Trends and Tips!

Enjoy!

Orene



My TV Appearance

I am excited to share the [video](#) of my appearance on the *View from the Bay*, where I talked about: [Seven Steps to a more Polished Look for Interviewing for a Job or Your Career.](#) Check out the models who assisted me on this segment. This aired on KGO TV channel

7, on January 19, 2010.

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Personal Development

During the month of January, I attended (and did the marketing for) our 3-day AICI educational conference, *A Collage of Learning*. Among the many workshops was one of particular interest, *The History of Haute Couture and its Influence Today*, by Melissa Leventon, MA, who has curated costume collections at museums around the world.

In January, I also attended a two-day educational conference about color analysis given by the Color Designer's International

Make Lingerie Your Friend

Does it matter what's under your clothes if you're sitting in a meeting looking professional and in charge? Well, the right lingerie next to your skin can make you feel better-than-great, confident and put together. You don't have a lingerie wardrobe or wouldn't even know where to start putting one together? No worries! I'm here to help.

Have any of these thoughts stopped you from having great lingerie?

- "No one sees my underwear so why bother buying anything special?"
- "Lingerie is for young people with perfect bodies and that's not me."
- "It's against my religion."
- "Only trashy girls wear stuff like that."

Some Alternatives. Let's get past those thoughts. We all have to wear clothes that are appropriate for our lifestyle or our work environment. But what we wear underneath is our choice. So why not express part of your personality in lingerie and be reminded of it all day long!

Is it Only for Sexy Purposes? That is one stereotype, but it can express so much more. Lingerie can be cute, sporty, fun, playful, colorful, sophisticated, sexy, bold, or simple. Details such as bows, buttons, zippers, ruffles, prints, and textures can offer another layer of self-expression. If your favorite color is teal, find a matching bra and panty set in that color and you'll love slipping into it. If you want something sensual, find a fabric that feels divine against your skin. If you want your undergarments to be simple and practical, find them in a soft satin texture in a hue that you love. If you prefer something sexier, find a luxurious lace or a flirty ruffle set.



Throughout this year, I have been on the Board of AICI SFBA, serving as the Vice President of Marketing.

Quote for Today

"Most women are not aware of their beauty; they're aware of their defects."

Frederic Fekkai

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Is it Comfortable? Another stereotype is that it's ill fitting, scratchy, uncomfortable, and only meant to stay on the body for five minutes before it comes off. Sure, that type of lingerie exists, but there's so much more out there. Modern technology has redefined the possibilities for comfort. Now you can wear lingerie that not only looks great but also feels great next to the skin.

Pay attention to fit. When you have great fitting undergarments, nothing gets in the way of you making your best impression. Realize that fit may vary as you get older. Changing your bra style may be the update you need. Going up a size in underwear may be the key to the smooth lines that make you look thinner.

Dressing in great lingerie is something you do for yourself. Whether or not anyone else gets to benefit from seeing you in it is secondary. With so many beautiful colors and fabrics to choose from, this is a safe place for you to express your creativity and sensuality.

As an image consultant, I can help you find a lingerie wardrobe that flatters your body and fits your personality. Just give me a call and we'll set up a time to shop.

Valentine's Day Special

Treat Yourself or Your Loved One

Get 2 Hours of Lingerie Shopping for \$120

A savings of \$40!

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