

8 things to do, before WORKING WITH YOUR STYLIST



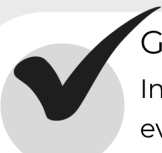
Rest and Eat well!

Getting enough rest and fuel up with a balanced diet to maintain your energy during our time together.



Stay hydrated!

Have a water bottle with you, as Shopping/going through your Wardrobe can be physical demanding.



Good underwear?

Invest in high-quality underwear as it forms the basis for everything. Get fitted by a professional bra fitter for expert advice as your bras last 8-12 months before losing its elastic.



Efficient Dressing

Select clothing that allows for quick changes to save time and improve comfort during our time together.



Embrace your natural self!

Avoid elaborate hairstyles or makeup to maintain your personal style and protect your clothing.



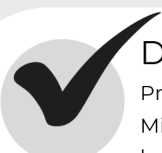
Do you have....?

For home visits, are all clothing items and accessories easily accessible? Do you have a full-length mirror available?



Laundry?

Please ensure all laundry is collected from the dry cleaners and no clothing is hidden in the 'dirty' pile during home visits.



Distraction Free?

Prioritising "me-time" is crucial for personal growth and skill development. Minimising distractions during this time enhances effectiveness and lasting benefits. If needed, we love to include pets or kids in the process.