8 ways to look

☑ Fabulous
☑ Taller and
☑ Slimmer

by dressing the BEST for your BODY SHAPE.
8 Ways to look Fabulous, Taller and Slimmer by Looking the Best for Your Body Shape

by Angela Barbagallo

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I greatly appreciate you taking the time to read my work. Please consider leaving a review wherever you bought the book, or telling your friends about it, to help me spread the word of confidence around the globe.

Thank you so much for supporting my work.

This book is dedicated to my wonderful parents, Bert and Willy Fokkema, for all their stylish love from the day I was born.
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To Your Confidence!

WELL DONE for taking a positive step in learning how you can look Fabulous!

In 2000 I made a decision that completely changed my life. I had no idea that starting a small personal shopping consultancy, which styled mostly Corporate MEN (!) at the start, would turn into a Style Angel Empire that helps WOMEN all around the Globe to be CONFIDENT in the way they look.

CONFIDENCE translates into all areas of your life. When you are confident, you walk with a spring in your step, the glass is half full, the kids behave and there is a flow to life that is intoxicating.

In this book, I am going to share, once and for all, ways how you can find out what your body shape is. Let’s get that question squared away for good! It’s a simple maths equation and from there your world and wardrobe will open with great style options.

Dressing yourself for your shape to make you look taller and slimmer is going be so easy for you … as I will give you styles to look for! I am going to share all my tricks and tips, do’s and don’ts that will help you create a fantastic wardrobe that works for YOU so you can dress for every occasion with confidence.

If there is one thing I really want this book to do for you, it is to open your mind that your confidence is ONLY millimeters away. Your Style and Colour Rut can be dissolved instantly by following a few simple steps.

Those simple steps you take will result in:

- YOU LOOKING SLIMMER
- YOU LOOKING HEALTHIER
- YOU LOOKING TALLER
- YOU GETTING LOTS OF COMPLIMENTS

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- AND YOU BEING CONFIDENT

Is that something you are interested in? YES? AWESOME, then you are in the right place!

If your answer is NO then maybe you want to give this book to your best friend, mum or colleague!

This book will guide you to Bonus Tools, Visuals and Video content. My advice is to read this book over a few days and take your time checking out the extra bonus material as I specifically created this to help you get even more confident in the way you look! I am available for any questions you may have on my Style Angel Facebook Page.

I am super grateful you are spending time learning about how you can look slimmer and being more confident in how you look!

Just imagine I am your Guardian Angel in charge of Wardrobe sitting on your shoulder helping you make AWESOME outfit and shopping decisions!
Declaration of Style

My commitment to YOU is that I will give you my ALL! My experience, my tips and my feedback to your questions on the Style Angel Forum. You - being confident in how you look is my biggest joy in life. I am super excited to get started on your Style journey and before we start there is something we need to do together.

Join me in saying this Declaration of Style OUT LOUD:

- I LOVE all parts of my body UNCONDITIONALLY.
- I CLEAN out my wardrobe every 6 months so I know what I have.
- I will ONLY have in my wardrobe what I LOVE.
- When I shop, I look for what I NEED.
- When I try on clothes I KNOW they suit my body shape.
- When I try on clothes I LOVE the feel of the fabric.
- When I try on clothes I KNOW the colour suits me.
- I will ONLY buy clothes I LOVE 100% and trust my gut feel.
- I will NOT be talked into LOVING something by a shop assistant or best friend.
- I will keep the TAGS on purchases until I am 100% confident I LOVE them. (you work hard enough for your money!)
- I will ONLY splurge within my budget.

Click here for your Bonus Declaration of Style download
Celebrate Your Body

Certainly an easier thing to say than to do. You are probably thinking on a regular if not daily basis; “oh look at my flabby arms”, “I have thunder thighs”, “my calves are huge”, “I have no boobs”, “my boobs are huge”, “my butt looks big”, “my stomach is huge”, “check out my muffin top”, “I could never wear that”.

After 14 years of being Style Angel and women from all walks of life sharing their stories, I have found that no matter what dress size and weight, ALL women have some part they are not happy with. And that is putting it lightly!

For me it is the cellulite on my bottom I literally have had since I was 10 as I bloomed super early. I used to (and STILL DO) check it out all the time in mirror instead of focussing on my tiny waist and size 8 healthy body. Years ago I gave them a cute name “Love bubbles” and really just became a master at directing the attention away from that area.

Once I knew my body shape was a Pear shape it became so obvious WHY I had cellulite on my bottom and WHY my MUM (An Inverted Triangle) had no bottom and no love bubbles at all! It made so much sense and I am excited for you to find out your body shape in just a few moments from now!

So, when it feels quite lonely in your head just know that the woman next to you is going through exactly the same. The Style Revolution Facebook forum has been created so you have a safe place to vent, ask any questions and get answers from me personally.

How YOU view yourself is often not how others view yourself. I will share so many tips with you on how you can accentuate your best assets and become the “Director” (Like Baz Luhrmann) of where you direct the attention on your body.

You will become a savvy dresser and you will be super smart about what works for you and what does not. No more need to ask the question “Does my Butt look big in this?”. I will show you ways on how your bottom, NO MATTER THE SIZE, will NOT get any attention.

I promised you that I will show you how you can look slimmer and I will keep that promise!

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Life if too short and precious

Let’s make a promise to each other that life is way too short and precious and your physical and mind health is number 1.

These days, way too many women get struck with life-changing diseases, where the size of their arms, stomach and bottom is the least of their worries!

SO let’s go for it together and break through the daily habits on being down on your body. Be kind to your body and just read the tips below on how YOU can be a confident dresser.

I really want to stress that it is a super important step in you looking amazing. Letting go of the negative thoughts will lift the veil that holds you down.

How would you feel if someone told you negative stuff to your face ALL day long. Quite frankly it would probably make the News as the biggest BULLY in town.

Let’s SAY OUT LOUD again the first Declaration of Style as it is a biggie!

I promise you that taking this part seriously will give you freedom!

“ I LOVE all parts of my body UNCONDITIONALLY”

Your body is all you have and it is a magnificent machine. Age, child birth, menopause and other factors will most probably change your shape, where you carry extra female curves and what feels comfortable. No need to fight it!

Embrace the changes and Gorgeous Woman…. you are in the perfect spot right now to learn lots of smart tips!
Your Body Shape

Let the fun begin!! When you know your body shape it will give you clarity and you might say a few “Oh That is Why...”. But the most important thing is to then focus on what styles work for your shape.

You can take the ideal styles for your shape and compare them to what you currently have in your wardrobe.

How this will work best is that you get a tape measure ready to go and a pen to write down your measurements. If you don’t have a tape measure, simply cut a piece of string long enough to measure around your hips and grab a ruler.

I have prepared a diagram where you can simply follow the steps and work out in 3 simple steps what your body shape is.

To make the information relevant for you, I have prepared tons of information on the Style Angel website, Pinterest and YouTube which you can access just by clicking on your body shape image.

Just follow the prompts below.

How to measure your body shape?

We have already covered in Step 1 that all bodies have their fleshy bits and I want you to know that there simply is NO GOOD OR BAD body shape.

Each shape has amazing style options and I am going to show you how you can work your body shape to YOUR best advantage with simple steps. And I mean AT ANY WEIGHT! From size 6 to 26+!

Do you have your tape measure ready to go and a pen and paper to write down your measurements? If you prefer to look at a 2 minute video on how I measure my body shape click here. Choose the 2nd video on that page.
STEP 1 - YOUR BUST: With a tape measure, measure yourself from your back around the fullest part of your bust (over the nipple line) with your bra on. WRITE DOWN THIS MEASUREMENT.

STEP 2 - YOUR WAIST: Hold your legs still and move your upper body. Put your index finger on the pivoting point in your waist where your upper body pivots on your lower body. Welcome to your waist!! Measure around your waist with your tape measure. WRITE DOWN THIS MEASUREMENT.

STEP 3 - YOUR HIPS: With a tape measure, measure yourself around the fullest part of your bottom. WRITE DOWN THIS MEASUREMENT.

You have 2 options to discover your body shape:

1. Go to the Style Angel website and punch your numbers into the Automatic Body Shape Calculator at the bottom of the Discover Your Body Shape page. Below is a sample when 85cm for Bust, 73 cm for Waist and 95cm for Hips are entered and the PEAR body shape appears on screen. With a simple click on your shape you will be directed to all your great styles, including videos and pinterest Pin boards.
2. Follow the simple questions below in the body shape Chart below I have created for you.
   You will be able to click on your correct Body Shape in the next chapter.

Here is a [link to the Online Body Shape Calculator] again so you can work out your shape. Once you click on your body shape your Video and Pin Boards will be appear.
How to Dress for your Body Shape

CONGRATULATIONS, you are now in the ELITE group of women who know their body shape.

Now you know what your body shape is, I am sure you are excited to find out how you can dress for your shape!

If you have not yet used the Style Angel website I suggest you take a break from reading this book as I have created Video Content, Pinterest Pin boards and Do’s and Don’ts EXCLUSIVELY for your Body Shape. Simply click on your body shape below and take in all the information.

I suggest you follow the Pinterest Pin Board for your shape so you get all the current style updates. I continue to update the Pin Boards with styles that are currently in store or online.

PEAR
RECTANGLE
INVERTED TRIANGLE
HOURGLASS
APPLE

WILL YOUR BODY SHAPE CHANGE?

It is possible that your body shape changes as you go through child birth, weight fluctuations and menopause.

In my experience the women who are the closest to another body shape naturally are the ones most likely to change body shape as they get older.

I will give you an example here:
Style Angel Client Mary’s body shape measurements are

BUST: 93   WAIST: 85   HIPS: 100.5

Mary’s Bust is only just 7.5cm smaller than her hips which just gets her in the PEAR shape body shape category. It will depend on Mary’s changes in her body as she gets through menopause to see if her shape will remain in the PEAR shape body shape category or if she moves to RECTANGLE.

It happens regularly that I measure women who are on the cusp so I want to make you aware that you could possibly be in the same situation.

When you feel your shape has gone through changes, simply do the measurements again to confirm that you are still working your shape to the max!

HOW DO YOU FEEL?

Excited, confused, filled with questions. All very normal!

Instead of sitting on your questions, I want to help clarify them for you.

The Style Angel forum is the perfect place to ask your questions. Either Private message me or post on the site so other ladies, learning just like you, can benefit from your questions.

Here is to YOU being Confident in the way you look!
Clearing Your Wardrobe

I absolutely love everything in my wardrobe, from my socks and undies to my jeans, dresses and skirts! It is such a fantastic feeling and I WANT you to have that feeling.

Be honest, how much do you love what is in your wardrobe RIGHT NOW?

20% , 50%, 80%?

You may have heard of the 80/20 rule…..

Statistics say that most women ONLY love and wear 20% of the clothes in their wardrobe all the time!

Let me make a small calculation for you, I think you will surprised how much money is tied up in your clothes that could have had many other purposes.

On average you will have at least 100 items in total in your wardrobe with an average price tag of $75 per garment.

100 Garments x 20% = 20 items that get most of the wear

80 items you don’t often/never wear x $75 per item = $6,000

You may be even have more than 80 items you never wear and perhaps a higher than $75 average price tag. You can do the sums and change the final figure but the message is clear: aimlessly shopping could possible cost you a lot of money.

TIME TO SHOP IN YOUR WARDROBE!!

Before you rush to the shops to look for all your new found styles IT IS TIME TO TAKE STOCK!

Yes, why not make it a “shopping session” as I assure you YOU will have fun, a trip down memory lane, a few screams of “what was I thinking” and YES a few favorites you forgot you had!
Remember your 2nd, 3rd and 4th Declaration of Style;

“**I CLEAN out my wardrobe every 6 months so I know what I have.**”
“**I will ONLY have in my wardrobe what I LOVE.**”
“**When I shop, I look for what I NEED.**”

Cleaning out your wardrobe regularly or at least every 6 months will get you to a great position to build a fabulous wardrobe, where you love every item.

Only having in your wardrobe what you absolutely LOVE is such a powerful place to be in! Any casual, work or party occasion covered, showing up with confidence. I am getting excited here for you!

You will find gaps in your wardrobe and I suggest you start a GAP list in the NOTES section of your mobile phone so you always carry it with you.

If you are stuck with finding your GAPS please tell me on the [Style Angel Forum](http://www.styleangel.com)! I can direct you in the right direction!

**LET’S BEGIN**

Give yourself a good chunk of time for the clean out of your wardrobe. Professionally, I get this job done with my clients in 2 hours and you might like to take between 2 to 4 hours.

What you need for this exercise is:

- Heavy Duty garbage bags
- A good mirror
- Uplifting music, a cup of tea/coffee and some snacks!
- A vacuum cleaner and a wet cloth (now is your chance to give it a good clean in those dusty forgotten areas)
This process is known to bring back memories and can be quite emotional. So do this when you are feeling great and inspired! Not worth rushing this for the sake of a few days. Even if this job is a little distressing it is such an important step in the process of creating a wardrobe you love.

It may be an idea to have a friend/daughter/mum/husband on hand to help you during this process to make tough decisions, to get a second opinion, to relive the moments and perhaps to hand you a tissue if you are finally saying goodbye to certain items.

It is a great idea to wear your best supporting lingerie, do your hair and make up for when you try things on.

Be prepared to take everything out of your wardrobe so best to clear your bed. If you have a mobile clothing rack even better.

**Remember that you ONLY keep items you love 100%!**

I like to sort things out per type of garments i.e assess all your pants first then all your skirts and dresses. Then move on to Shirts/Blouses and Tops, Jackets, Jumpers and Vests. Jewellery, scarfs, belts, hosiery, shoes and handbags are next.

You will end up with piles on the floor.

Generally, I keep the following piles:

- One pile of definite RECYCLE ready to be put in the garbage bags for the Donation Bin.
- One pile for items that need washing, dry cleaning, alteration. And of course this is ONLY for items that you LOVE 100%! Otherwise it is not worth the effort and money!
- One pile for items that you may want to give to someone.

The clothes you want to keep go straight back in the wardrobe to clear space on the bed.

You literally pick up every pair of pants and decide which pile they belong in. Be super honest to yourself!
Once you have gone through all your pants you should feel amazing about what has gone back in the wardrobe.

You may have questions you want to ask me on the Style Angel Facebook Page! Please don’t hesitate as you will feel so empowered when you sort this uncertainty out for you. I love helping you.

I will share a funny story with you: past clients have been so nervous about me coming to their home as I usually head straight to the bedroom with them which is confronting. They often expect that I will pull my nose up to everything. Mind you they have every right to feel this way as I am usually a complete stranger who they have literally just met and who is seeing the most private part of them.

Here comes the Style Angel magic… My focus is to find all the items that they LOVE, I am like a blood hound looking for the GREAT pieces that will stay and form the basis of their wardrobe.

Their nerves turn into passion after the first 5 minutes as we are working hard to get through every item in 2 hours. I feel I am their friend when I leave as I have shared so much with them. Amazing!

BE HONEST TO YOURSELF

My Client emotions guide me to sometimes dig a little deeper. I will give you an example.

“Mary, how do you feel when you wear those jeans?” “Mmm I am not sure, yes they are fine”. Well fine is NOT what you are looking for! “FINE” jeans gather dust and eat up your budget.

I have shopped for jeans with thousands of Clients and have found AMAZING fits every time where a little victory dance is done in the change room. So FINE is not good enough!!

So it is CRUCIAL that you are honest to yourself to get the most benefit from your time investment!
My next question for Mary would be “What don’t you like about the jeans” she might say something about them being too tight, too big, too long etc etc. If it can be fixed and it is worth it GREAT otherwise they end up on the recycle pile.

When I feel the jeans have potential, I get Mary to try the jeans on and I look for the correct fit, length and how it fits on her body shape.

There is a reason why I call this a SHOP IN YOUR WARDROBE SESSION. There are often fantastic items in your wardrobe that may just need some mix and match items.

JUST TO GIVE YOU A RECAP ON THE 3 PILES AGAIN:

1. RECYCLE PILE

2. WASHING/ALTERATION/DRY CLEANING PILE

3. GIVE-AWAY-TO-FRIEND PILE

*The rest goes back into your wardrobe*

You may recycle a suit jacket, for example, as the style is out of date but the pants might still be a great fit. Your pants can be worn with a great top and overcoat if it’s cold.

I find this often the situation for women who are returning to the work force after a long time and perhaps have a huge wardrobe that is quite a few years old and does not necessarily fit the job they are going back to.

As a simple rule: Just keep coming back to: Does it fit? YES! Do I love it? YES. Then it is a keeper! Over and over again until you are DONE!

Yes, I know it is a huge exercise especially if you have not done a wardrobe clean out for a long time. It will pay off for you and just visualise just how amazing it feels to open clean drawers, a neat and organised wardrobe, a gorgeous accessory selection, beautiful scarves and all your favorite shoes neatly in place.
**Bonus Wardrobe Tips**

**FOUR SEASONS**

Each city has a different degree in seasonality. What I mean is that for example I grew up in the Netherlands and there are 4 very distinct seasons per year with different WET/COLD/WARM wardrobe requirements. I now live on the famous Bondi coast of Sydney and it is 20°C degrees almost every day in Autumn/Winter and about 25 to 40°C degrees in Spring/Summer.

Just judge if you feel you need to split and store your wardrobe according to the seasons or if you want to keep it mixed.

I have chosen to keep my wardrobe mixed as I need to be flexible to grab a lighter top with a warmer cardigan and scarf at any time.

I have also chosen to keep my wardrobe very simple. You will not see a crazy amount of clothes in my wardrobe. I can almost blindly grab a top and bottom and it will go together.

Dropping my kids off to school in the morning, I only take 5 minutes to get dressed and 5 minutes to do my make up. I want comfortable, stylish, easy and stress free dressing.

**HANGING VS FOLDING**

I am of the opinion that what is tucked away in a pile and is not visible will be forgotten. I suggest putting as many of clothes as possible on hangers and in their sections.

- Tops with Tops from Light to Dark
- Pants with Pants from Light to Dark
- Dresses with Dresses from Light to Dark
- Skirts with skirts from Light to Dark
- Jackets with Jackets from Lights to Dark
- Work out and outdoor gear together

There are some theories that say to turn your hangers the other way, if the hanger remains unturned for 6 months it gets recycled. I will leave this up to you. You might get very excited about this principle. I personally would get annoyed at the hangers not pointing the same way so my stress free wardrobe would become stressful!

I am a visual person and I have my most frequent wears in the best lit spot in my wardrobe. Every 3 weeks or so I quickly put all sections back in order and have a little reset without during a huge clean out.

If your hanging space is limited, here are some strategies to make your wardrobe work smoothly for you:

- Give your hanging space to the items that will wrinkle most so you save on ironing time. (I have not met many women who love ironing!)
- Fold each top with the collar and print showing to the top.
- Put all your Lighter tops in a pile together and do the same with your Darker tops.
- Create purpose piles, you have a pile of casual tops, work tops, gym tops, going out tops etc.
- The more visual you keep the system the better it will work for you!

STORING YOUR SEASONAL WARDROBE

Vacuum Storage Bags are brilliant to pack away a considerable amount of clothes you don’t need right now.

I recommend that you use these AFTER you have done your wardrobe clean out. No need to store things you are never going to wear again in your life!

I prefer to hang it all in my wardrobe and I change the hanging space around so I can have access to all my relevant seasonal pieces easily.

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Give you shoes and boots some love as well as you pack them away. Stuff them with bags or newspapers especially in the nose of the shoe and give them a final polish before they are laid to rest for 6 months. The leather has been warmed to your skin all winter and it will dry up if it is not worn.

I have seen too many boot noses stick up in all sorts of weird positions during Client sessions as they were thrown to the back of the cupboard and have been squashed ever since.

**TO BOX OR NOT TOO BOX**

Some women love storing their shoes in boxes. I have seen many many rows of boxes stacked up and for me it comes back to “if you can see it you will wear it”. If you want to keep your shoes in boxes I suggest you sort the rows of boxes by occasion meaning your evening shoes together, your sandals etc.

Yes sure, I store my winter boots in a box during summer but for the rest my shoes are in a hanging bag with 10 pairs vertically and my most used shoes are standing ready for use. At any point during my 5 minutes of getting dressed I have full visual of what I have available.

Stick with what works best for you! If your current system has led you to be in wardrobe mayhem then perhaps it’s time to make a change!

**YOUR WARDROBE IS FOR CLOTHES**

Your wardrobe is YOU in a nutshell! It talks chapters about you. I am often amazed what gets stored in (walk-in) wardrobes.

This is not a place for little Jet’s art work, old paperwork or tons of blankets and camping gear you never use. If space is an issue that invest in super large storage bags and store them neatly away preferably out of your wardrobe space.

Make this space yours to enjoy, a resting point, especially when it is a walk-in wardrobe!
WARDROBE ODOURS

Yes wardrobes are not always the most pleasantly smelling places as things are stored for a long time and perhaps the place they are stored in, like wooden chest of drawers, have a strange Nanna smells to it.

Here are a few suggestions:

- Spray a significant amount of your favorite perfume regularly over all your clothes in your drawers and wardrobe and close the doors. You will be surprised how heart warming it is to open a cupboard, pick out your favorite item and it smells gorgeous, ready to go! Try this also for your lipstick & make up bag in your handbag, every time you apply lipstick you will feel a cloud of love coming your way that puts a smile on your face!

- I love using Aroma therapy Mist Spray to spray in my cupboard. It smells nice and has a calming or uplifting feeling.

Here is to YOU being Confident in the way you look!
8 Ways To Look Fabulous, Taller & Slimmer

I am bursting with excitement to show you how you can look TALLER and SLIMMER! They are such simple tips and have absolutely nothing to do with fashion fads!

You can implement these tips by reading the words, looking at the videos and pictures! These tips will make a difference in your life! How you dress, how confident you feel and how many compliments you get!

First things first....

LET’S SEE IF ARE YOU READY?

✔️ Your body shape is the starting point so we can well and truly tick that off the list! You know your body shape!

✔️ You have looked at the Video and the Do’s and Don’ts of your body shape and the styles on Pinterest!

If you have not done this yet, please go for it now as I promise you the steps below will make so much more sense!

Here is a [link to the Online Body Shape Calculator](www.styleangel.com) so you can work out your shape. Once you click on your body shape your Video and Pin Boards will be appear.

BODY SHAPE - BIG “A-HA” MOMENT

Here is what I have learnt over the past years of working with SO MANY Clients face to face from all walks of life, dress sizes and body shapes:

They often DON’T know their body shape BUT they have often chosen styles they feel look ok. So it is very likely that all of this now starts to fall into place for you and you actually were
not too far off. The crucial difference is that you now have gained more knowledge of WHY the styles suit so you can actively look for them.

Not only that, you can also say a BIG FAT NO when a friend or shop assistant brings a style to you that YOU NOW KNOW will not work and you can break the old habit of trying it on, convincing yourself it works and spending your hard-earned money on yet another item that will never see the light of day.

LOOKING SLIMMER

I want you to keep reminding yourself of the steps below. In fact, I am so passionate about you using these steps every day, I have created a BONUS “8 WAYS OF LOOKING FABULOUS, TALLER AND SLIMMER” one-pager for you to download and hang in your wardrobe so you see it every day!

CLICK HERE TO DOWNLOAD

We will secretly “high five” each other every time people ask you “Have you lost weight?” as that is exactly what you can expect from using these tips every day!
1ST WAY TO LOOK FABULOUS, TALLER AND SLIMMER

NEVER PULL YOUR TOP OVER THE WIDEST PART OF YOUR BOTTOM. NEVER!!!

Such an important tip that I want you to say it OUT LOUD with me slowly!

“I WILL NEVER PULL MY TOP OVER THE WIDEST PART OF MY BOTTOM!”

AND Here WHY:

Because it makes your BOTTOM look MUCH BIGGER if your DO!!!

A big horizontal line gets created as soon as there is colour difference between the top of your body and the bottom of your body. That horizontal line is what people see when they look at you. And not only that, research shows that people’s brains want to finish horizontal and vertical lines.

So in this case with a Horizontal line on the widest part of your bottom their brain has no choice but to finish that line and make it longer.

So there you have it! Clearly not what you want! I can sense your panic as this might be something you have done for a long time.

You have 2 options to finish your tops that both equally will make you look SLIMMER:

1. Wear your top at least 5 cms ABOVE the widest part of your hips in a curved or scooped line where your top is lower on the front and higher on the side. You can achieve the curved line by moving the side of your top about 1 to 2 cm higher than the front of your top. My preference is always to find tops and jackets that are designed that way. I will continue to show you examples on Pinterest as this very important.

2. Wear your top BELOW the widest part of your hips. Your body has worked out a Magic Spot for this finish point. Stand up straight and hold your arms by your side and the point on your leg between the knuckles and the bottom of your finger tips is an IDEAL finish point.

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for your cardigans and tops. If you look at your natural shape that is the point where the female curves are slimmer on your leg. Especially if you have a PEAR body shape.

The second option is often easier achieved by wearing 2 layers, the top you wear as per OPTION 1 in a scooped position at least 5 cm ABOVE the widest part of the hips and the longer cardigan that you let finish between the knuckles and fingertips.

I know this is a very old habit to crack. I have spent enough time with women in change rooms to know that this “Pulling your Top Over Your Bottom” habit is SO engrained that it will take lots of practice.

As the International Ambassador for Women Looking Slimmer (totally made up title), I want to congratulate YOU for being a SMART LADY and you are now ready for compliment after compliment in how much weight you have lost!!
2ND WAY TO LOOK FABULOUS, TALLER AND SLIMMER

NEVER WEAR YOUR TOPS, JACKETS OR CARDIGANS BELOW YOUR WRISTS

BE A HEMLINE EXPERT. I know, I know it sounds TOTALLY boring .... But the difference it makes in how much slimmer you look is incredible when you get the hemline techniques right!

TOP, JACKET AND COAT SLEEVE

Your sleeve should never pass the knuckle of your wrist. An easy way of testing this is by holding your arm straight down by your side and fold your hand towards your sleeve. If you can touch your top, cardigan jacket or coat is too long in the sleeve.

For your good quality jackets and coats I recommend you spend the money and get the hems taken up.

For your tops and cardigans you can get away by hoisting them to 3/4 sleeve length.

Showing a slimmer part of your wrist and not the wider part of your hand will show slimness. Showing slim points of your body creates a “slim all over” signal to the person's brain.

Another trick you can nail easily!
3RD WAY TO LOOK FABULOUS, TALLER AND SLIMMER

FIND YOUR PERFECT “KNEE” SPOT

DRESSES, SKIRTS AND SHORTS HEMLINES

You have learnt earlier that a slimmer part of your leg is at the bottom of your finger tips. That is the minimum length for your mini skirts, dresses or shorts. You may feel much more comfortable to wear your skirts just above the knee or just below the knee. Both spots where your leg is at its slimmest before the curve of your knee and your calf.

The mistake a lot of women make is that their skirt and dress size is too big. This makes your skirt sit lower in your waist (almost hanging on your hipbone) and therefore the hemline of the skirt drops too low. This means you spending money on altering and most likely your skirt moving in circles around your body when you walk.

Next time when you are trying dresses and skirts make sure you try one size smaller than your usual pants size. Skirts and dresses need to fit you in the waist, fit comfortably over your hips and come in around the leg to show your body at its best!

Showing slim parts of the leg will send a message of slimness to the person who looks at you. I will word it differently as this is a big one; showing hemlines at slim parts of your body translates in the brain of the person who looks at you “this is a slim woman”. That is the trick to master that will make you look slimmer all the time. Slimmer than you know you might be under all the layers of fabric.

Women will always comment “you have nothing to worry about with your figure” and Yes it is true I am a size 6 to 8 in the top and a size 10 in the bottom due to my PEAR shape. Normal weight range. BUT, I know I am wider in the hip area AND my legs are much shorter than my upper body plus my neck is like a giraffe length. So, if I don’t pick the right styles I can look really unbalanced.
So I have had to become a MASTER at applying the Taller and Slimmer tips and I can teach you to do the same!

That is the secret in how YOU CAN trick their brain, show slimness and hide the larger parts and listen to the sweet voice of a compliment coming your way!
4TH WAY TO LOOK FABULOUS, TALLER AND SLIMMER

BE A QUEEN OF WEARING THE PANTS

PANTS HEMLINES

Your leg has a point in the lower calf at about 3/4 down the leg where the size is less. That is a great starting point for summer pants. The ankle grazer pants length works well for slim leg pants you wear with flats or ankle boots.

The full length pants hemline is best taken up to 1cm below the point where your shoe meets the heel. So grab your shoe, pick the point where your shoe meets the heel and measure 1 cm down the heel and that is the best spot to finish pants.

ABOVE AVERAGE SHOE SIZE

If you shoe size is above average in size you should choose 2 cms below the point where the shoe meets the heel to balance your foot size. You can just imagine, bottom of the pants and a huge foot sticking out is not as elegant as your foot is slightly more covered.

BELOW AVERAGE SHOE SIZE

In my case I have a super small foot which is below average and my best length of pants is right at the point where the shoe meets the heel.

I often see women wear their pants too long and making their lower body look stumpy and big as well as pulling the proportions of lower and upper body out of balance.
5TH WAY TO LOOK FABULOUS, TALLER AND SLIMMER

WEAR PATTERNS IN TOPS AND DRESSES!

I hope you are starting to get the idea that most of looking slimmer and taller is about tricking the brain of who is looking at you. I call it becoming the “director of where people look”. Being in charge of your outfit is super important and anyone can follow these strategies.

Wearing patterns is a GREAT way of hiding your natural curves as you kick the brain in overdrive leaving it no option but to follow the pattern as opposed to get stuck at for example your muffin top or back fat (which is usually breast tissue!).

Some simple rules on patterns:

A. You must love the pattern!

B. The pattern size must match the size of your bone structure. Just pick your match:

   1. Small wrist and/or small height ---> Small pattern size is best
   2. Medium wrist and/or medium height ---> Medium pattern size is best
   3. Large wrist and/or tall height ---> Large pattern size is best

It is a great balancing act!
6TH WAY TO LOOK FABULOUS, TALLER AND SLIMMER

BECOME A VERTICAL LINE AND DESIGN EXPERT!

Please stay with me on this one as it is a SUPER important step. Yes it sounds pretty technical but it is super simple and I have some great visual examples you can learn from on Pinterest and on my website by clicking here. http://www.pinterest.com/styleangel3/

You know your body shape and you now know what part of your body needs balancing up. For example a Pear body shape needs broadening (or horizontal lines) at the upper body to balance the larger lower body.

The lower body looks super slim if you use a pin stripe in the fabric. Choosing a skirt with a patterned panel in the middle with black sides is like an instant weight-loss program.

Choosing a dress with a strong vertical stripe in the middle and darker sides with a strong waist definition is an awesome choice.

Using a scarf tied into a v-shape (see the YouTube video I made for you here http://youtu.be/-vSK_JMPnVc ) or a bright necklace is also a smart way to looking taller. The attention goes to the upper body and therefore instantly your body appears taller and slimmer.

Please check out all my favorite “Instant Weight-loss Programs” (I mean clothes and not diets!) available in store OR ONLINE right now on Pinterest! http://www.pinterest.com/styleangel3/
7TH WAY TO LOOK FABULOUS, TALLER AND SLIMMER

USING COLOUR TO ATTRACT THE ATTENTION TO UPPER BODY!

I think you are ready for the Piece de Resistance! The finishing touch in your Taller and Slimmer journey.

Using different colours in your outfit is a fantastic away to achieve your desired outcome of a juicy comment of “You look amazing, what is your secret?”

CLICK HERE for some awesome visuals will make it super easy easy for you:

✓ Wear lighter or brighter colours under a dark jacket or dark colours under a light jacket. What this does is “slice” the sides off your waist which creates the illusion of looking slimmer. The taller element happens because you are creating a vertical line. You are guiding the person that looks at you to look up and down.

✓ Create a bright point of attention in you upper body. You can do this with a scarf, a colourful necklace, a great pattern in a top, great glasses. You might think “well, would that work for my body shape?” You are right, each shape will have different focus points and therefor I have created your Body Shape Do’s and Don’ts on the Style Angel website around the 8 Ways of Looking Slimmer and Taller! Simply click on your shape below.

PEAR
RECTANGLE
INVERTED TRIANGLE
HOURGLASS
APPLE

✓ Blend the colour of your stockings or tights with your skirt or dress. By getting this point right you WILL look Taller and Slimmer instantly. The moment you wear let’s say a black
skirt with long black boots and you wear black opaque stockings you will create one vertical visual line going up your body. Let’s say if you chose no stockings that day or neutral/ skin tone coloured stockings ---> bingo, you are creating a big horizontal line between the bottom of your skirt and the top of your boots which draws instant attention to usually a wider area of your body!

✓ Wear nude shoes with skin tone stockings to again flow the colour up your body! Often this looks best in Spring and Summer.
8TH WAY TO LOOK FABULOUS, TALLER AND SLIMMER

BEING SMART ON HOW YOU USE BLACK!

And then there is the ALMIGHTY BLACK........ well certainly a colour that is readily available in the shops, a colour YOU know that will be flattering in hiding some curves.

BLACK often plays an important part to create amazing patterns and lines that make you look super slim and tall. You will see so many options I have created for you in your body shape Do’s and Don’ts.

Perhaps BLACK might also be the CURRENT REIGNING QUEEN of taking the most amount of space in your wardrobe.

BUT…. did you know that if Black is not part of your one of your best colours, this colour will make you look tired, drained and older.

It could cast shadows in the lines on your face and it could make any bags under your eyes look even darker so it is important to know how you could make black work for you.

5 EASY STEPS HOW TO WEAR BLACK AND NOT LOOK TIRED, OLD OR SICK!

1. Wear black away from your face. The lower the neckline, the easier black will be to wear. Worn under the waist in skirts, pants and shorts, black will be fine.

2. Think 80/20 above the waist. By wearing 80% of your best colours above the waist you can afford the 20% that is are not your best like perhaps black.

3. Show plenty of skin. The more you cover your body in black the more it will affect your total appearance. A black dress is easier to pull off if you expose your arms and your show a bit of skin in your neckline.
4. Adjust your make-up when you wear black close to the face. Perhaps brighten your lips and apply eyeliner and mascara to give your eyes added definition.

5. If you have a heavy lined face TRY YOUR VERY BEST TO avoid black above the bust line. Black will throw shadow into the lines on your face, making them more noticeable.

Click here for your Bonus download
You Are Amazing

If you have read and absorbed even 50% of what I covered in this book you are now fully equipped with the ways of how you can look Taller and Slimmer. I am excited for you as you try and test the theories!

I would love to hear from you on my Style Angel Facebook page! I have created a safe space for women to ask any questions they might have about their wardrobe.

Thank you for giving me your time and I promise you I will continue to create great content that I hope you will find helpful in creating a wardrobe you love and wear with pleasure. A wardrobe that triggers compliments and you wear with confidence!

You deserve to look taller and slimmer every day!
You deserve to have a fantastic wardrobe you love with all your heart.
Your body deserves to be loved and shown off for all its beauty!
You owe it to yourself to be confident!
You deserve every compliment that comes your way!

Here is to YOU being Confident in the way you look!

Angela Barbagallo xxx

P.s If you have enjoyed this book you might like to work with me on a more personal level. I have great style sessions and other products you might like to try. Click here to find which option suits you most!
About Style Angel

I have the BEST job in the world! On a daily basis I get to help women like YOU look taller and slimmer and to feel CONFIDENT in how you look!

From a very young age my body had transformed so rapidly and I had female curves and the hormones to go with them in Primary school leaving it ripe for school yard teasing about my huge boobs (Totally ridiculous as I ended up with a size B cup)! My body shape had transformed into a “big bottom” now I know is Pear when I went to high school so my fascination started with how we can all look so different.

Styling is in my DNA! I was born in Amsterdam into a beautiful family and I was an only child to my Dad Bert and Mum Willy. My Dad was a shoe buyer for a multi-national European Retailer and he travelled regularly to Spain and Italy. I got to see the latest collections before they even went into the stores.

My Dad taught me about line and design from a very young age as well as what shoes worked really well and which did not. Retail is in my blood!

My Mum is the most stylish woman on the planet and her effortless way of staying true to her style and look AS WELL AS her passion for finding the outfit that is the BEST still to this day makes my styling sessions such a success. My Mum would never settle for less, she would not care about what size an item was and her level of comfort with her body was so inspiring! My Mum simply rocks!

My Dad encouraged me to find my passion and my journey led into the world of Hotels and Restaurants. I completed one of the world’s best Hotelschools in The Hague and that experience, including working for HYATT in London and becoming fluent in French working in France, taught me so much about 5 star service and the joy of exceeding Client expectations and making their experience amazing.
The traveller in me was drawn to Australia and it was in the gorgeous city Sydney, I followed my passion and started Style Angel in 2000 as I had so many requests from people who wanted me to shop with them, pick out what worked and make their wardrobe super easy to wear.

I can relate to a busy (sometimes crazy) life, I am a Wife and a Mum of 2 kids under 10, and a Stepmum of 3 Adult kids including a grandchild, I know about weight gain and weight loss, I know about changes to the body and the effects of menopause. I have lived a full life and I have learnt great lessons along the way. I have learnt how to be confident in myself and in my body and I love my wardrobe that supports me in my daily journey!

That inspired me to reach out to you and many women all over the world and to put my Style Angel expertise of how you can look taller and slimmer into words, pictures and videos so you can grow just as much in your confidence!

Happy Wife is a HAPPY LIFE as my husband says, and he is right. You owe it to yourself to be happy, healthy and confident! Life is too short to be worried about your arms, tummy, thighs or bottom. These are all areas that with the all the tips in this book you can nail 100%.
3 Bonus Downloads for You

CLICK HERE

CLICK HERE

CLICK HERE
Book a Style Session

STYLE SESSION (Sydney, Australia only)
If you are one of many women who absolutely HATES shopping then this is a fantastic experience to have a One-on-One session with me at the shopping destination of your choice.

The session will take 2 hours which will fly past and I will do all the hard work for you to find the great outfits. All you have to do is try them on! Shopping within a budget and based on what you need is my EXPERTISE and you will find that this is nothing like your usual shopping trip that turns into a disaster each time.

Preparation is the KEY to a successful shopping trip. Prior to your Style Session you complete an online client profile and you send me 2 images of yourself so I can prepare a shopping plan based on what you are looking for, your budget and your look.

We will focus ONLY on fantastic pieces that make you feel FABULOUS and make you look TALLER and SLIMMER. Outfits are a “10 out of 10” with lots of MIX and MATCH capability and that will stand the test of time!

You may have lots of questions that are running through your head or perhaps you are just looking for a Gift Voucher!

Let’s connect FOR 30 MINUTES - FREE of charge - via phone where you can ask me anything about this session.

You can call me anytime on 0407 032 531 or EMAIL me.

CLICK HERE TO FIND MORE DETAILS ABOUT THE STYLE SESSION!
DIANA FERRARI STYLE CONSULTATION  (Sydney, Australia only)
The Diana Ferrari brand has an amazing and loyal Client base and die-hard Fans as the clothes fit so beautifully and the Shoes.... well let’s just say I have not seen many wardrobes without at least one pair of their super comfortable Diana Ferrari shoes or boots!

Since 2011, Diana Ferrari offers in-store Style Consultations AND Colour Consultations and I have been looking after the Sydney and NSW Clients in all the different Diana Ferrari stores.

The 90 minute Style Sessions are confirmed with a $50 booking fee AND you will receive a $50 Gift Card to redeem on your purchases. Absolutely amazing value!

CLICK HERE to read the Client joyful comments I have received over the years and instructions on how you can book a session.

WARDROBE STYLING (Sydney, Australia only)
This is a great session if you feel your wardrobe has lots of potential but you just don’t know how to put it all together!

I focus on your Body Shape, your best Colours, Accessories and Mix and Matching your existing Wardrobe.

This session takes 2 hours and includes a GAP list and Style Recommendations that will fit the GAPS sent to you via email with 2 days of your session via a private Pinterest Board.

This is a perfect place to start and Clients often decide at this stage to book in for a Style Session as well to completely kick their Style Rut to the curb!

You may have lots of questions that are running through your head or perhaps you are just looking for a Gift Voucher!

Let’s connect FOR 30 MINUTES - FREE of charge - via phone where you can ask me anything about this session.

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You can call me anytime at 0407 032 531 or EMAIL me.

CLICK HERE TO FIND OUT MORE!

COLOUR CONSULTATION (Face-to-Face or Online)
A Colour Consultation is perfect if you want to make your shopping in the future easy-peasy. I come to your home and bring my Colour Draping tools and special lights. Within 5 minutes I will know what your best colours are and you will receive a Colour Swatch as well as a fantastic Colour Manual.

Personally, I think it is MUST for anyone who is not 100% about their shopping skills. Once you have your Colour Swatch, unless you die your hair to a crazy colour or opt for colour contacts, this swatch will last forever. You whip it out of your bag at the shops and choosing the right colour becomes a NO-BRAINER!

This session is possible face-to face or via email, you have 2 price points to suit your budget.

CLICK HERE TO FIND OUT MORE!

90 MINUTE MAKE UP LESSON (Sydney, Australia only)
Putting on Make Up may not come natural to you. The “Girlie Gene” of experimenting with smokey eyes, contouring and highlighting may have completely passed you by.

If you think Contouring and Highlighting are words to do with pens then you really need to book in as learning how to contour and highlight your cheeks will simply change your life! Simple steps that make a huge impact on how you look slimmer and accentuate the best parts of our face!

In this 90 minute Make Up Lesson it is not a matter of you sitting back and relaxing while I do your make up. NO, this is a session where I will teach you how YOU can create a perfect day
look for work or the weekend. I will show you how to apply, what colours and what tools to use and then YOU get to do it.

I will leave you with extensive notes and a face charts and I will check in with you 2 weeks later to answer any questions! **CLICK HERE TO FIND OUT MORE!**

### JOIN THE 21 DAY STYLE CHALLENGE

I hear you say “I am in a Style Rut” all the time. I hear you say “I am so bored with my wardrobe”! Let’s do something about this that will change the way you get dressed in the morning.

I have designed this 21 day STYLE challenge for you to kick your Style Rut to the curb and to really become used to Mixing and Matching your wardrobe.

I will be with you every step of the way, giving you styling tips for 21 days as well as suggestions on what styles could complement your wardrobe. I may recommend a better match from the items I have seen you wear so you get stronger in Mixing and Matching.

You will receive incredible value out of this challenge and you will have documented how many different outfits you can create from your wardrobe with my help. My 14 years of expertise will be put to good use!

**HERE IS HOW IT WORKS:**

- You register for the 21 Day Style Challenge online.
- For 21 days you wear a different outfit every day and you take a picture of this outfit with your phone. Please read below what classifies as a different outfit as a simple shoe, top or scarf change can do the trick!
- You upload your photo to your Private Pinterest Board that only YOU and ME have access to, straight from your phone or iPad.
• As soon as you upload this photo to your Pinterest Board I will be notified and I will give you my feedback on what looks great and how you can improve this outfit. I may even suggest styles via Pinterest that would look great as well.

• You may choose to upload an image a day, 7 images at the end of each week or 21 in one go. The choice is yours, the feedback will be same and you will receive an instant notification once my comments are uploaded.

• You can do this Challenge with a Friend or Family member and you will then share a Private Pinterest Board with them.

• When you complete this Challenge you will receive a Mix and Match Certificate

For more information please visit [http://styleangel.com/stylechallenge/](http://styleangel.com/stylechallenge/)

PLATINUM PERSONAL STYLE PACKAGE
This service is amazing if you want my Personal Style Advice to completely transform your wardrobe and your Look. It’s like having a Personal Stylist for 12 months until you feel you have a wardrobe where everything in it you LOVE!

This is how this service works:

We start with a Private Phone Consult where we cover every style area you would like to transform. You will be sent an online questionnaire which will be the blue print I use throughout the year.

This session involves me selecting lots of different styles online or in store that are all working towards your new look. You will be sent Style selections via your private pinterest boards, email, video and text and at every stage we communicate which ones you love and which you don’t. We work very closely together.

IMPORTANT; you will need to go into the stores to try the styles and make sure they fit. I can help with organising all these styles to be ready in store in your size for you to try and for the sales assistant to take images for you to email and text me. You will buy the best pieces and I will start your Wardrobe Database. This means this session is available anywhere in the world.

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We cover all areas of your wardrobe, shoes, accessories and even make up colours.

I will personally create your seasonal Mix and Match Style Guide which you can save to your iPad or print out and hang in your wardrobe. Some clients ask me to create a 3 week rotation Style Guide so you can simply look at the day of the week and follow what outfit to wear. Super easy for ANY busy Woman!

As a BONUS you will receive 12 months FREE VIP access all the amazing content, videos and style angel books!

This is a service where we work closely together so CLICK HERE to book you complimentary 1 hour phone consultation.
Client Reviews

Kerry purchased a Style session.

“Just wanted to say how much I enjoyed our last couple of styling sessions.

To be able to purchase with confidence both clothes and now shoes and accessories makes shopping a treat, as well as a breeze.

You truly are a one-stop shop and ‘go to’ girl. You have made me feel more confident in my dress and style, you bring with you your beautiful self with so much enthusiasm, love and generosity of spirit. Thank you seems inadequate.”

Barbara booked in for a 3 hour Personal Shopping Experience and a Colour Session Portfolio.

"With my wardrobe I always felt like there were some gems in there but lost among a whole lot of clothes that do not fit or do not suit or were on sale and still have tags on. I was really looking forward to getting some direction about what to shop for, colours that suited me and to put an end to me buying items that look great on the hanger but unflattering on me.

The whole shopping experience was fantastic, I could see the difference that wearing the right colours for my fair skin tone (Barbara is most suited to Warm and Autumn colours) was making to my overall appearance.

We also found a pair of Mavi jeans that made me lose 2 kilos instantly! I went home with 4 dresses, sandals, jeans, a work blouse and trousers, tank tops and some great accessories, all without breaking the bank.

People comment every time I wear an item we bought together. Could not be happier!“

Philippa booked in for a 2 hour Personal Shopping Experience.
"I really enjoyed the shopping experience with you - it was great to learn about colours in particular and I have been enjoying my purchases.

I think the session built confidence in my ability to determine what clothes suit me well. The black dress is something I am really looking forward to wearing when it gets a little warmer."

**Joanne booked in for a Personal Shopping Experience.**

"I had an amazing experience with Angela, she was instantly likeable and I felt that she would be honest and I could trust her to transform my wardrobe.

We were so quick in and out of every shop as she just picked whatever was my right colour and shape, and while I tried them on while she searched for accessories or shoes, it was so productive! I think I bought almost everything she recommended, it was the best 2 hour shop I've ever done.

I now have a new set of colours in my wardrobe, quite a few I had never worn before. I think I always went for my favorite colours which now I realise didn't actually suit me.

I also feel thinner and more stylish in my new clothes. I would definitely consider doing this again when it's summer to revamp that part of my wardrobe."

**Collette from Drummoyne booked in for a 3 Hour Personal Shopping Experience and a 3 hour Wardrobe Organisation.**

“After 3 years wearing Maternity or "Breastfeeding-kind" clothes having had two kids, I was completely fed up with my frumpy wardrobe and after long sleepless nights and beginning to not take care of my appearance - sad but true! - I wanted to feel more feminine again.

Angela was inspirational she took a quick look through my wardrobe told me what "gaps" needed filling and listened to my needs.

Then we went off on a shopping trip to Chatswood that left me feeling like Julia Roberts in Pretty Woman with all my shopping bags!!

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With just a few core items for my wardrobe and some great fashion accessories plus other bits and pieces Angela transformed my wardrobe. EVERY item Angela picked for me even if I was a little hesitant once I tried it on it made perfect sense and looked great!

Later that day I put on one of the outfits that Angela had picked out for me and I received numerous compliments from my Partner and friends that we met that evening. It gave me such a confidence boost!

I was so inspired by Angela’s choices that I had Angela come back a week later for a wardrobe makeover, which was great she helped me clear out a lot of stuff, but better again she showed me how to mix and match items that I would never have put together in my wardrobe and would have probably thrown out or never worn again.

My wardrobe is now still functioning as it did when Angela re-modeled it (you’ll be glad to hear Angela!), it has taken the stress out of finding items to wear and match and the layout is just great.

Cannot recommend Angela enough, she gave me a boost when I needed it most, leave it to the expert she certainly knows her stuff, plus she is such a lovely person to deal with.

Thanks again Angela and I will be in touch again soon!!"
THANK YOU

Thank you for giving me your time and I promise you I will continue to create great content that I hope you will find helpful in creating a wardrobe you love and wear with pleasure. A wardrobe that triggers compliments and you wear with confidence!

*Here is to YOU being Confident in the way you look!*

*Angela Barbagallo***
Notes

I thoroughly recommend you make lots of notes and ask me any questions on the Style Angel Facebook page!

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Here is to YOU being Confident in the way you look!

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