

News, reviews, gossip, latest product info & more

Transpose

July/August 2011 Issue No: 48



Andrea

Love from Me	- 03
Double Trouble	- 04
Beauty News	- 05
Girl of the Month	- 06
Tilly's Blog	- 08
Sale	- 10
Tali's Truth	- 11



CONTENTS

Love from Me

Hello to all you lovely girls,

Hey, its only another couple of weeks to Sparkle and I am looking forward to it this year very much. Mainly because I am just totally relaxing and enjoying the event as Transpose will not be putting up a stand or doing make-overs, or putting on a fashion show!! If you see me wandering about, please stop me for a chat.

This year one of Transpose's regulars, Wendy, was going to enter the TOTY beauty contest but I heard this morning that this will not be taking place due to the lack of entrants!! What? There are so many gorgeous girls out there, I just couldn't believe it.

Apart from the excitement of Sparkle everything seems to be quiet at the moment but I hope to change that by offering a half price 3* - please see full details in this Newsletter.

This issue we are introducing a new feature – Mystic Tali - I hope you like it.

Well that's it for now, hope to see you soon,

All my love,

Teela-Jane

xxxxx

- 4 Double Trouble

Aly & Laura



I just love my double trouble days, we just have so much fun and laughter and being with Aly and Laura, was no exception. I just let Aly and Laura loose in the wardrobes to see what they would come up with..... great choice girls.

The Double Trouble is truly a great deal, so book yours now!!

The combination of photos is up to you. You can opt for just a few together but mainly individual shots or loads together and a few individual.

“Thinking of booking a double trouble? Just do it, its not only value for money but a really great way to spend a girly day with your friend” Aly

Left Aly : Right Laura

Girl of the month

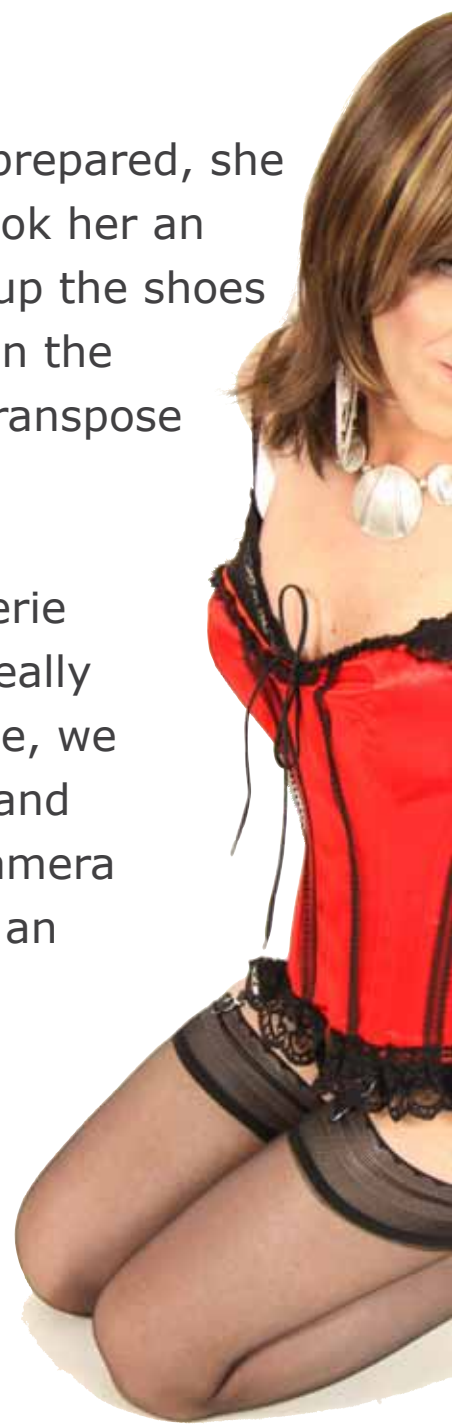
Andrea Wade.....

Originally Andrea was booked in as one half of a Double Trouble Photoshoot but made the decision to go it alone and we were so delighted she did.

Andrea came prepared - when I say prepared, she was prepared for everything and it took her an hour to hang up her clothes and line up the shoes before the make-over even started. In the end we used outfits mostly from the Transpose wardrobe.

The main aim was for some tasteful lingerie shots as well as try different looks from really short hair to long "big" hair. Well, as you can see, we certainly managed that coupled with lots of fun and laughter - Teela-Jane told her she was such a Camera slut!! A very enjoyable day for all - Andrea was an absolute delight to work with.

Andrea is also featured on the front page.



“A massive thank you for being so kind, friendly, and professional and doing such a fab job MWAH.”

Andrea Wade, June 2011

In her own words.....

“I arrived dressed, as I usually prefer, at 10.30am for my Five Star Make-over and was very warmly greeted by Teela-Jane. Coffee was offered immediately and we instantly hit it off and chatted like long lost friends.

I had taken quite a few of my own things but really didn't need to as Teela's wardrobe of clothes, shoes and accessories are extensive. I had no game plan but wanted to try some new outfits and also get some nice shots in a corset. The Axfords corset in red felt fantastic and instantly gave me a womanly shape.

If you are hesitating about going DON'T. Just do it and Teela will make you very welcome. You will wonder why you never did it before.

A massive thank you for being so kind, friendly, and professional and doing such a fab job MWAH,

***Hugz
Andrea***





Tilly's Blog

Hello Ladies,

I am often asked bits of advice on various beauty tips, this month courtesy of Liz I have had a request for help on looking after your hands so I thought I would highlight some of the common problems and try and head you in the right direction for help.

Firstly you need to look at your hands and decide on the issues, you might have rough hands from manual work, dry hands from frequent washing, some of you might have skin issues ie eczema, psoriasis etc which need special treatment, some may be wrinkly and some may just be a little unloved!

A big contributory factor to dry hands and feet is not drinking enough water – yes its true – try pinching a little skin on the backs of your hands, if it doesn't sink back into place pretty immediately you are lacking hydration!!! Not tea or coffee, and certainly not alcohol, nor is it particularly good to add juice or cordial to it but if you really don't like plain water it is better than nothing. For best results you need to drink at least 1½ litres per day – I challenge you! You would see a difference in your skin all over if you tried it for a week (just make sure you know where the loos are!) lol

There is also no substitute for regular use of handcream / hand lotion / barrier cream

(yes there is a difference!) but there are so many on the market where do you start!? For those of you who work manually your hands may have little nicks and cuts, the nails may be ridged or marked (this comes from knocks and bangs to the nail beds as they grow) and cuticles ragged or torn. Your hands may feel rough in texture with skin being 'scratchy' on finger tips. It is more difficult for those of you manual workers as handcreams can often cause problems in the process of your day to day jobs, and the extensive use of hand cleanser such as 'swarfega' can be devastating on hands. In this case intensive treatments are necessary in the evening and a little pampering as many times per week as you can arrange. This is where barrier creams rather than moisturising creams during the day to protect the hands come into their own.

Those of you ladies who are frequently having to wash your hands dryness is caused by washing your hands in water that is either too hot or too cold, possibly not drying your hands thoroughly enough and also can be down to the handwash / soap you are using. Barrier creams are also beneficial for you but my advice would be to use light lotions often and heavier creams at night time.

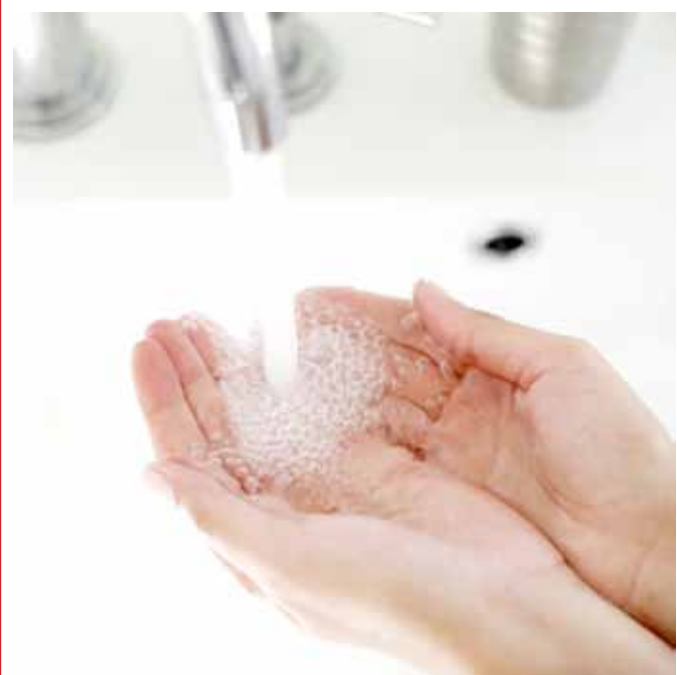
For those of you who have particular medical issues you need to be careful with all the products you use – although having a son who suffers quite a lot with eczema on his hands – I find on many occasions it is just endured or ignored until it needs either hydrocortisone or steroid creams! A little consideration and care can often alleviate the symptoms or controls them without the use of these heavy duty creams. The treatment for your hands will be dependent on your condition but there are a number of hypoallergenic products out there which are excellent.

If like me you are noticing your hands getting a little wrinkly and want to regain that youthful lustre (I do actually read the blurb!) I have found that using creams specifically for anti-aging can leave your hands with a residue or stickiness which is not only annoying to the 'n'th degree but also marks paperwork or surfaces and take forever to sink in.

For those of you whose hands are just a little unloved SHAME ON YOU!!! Have you not listened to me naggin over the years lol!?!?!?!?

Seriously with the onset of summer (allegedly) with hot sun, dry weather, lovely jewellery and bright colourful clothes your hands will let you down if you don't take care of them!! Below I have detailed a little ritual which will get your hands looking lovely and as ever recommended some of the nicest / best products I have found to help out, you don't have to follow them exactly and am happy to discuss individual rituals but if you have regular 'pamper' evenings (facials, leg shavings, self tanning, nail cutting..... Ugh who'd be a girl lol!?!?) this could be slotted in.

Firstly get your gear together! For me personally I have a bucket of stuff which



includes nail brush (gentle one – baby toothbrushes are also good!), hand scrub (this could be just a mixture of olive [or cooking] oil and sugar if you are on a budget), hand cleanser (no soap please), face pack (yes really!), relevant moisturiser and cotton gloves (or socks as long as cotton), Sandwich bags (all will become clear I promise!) and nail treatments (already covered in another issue.

Firstly wash your hands using warm (not hot)water and where possible, a mild hand cleanser (Carex is nice and currently available at Asda for £1 per bottle or 4 for £3 – likewise Palmolive do a milk and honey for very dry hands for same price, or Cuticura for a more anti-bacterial clean) using your nail brush gently clean under and around nails, don't scrub !

My old friend Boots has their Sanctuary range which includes hand scrub and also their Soap and Glory range, I really love the Sanctuary smell, its not perfumey as such and you can pick up the smaller travel sizes at a reasonable cost. You can make your own using cooking oil / olive oil and sugar if you mix a couple of tablespoons of oil and make a paste with sugar. Using circular movements gently rub over backs of hands and palms paying particular attention to rough areas but avoiding any sensitive areas. Make sure you massage well to benefit from the oils taking it up into the wrist area (this is also good for doing your elbows but that can be covered in another issue). Wash again with your cleanser and pat dry. Again Asda do a range called Montagne Jeunesse in sachets at 4 for £3 one of which is a scrub, please avoid face scrubs as they wont be particularly strong enough for hands.

(Continued on page 12)

- 10

Half Price Sale

Half Price 3* for July Only

I am delighted to be able to offer a half price 3* make-over for the month of July either starting at 10 a.m. or 2 p.m.

That's **£75!!** A bargain not to be missed so please do not miss out.

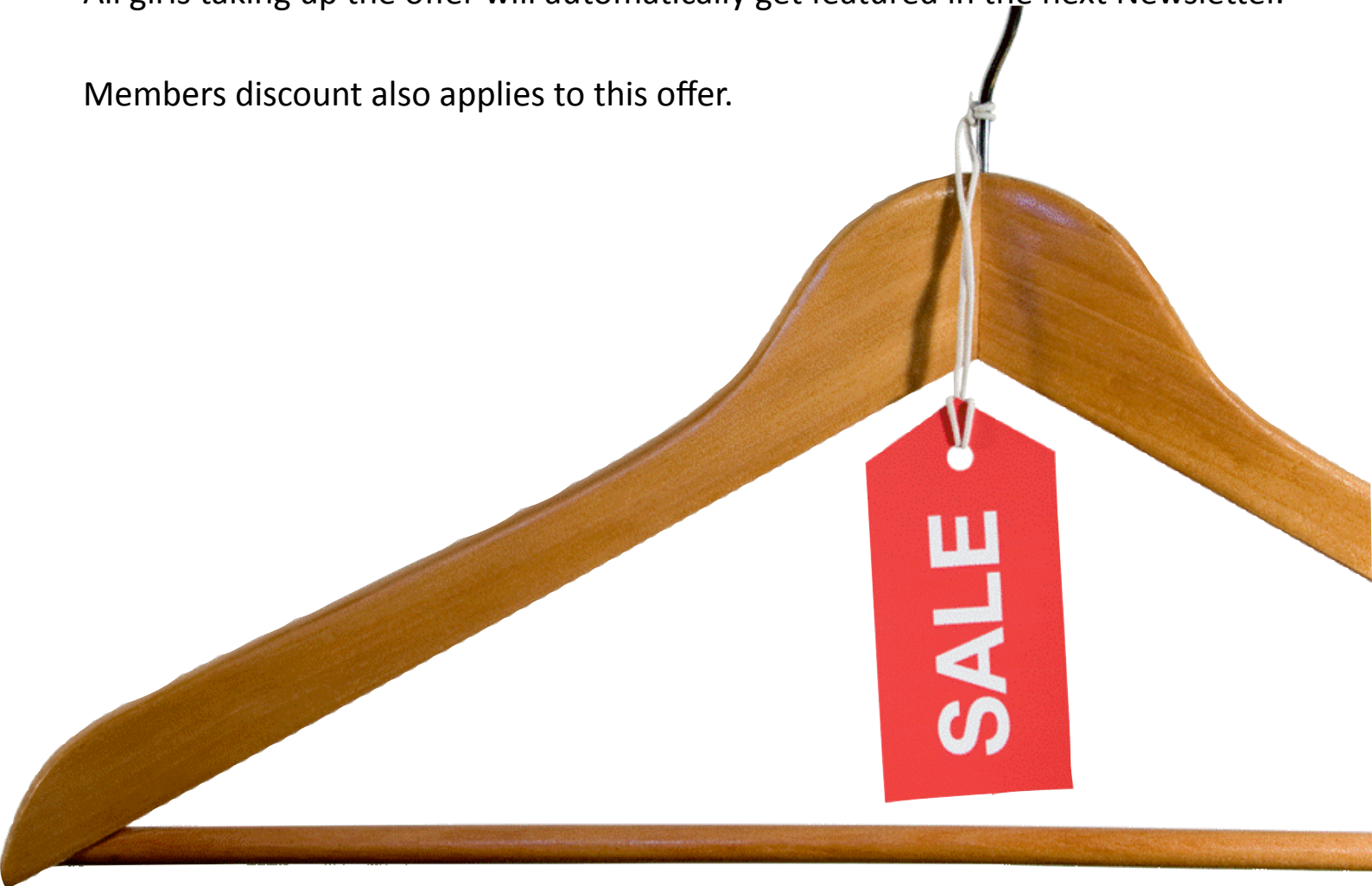
Hurry before you miss out on this great deal!!

3* Photoshoot includes:-

- Full make-over
- 3 different looks including changes of outfit, accessories and hair do
- 3 Hours
- Up to 300 pics on a CD to take home

All girls taking up the offer will automatically get featured in the next Newsletter.

Members discount also applies to this offer.



Tali Truth



She tells
it
as it
is

Now that our Nancy's Story has come to an end we thought you might like a new regular feature so I approached one of Transpose's girl who has a flair for predicting the future so I we are delighted to be able to give you some predictions.

Remember the days of Mystic Meg? - may we present to you - "Tali Truth" she tells it like it is. No matter what star sign you are, Tali speaks to all.

July

For the month of July I see lots of sunshine (in Spain), and I see a BIG event coming up. If you're a betting person I predict the horse that passes the post first is the one to bet on....my lucky colour for this month is lime green as wearing this will make you stand out like a sore thumb....my crystal ball tells me one of Teela's girls will win a competition probably "spot the ball" or something like that.....

August

For this month I see someone having a lottery win. My crystal ball tells me the PM will grow another head and be whisked away by aliens round about the 5th, and Prince Charles will bungee jump off Westminster Bridge...another bank holiday is on the way wooo hooo. My lucky colour for this month is tartan.....so until next timebe good

if all else fails....CRY

Continued from Tilly's Blog.....

Find yourself a comfortable seat (if TV watching make sure remote is close lol) have a drink to hand (water obviously! and apply face pack to backs of your hands. The face pack should be a moisturising one or anti-aging one – please avoid the ones which you have to peel off as it could be a tad difficult if you have hairs !! Leave on for a little longer than it states on packet and follow instructions to remove. Alternatively apply a thick layer of your handcream and (this is where the sandwich bags come in!)put your hands in the bags – this retains the heat and helps the moisturiser to sink in deeper – Honestly! Nivea do an SOS hand balm which is good for this type of treatment and retails around £3.

Once you have soaked your hands in cream you can remove residue with dry flannel or you can substitute the sandwich bags for the cotton gloves / socks and retire for the evening.

This type of treatment should be carried out at least once a week to keep your hands looking good but if you find you have more time the more the better!

Some other products which I have found I cant live without are the fabulous L'Occitane shea butter hand cream, this retails around £16 per tube but well worth the money, lasts for ages, sinks in well and smells clean without being perfumey. L'Occitane also do a hand scrub which is new to the range and I'm completely hooked (there is a L'Occitane outlet Store at Cheshire Oaks – can you tell!!!? I have also raved previously about the Soap and Glory Hand Food (they do a face scrub called 'Scrub Your Nose in it which is also fab) which I like. As for more budget friendly handcreams, Nivea has a brilliant range but beware some of the much cheaper lotions and creams as they are loaded with silicone and perfumes which can irritate the skin.

For those with particular skin issues products such as Hands First, Barefoot Botanicals and Dermashield all do what they call an 'invisible glove' cream which protects the hands from water, oil etc and retails at around £10 per tube. It may seem a little expensive but if it avoids the hydrocortisone and steroids out there it could be cheap at half the price! – welcome to happy hands !!!!

Luv

Tilly

Ps if you would like more information please catch me at the next Social gathering....Oh and PPS – look forward to seeing you all at the night out on 9th.



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LSLtranspose

SHOP opening hours:-

Because the retail shop is a secondary business to the main Make-over and Photography business, it is not run as a traditional shop where you can come and go as you please, therefore we would appreciate a call before a visit.