



 Marla Tomazin

Marla's Style File

What I'm Loving Now: Summer 2010 Edition

By Marla Tomazin

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 my best practices deal not only with fashion, but also with diet, lifestyle, and inner-beauty.

I believe that happiness can truly be found in the small, seemingly unimportant details of day-to-day life. If stress at the office, the endless list of to-do's at home, and the constant stream of bad news on the television have given you the summer blues, consider taking some time out this summer to enjoy the small things in life. A simple picnic, a fresh shade of nail polish, or a great new recipe can lift your spirits and re-energize you throughout the hottest of summer 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 I am loving this summer:

Wake up and smell the rosemary. You never know when you may come across a product that will soon be added to your must-have list! A recent visit to the ladies room at Park Avenue Café in New York City introduced me to an invigorating new hand soap and lotion from [Bigelow Pharmacy](#), a unique West Village apothecary. I loved the rosemary mint scent so much that I stopped in and purchased it in the body cleanser so that I could start each and every morning with the refreshing scent and tingling skin. You don't have to be a New Yorker to take advantage of this great product. And the best part—it is priced for any budget at just \$12 each!

Happy feet. Nothing makes me happier than seeing my toenails freshly polished in a color that makes me smile. For the summertime, I am drawn to coral and orange tones. It looks great with a tan and is the perfect complement to summer's crisp white-wear. Currently I am enjoying [A Good Man-darin Is Hard to Find by OPI](#). Clients and friends alike have noticed this color and often say they have "Marla toes" after requesting their own shade of orange from their pedicurist.

Sun-kissed skin (the safe way). We all know the danger of too much sun—but we also know that nothing says summer like a sun-kissed glow. I don't know about you, but I have spent years trying out various self-tanners—and have a cabinet full of rejects to prove it!—trying to find the perfect one. Currently, I am loving [Jergens Natural Glow Foaming Daily Moisturizer](#). I like how it goes on smoothly and dries quickly. To apply, I get a nice handful and start at my ankle, working the first handful up the calf to the thigh, making sure I have

given proper attention to the back of my legs. Once your legs are done, move on to your arms and chest. Be sure to avoid applying too much on your heels, knees, and elbows. Like sunscreen application, you may have to have help applying the tanner to your back—I often don't even do it unless I am wearing an outfit with an exposed back. You can apply a second coat after two days depending on your skin tone and the depth of color you are hoping to achieve.

The bottom line to sunless tanning at home: don't go crazy. Within a week you will start to see some splotchiness, and it is wise to use a loofah to remove the old color. To help it along, I use [L'Oreal Sunless Scrub](#), which helps to correct and even out any splotchy color.

Wear a color that makes you happy. Orange is my favorite color. I often choose to wear an accent of orange or coral in a cardigan, belt, handbag, or pair of flats. I have an orange summer dress that I love. Whenever I wear it, I have a good day. Summer is a great time to try bold prints and colors that you may typically shy away from. Whether it's a sunny yellow, cherry red, or a bold shade of blue, you'll find you're having fun with the things you wear.

Relax with a good read. Nothing says summer more than a great beach read. And whether you find yourself by the pool, on the beach, or lounging at home in the air conditioning, having a good book to keep you company is a simple, yet satisfying way to relax and unwind. This summer (along with millions of others), I am enjoying the [Stieg Larsson Millennium Trilogy](#). I read the first book for my book group and was hooked from the first page! I have been looking forward to the newest release for months. I enjoy his writing and find it a great way to escape for a few hours. With all the craziness going on in the world, it is nice to escape for a few hours into the intrigue of *The Girl Who Kicked the Hornet's Nest*.

Good food. I love to cook and have always enjoyed the opportunity to entertain my family and friends with healthy, delicious food. We rent a house in Nantucket for two weeks every August, and part of the fun is planning our meals and choosing the recipes we will try each year. This summer, we will be serving quinoa with lemon and zucchini at our annual beach trip—a recipe that is back by popular demand from years past. I like it because it is easy, nutritious, and delicious. It can be served warm or at room temperature with other salads or as a side dish for chicken or fish. ([See attached recipe so you can try it yourself!](#))

Saving face. No one wants to spend a lot of time primping in the summer when the temperatures are high and the outdoors is calling your name. Keep your summer makeup routine simple and chic: smooth on a bit of bronzer, curl your eyelashes, apply lip gloss, and you are out the door!

This summer, I am loving the [Garnier Nutritioniste Anti-Puff Eye Roller](#) first thing in the morning for under my eyes. I simply roll on a small amount before I have my coffee—giving it plenty of time to work if I wake up with puffy eyes. I have also been washing my hair less and opting to use a dry shampoo in between washes. [Klorane Gentle Dry Shampoo](#) and [Psssst Instant Spray Shampoo](#) are both great, inexpensive options if you want to give dry shampoo a try.

Nothing beats a good summer picnic. A picnic is one of summer's great pleasures. Face it—there is just something about savoring your favorite foods on a blanket in the grass that just makes them taste that much better. It requires little effort, less cost, and better yet, there are no dishes to be done afterwards! Before a recent performance of Shakespeare in Central Park, we picnicked under a tree and enjoyed a fabulous dinner and a great bottle of wine. The evening was made perfect by the chocolate chip cookies that we enjoyed for dessert. The weather was perfect, the food was delicious, and the company was even better. Simple pleasures are *simply* the best.

Catch your breath. The summer is full of activities and parties, and it can be easy to get carried away and overbook yourself with too many RSVPs! Instead, I made the conscious choice to spend a weekend without filling up every second of my schedule. Forgoing my usual weekend of workouts, shopping, visiting a museum,

gallery or movie, I chose instead to visit friends in their weekend home. We shared wonderful conversations, cooked homemade meals, and, after dinner, walked to the local ice cream shop. It was just what I needed and I came back refreshed and renewed. Pull out your planner and mark yourself out for a handful of weekends this summer. You'll thank yourself in the fall!

Sweet summer slumber. Summer is a great time for travel, but all that back and forth can be hard on your REM cycle—and getting a good night's sleep can be hard when you are in different time zones on a regular basis! I have found two great natural remedies: the [Young Living Peace & Calming Essential Oil Blend](#) and [Rescue Sleep from Bach Flower Remedies](#). Before bedtime, I rub the oil into the bottom of my feet and spray the Rescue Sleep in my mouth. These have really saved the day for me lately between travel and stress. I have even recommended them to clients who are weaning themselves off sleeping pills. A good night's rest is essential to looking fresh and reducing your stress level, and the summer is a great time to start!

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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.