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The List

The Magazine That Knows

**FREE
EVERY
TWO
WEEKS**

Hair Salons
Botox
Personal Trainers
Waxing
Spray Tanning
Nutritionists
Spas

New Year New You

OVER **380** RECOMMENDATIONS



HOW TO

Transform Your Look in 2007

The List: What tips would you give someone wanting to transform their current look?

Anouk Hatzakorzian: Firstly, find self-confidence and learn to love yourself. Then consider changing your hair, either by cutting, coloring or the way you style it. Invest in some good make-up and get your eyebrows groomed. The little changes can make a big difference.

Douglas Lillico: Don't hang onto the past with a dated haircut that may have looked good

ten years ago but doesn't necessarily suit you now. When you change your hair consider your face shape and structure, your eyes as well as your lifestyle and how much time you have to style a haircut.

Eve Roth Lindsay: Know what colors look good on you. Coco Chanel once said, "The best color in the whole world is the one that looks good on you." The quickest and easiest way to update your look is to wear colors that you look good in.

Meet Our Experts

Douglas Lillico

Douglas is currently the artistic director at Philip George Salon. He has 23 years experience in hair dressing and has worked for some of the biggest names in hair including Toni and Guy, Trevor Sorbie and Daniel Galvin. He owned his own salon in Miami before moving to London to become artistic director at Guy Parson's Salon. He believes in cutting hair to not only suit face shape and lifestyle but also an individual's personality. You can book an appointment with Douglas at Philip George by calling 2524-3143 or check out his hair blog on hairhongkong.blogspot.com.



Anouk Hatzakorzian

Anouk is a personal style coach. Having worked in marketing, communications, design and trend spotting, her friends often asked her to help them make wardrobe decisions. She realized she had an intuitive ability to help people develop a personal sense of style and after taking a course in executive coaching, she launched her career as a style coach. She has helped people improve their personal image and "savoir être." You can contact Anouk on anouk.hatzakorzian@gmail.com.



Eve Roth Lindsay

Native New Yorker Eve Roth Lindsay established Savvy Style in 2001. As an international fashion designer, Eve has been involved in every aspect of the fashion world. Savvy Style offers professional, practical and affordable image advice to men, women and teens that want to look their best. Color analysis, image, fashion, style and makeup consultations with Savvy Style will help you make a good impression.

For a personal image makeover, contact Eve Roth Lindsay at 2522-2592 or email: eve@savvystyle.com



The List: What major mistakes do people make when it comes to finding a style that suits them?

Douglas: I think the kiss of death for a woman is an over-dyed, over-fried haircut. Full hair with a lot of movement is sexy but hair that is just stuck to your head does nothing for you, no matter how good-looking you are.

Anouk: Many people make the mistake of wearing clothes that don't suit their shape or fit their body properly. Style is a learned behavior and a simple and gradual process of training your eye

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to your silhouette and proportions and understanding what looks good. It is not just a case of following trends and buying the must-have items of the season.

Eve: The most common mistake people make is shopping with their friends or family and buying what they like instead of what suits them. It is very important to understand your own personal style of dressing and buy clothes that you can personalize with your own signature. When you wear clothes that suit you, you feel more confident and it shows.

The List: What can someone do to instantly look younger?

Douglas: As they get older, many women tend to hide behind lots of hair. They cling to long

hair because they worry they will lose their femininity if they cut it off. But this can actually cast shadows on the face and make you look much older. The key is creating soft layers around the face but removing some of the bulk or pulling the hair away from the face to create a more open, fresh look.

Eve: It's important to look current and up-to-date. Nothing is more ageing than seeing someone dress in clothes that are out of fashion. Fads come and go every year but trends stay for half a decade. If you understand trends and learn how to make them work for you, you will look younger.

Anouk: Embrace the moment and don't hold on to the past. Feeling good about yourself gives you a glow from the inside. Practically speaking, keep your hair well maintained. There is nothing that can give you an instant boost and make you look younger than shiny, well-cut hair. I find dark brown lipstick shades make people look older, as does excessively plucking your eyebrows. Getting your teeth lightened can also make you look younger and finally, it's important to stand up straight. Good posture makes you look thinner, younger and more confident

The List: What is the most dramatic makeover you have ever been a part of?

Anouk: Every makeover is dramatic for my clients (and for me, for that matter). You see the person dealing with many emotions during the sessions and finding their confidence. Letting go of "the old

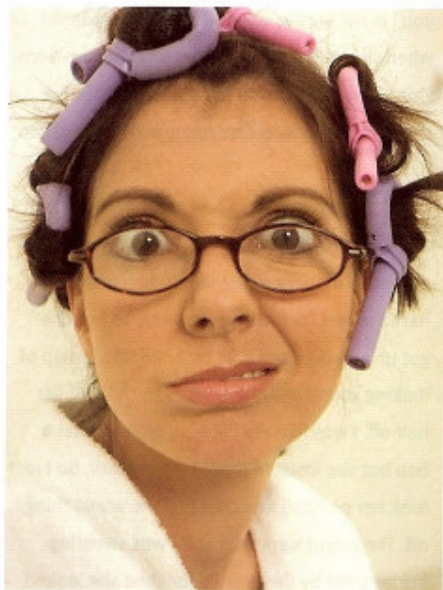




you” is not always easy but it feels wonderful when clients get compliments after our sessions. One of my clients even got approached in the street by a handsome stranger and asked out to dinner.

Douglas: I was doing a hair show in Louisiana and I spotted this beautiful 5’9 girl who was swamped in frizzy, waist-length hair and asked her to model for me. She was only 16 but she got up on stage and said that she was fed up of looking young and she wanted to chop all her hair off. I was initially thinking of giving her a bob but she insisted that I crop her hair. So I just took her ponytail and chopped the whole thing off. The crowd went wild and I was sweating buckets but by the time I’d finished she looked

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absolutely stunning. You couldn’t even tell it was the same person. I sent her photos to a friend at a modeling agency and she later became a very successful model in Miami.

Eve: This is a hard one because there are so many memorable ones but one that I constantly think about was a makeover for a group of women recovering from cancer treatment. They had all been through so much, losing weight as well as losing their hair. To be able to help them feel good about themselves and give them their confidence back was just amazing.

The List: What looks do you predict will be fashionable but wearable in 2007?

Anouk: Puffed sleeves, dresses with short hem-

lines, taut dresses and short shorts will be in next season. Color wise, it's all about creams and whites with gold as well as black and white graphics.

Douglas: Hair trends next year are moving towards a softer, more feminine look. Women will be throwing away their straighteners in favor of flowing curls and plenty of movement.

Eve: For Spring 2007 think feminine, pretty and soft or totally modern 60s looks. Colors are fresh and light with bright accents or strong and contrasting. The newest must-have item is the LWD (little white dress) replacing your LBD (little black dress) You will want white, pure, creamy, retro-feeling dresses with grandmotherly embroideries on white linen or hard-edged futuristic white tunics.

The List: What beauty products do you recommend for an instant pick-me-up?

Anouk: I love Clarins Smoothing Body Scrub for New Skin and Renew-Plus Body Serum. For the face, I love Estee Lauder Advanced Night Repair, which truly fixes my skin overnight. I've also recently discovered Phyto Paris Intense Hydrating Hair Mask, which totally puts my hair back on track.

Douglas: I recommend coming into the salon for one of my protein-infusing treatments. It immediately gives the hair bounce and vitality and makes such a difference.

Eve: Colour Me Beautiful's Skin Adjuster and foundation, whitening toothpaste and a big smile. ■