



 Marla Tomazin

Marla's Style File

For Immediate Release

For an interview with Marla Tomazin, please contact Dottie DeHart, DeHart & Company Public Relations, at (828) 325-4966 or Dottie@dehartandcompany.com.

What I'm Loving Now: Fall 2010 Edition

As an image consultant, Marla Tomazin makes her career out of helping people look and feel good. She is constantly on the lookout for new products, trends, and best practices that will really make a difference for her clients. As summer's heat fades into the cool days of autumn, Marla has compiled the "must-have" list for the season—to help you look great, feel better, and enjoy every crisp, cool day this fall.

New York, NY (October 2010)—When you think about your image, do you think outside the clothes you are wearing? Image is so much more than clothes. It's what you project to others about yourself in your attitude, energy, and demeanor. Having said that, many of the best image-boosting practices deal not only with fashion, but also with diet, lifestyle, and inner-beauty.

"No matter what the season, it's truly the small things in life that make us the happiest," says Marla Tomazin, who has been an image consultant for twenty years after earlier experience in the fashion industry. "Fall is a favorite season of mine, with the cool, crisp days and the lush colors of gold, russet, orange, wine, and green. I feel happy and peaceful just being in nature and absorbing the colors and the energy of the season.

"With the kids back in school, and the holidays approaching, consider taking some time out this fall to enjoy the small things in life. A great dinner out, an invigorating hike, or a warm homemade bowl of stew can help you to relax and unwind your mind, body, and spirit on the chilliest of fall days.

"In my twenty years of experience in the fashion industry and as a certified image consultant in New York City, I have found that the secret to making my own clients happy is getting the details—the little things—right. For me, the best part of discovering a great new trick or secret is the joy I get from sharing it with my friends and clients. And now, I'd like to share them with all of you as well."

Read on for a list of things that Tomazin loves this fall:

Making time for Mother Nature. For Marla fall is about the colors, the change of seasons, and the changing of the leaves. “This time of year, I love to take a nice hike and gather up different colored leaves in a bag and bring them home,” she says. “I like to mail a few to friends in different parts of the country who may not be experiencing the beautiful colors we enjoy on the East Coast. Bear Mountain, about an hour north of Manhattan, is a favorite place to hike. I always am so happy at the end of the hike and feel so alive!

“On a chilly fall day, I like feeling the burn after I exercise, but sometimes muscles can ache after working out in the cold air. I have recently discovered a product called Biofreeze and find it quite effective in relieving my muscle aches and pains. It comes in a roll-on or a spray, and I like that it doesn’t stain my clothes. It also has a vanishing scent, so it doesn’t overpower you or your clothes. It’s a must-have staple for every gym bag this season!”

Soup’s on! There’s nothing better on a crisp autumn night than warming up with a bowl of hearty homemade stew. “I’ve always loved serving a variety of soups and stews, and a favorite this season comes from a cooking segment from Joe Bastianich I recently saw on the *Today* show,” says Marla. “This white bean stew with Swiss chard and tomatoes is quick, easy, and delicious. And best of all, it’s healthy! It will keep you and your loved ones warm and full around the dinner table on those chilly nights.” **(Note to Editor: Stew recipe is attached.)**

Relax and un(wine)d. During the fall season, Marla loves to unwind with a great glass of red wine. A new favorite is Hauner Hieria, a rich and smooth wine with very low tannins that is most enjoyable. If you want to try it and can’t find it at your local wine store, you can order it from Gary Fradin at Quality House Wines. He will ship to you anywhere! You can contact him at (212) 532-2944 or via email at gary@qualityhousewines.com.

Good eats. For a wonderful Italian neighborhood meal, Marla loves going to Accademia di Vino in New York. “Manager John Fanning does a wonderful job of making you feel right at home,” she says. “Michael Doctor is the sommelier and first introduced me to the Hieria wine (mentioned above). Everyone I have taken to the restaurant loves it too. From the thinnest pizzas to the most delicious pastas and fish dishes, you are guaranteed to enjoy a great meal and a fabulous bottle of wine.” Call for reservations at (212) 888-6333, or visit them at 1081 Third Avenue in New York City.

A true gem. Marla recently found a new designer in SoHo selling unique statement jewelry called Vita New York. They design rings, earrings, necklaces, and leather wrist belts. “I was excited by the look and purchased two rings for myself,” says Marla. “Vita New York sells a range of semi-precious stones set in 22-karat gold-plated silver. One of the rings I chose includes a drusy, carnelian, and citrine. **(Note to Editor: Photo available upon request.)** They have an interesting selection and can be purchased online at <http://www.shop.vitanewyorkstore.com>. Take a look—I predict they will soon be very popular and sold in a store near you.”

Snack smarter. Marla says she recently discovered cranberry-walnut flax-bark, a delicious snack of flax seeds, walnuts, cranberries, and cinnamon baked into crispy flat bars. There is no salt or sugar, just healthy ingredients, and they are delicious! They are quite filling and are ideal for keeping you from eating an unhealthy snack or succumbing to the three o’clock munchies. She orders them from Doug at Columbia County Bread. You can check them out for yourself here: www.columbiacountybread.com.

Step out in style. If you want to try a fun color for your next pedicure, you may want to try OPI’s “Over the Taupe,” one of the new neutral shades that are popular this fall. Or, if you’re looking for a splash of fall color, you can try OPI’s “I’m Suzi and I’m a Chocoholic,” a rich wine color that is perfect for the autumn season!

Lovely lashes. What woman doesn't want long, thick lashes? A makeup artist recently suggested Marla try L'Oréal's Extreme Mascara for thick, longer-looking lashes. So she tried it and liked the results. Look for it at your local drugstore!

Beauty essentials. Marla has been using Young Living Essential Oils for fifteen years. She says, "I know they are pure and that is important to me. I especially like wearing the blend called 'Joy.' It lifts your spirits and can have the same effect on those around you. You can wear it like perfume or put a drop right over your heart. I am also enjoying Stress Away, a roll-on that I can carry with me in my purse. It can be applied on the wrists, temples, or any place that feels right to relieve daily tension. I have also used it before bed for a good night's sleep. These can be ordered by contacting me at marla@marlatomazin.com or www.luceyharley.com."

"After the lazy days of summer, it can be hard to get back into the hustle and bustle that fall brings," says Tomazin. "Take some time to stop and enjoy yourself this season. Take note of the beauty around you, savor the best flavors of the season, and make time for yourself. It's the perfect time of year to refresh your mind, update your look, and try new things. If I have to say goodbye to summer, it is worth it to welcome fall!"

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About Marla Tomazin:

Marla Tomazin, Certified Image Consultant, established her image consulting business in 1990 with the goal of helping clients identify an authentic image and develop its effective expression.

Through her successful career in the fashion and retail industries, Marla has gained invaluable expertise in retail buying, merchandising, sales, and marketing. She began with May Company in Denver after earning a B.S. in Marketing from the University of Denver. Marla moved to New York where she worked with several well-known Seventh Avenue design firms. As she developed her business skills, Marla made a serendipitous discovery—an innate sense of style and facility for working with fabrics and colors to maximum advantage.

The progression to Certified Image Consultant was a natural transition. Marla utilizes her abilities in evaluating body shape, movement, and coloring as well as synthesizing optimal cuts, lines, colors, and textures. This results in balance and proportion that accentuate attributes and conceal flaws. Her clients include women, men, and corporations seeking external revitalization that mirrors their internal development.

She has lectured at The Learning Annex on "How to Become an Image Consultant" and at The American Women's Economic Development Corporation on "What Does Your Image Say About You?"

For more information, please visit www.marlatomazin.com.

