

# Makeover for the Soul



PHOTOGRAPHY EVAN ANDERSON

On a brisk winter's day, mother and daughter duo Cindy and Kaitlyn swept into Scout Boutique in Biltmore Village with a gust of wind. Their nervous smiles were met with the firm handshakes of a professional stylist, makeup artist, hair stylist, and the boutique's owner. The four chic women hovered over the pair, scissors and brushes whirling in a colorful frenzy, and out emerged two transformed ladies. Cindy and Kaitlyn's makeover was incredibly metamorphic not only in their physicality, but in their auras. The mother and daughter glowed with confidence, their apprehensive, close-mouthed smiles replaced with delighted, bold grins.

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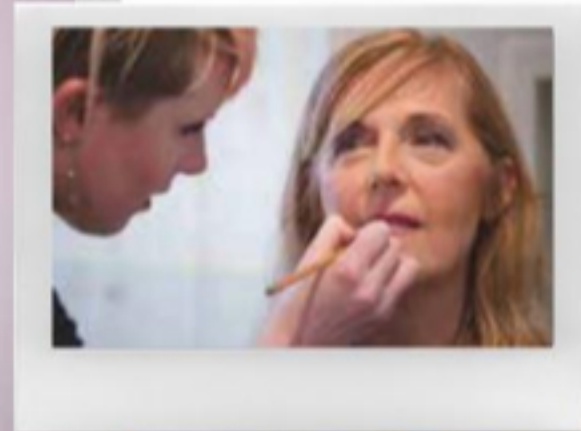
CINDY  
BEFORE



KAITLYN  
BEFORE



"DANIELLE, THE HAIR STYLIST, SHOWED ME HOW TO PROPERLY USE A DIFFUSER ON THE HAIR DRYER, AND TO BLOW DRY MY HAIR OPPOSITE OF MY PART TO GIVE A MORE FULL APPEARANCE."  
-CINDY



"MEG SHOWED ME WHAT YOU CAN DO WITH DIFFERENT BRUSHES WHEN APPLYING FOUNDATION AND BLUSH AND PURPLE HUES ACCENTUATE THE GREEN IN MY EYES."  
-CINDY



"I LEARNED THAT BLUE EYELINER GOES REALLY WELL WITH ME EYES."  
-KAITLYN

### MARISOL TOMÁS, THERAPEUTIC IMAGE CONSULTANT, SOL REFLECTION

A makeover is more than just a new look. It may include makeup, a change in hairstyle and a new outfit or two, but more importantly, it's a therapeutic experience. One that provokes a feeling beyond exterior changes and delves into the very soul.

The first thing I consider when approaching a makeover is my client's current look and habits, and then hopes, wants and needs. Often woven into this initial conversation are comments about lacking direction and feelings about self-worth and self-expression, such as the "I could never wear that" mentality. Through the makeover process, internal blocks or attachments to old ideas are gently nudged toward new and innovative concepts. Incorporating what is easy and familiar to the new style is part of the refining process.

Once we open a space for the client to feel comfortable and freely express their hopes, possibility and excitement emerges. Minds and hearts open to receiving an experience that is simple, easy and even fun!

Take, for example, our experience with Cindy and Kaitlyn. Throughout our day of exploration and self-care, they began to realize the simplicity of these changes. Instead of being transformed into someone else, they felt like more vibrant versions of themselves.

The benefits of a makeover like this one are innumerable. Here are just a few:

#### CONFIDENCE

Throughout the course of the makeover, it becomes clear how simple it can be to create a new look. With a new sense of ease, a couple of tips and tricks, and a pair of perfect fitting pants (of course), anyone can look their best! Seeing that version of yourself in the mirror can be a huge confidence boost, that day and moving forward.

#### CREATIVITY

Once you are taught how to match a good pair of pants with a few nice shirts, you start to see easy outfit combinations you didn't notice before, in stores and in your own closet. It becomes fun to play around with your newfound sense of style.

#### PLAYFULNESS

You don't need to look weird or wild to have fun with clothes. After watching a stylist create new looks, it suddenly seems normal. Adding a bright pop of color or your grandmother's favorite pin to your jacket can make getting dressed like a fun art project.

The best part of a makeover is that noBODY is excluded! Everyone has something to offer, some creative expression to share with the world. Through clarifying desires, barriers and then visioning possibility, the beauty that is held on the inside can be clearly reflected on the outside.

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CINDY  
AFTER



KAITLYN  
AFTER



**Hair stylist** | Danielle Hollifield | Cell 828-337-0727 | Salon 828-254-5633 | [AshevilleSalon.us](http://AshevilleSalon.us) | [danielle@ashevillesalon.us](mailto:danielle@ashevillesalon.us)  
**Makeup** | Meg Reilly Makeup Artistry | Cell 603-557-8703 | [MegReillyMakeup.com](http://MegReillyMakeup.com) | [megreillymakeup@gmail.com](mailto:megreillymakeup@gmail.com)  
**Stylist** | Marisol Tomás, LCSW, SEP, OICC | Sol Reflection | 44 Merrimon Avenue | Office 828.367.7314 | [SolReflection.com](http://SolReflection.com) | [marisol@solreflection.com](mailto:marisol@solreflection.com)

**Clothes** | Scout Boutique | 18 Brook St #102

**Cindy** | Necklace, Karli Buxton, \$128 | Top, Heather, \$132 | Denim, Jen 7, \$168 | Coat, Paper Crown, \$298 | Shoes, stylist's | Ring, Anne Mae, \$72  
**Kaitlyn** | Necklace, Amber Hatchett (local), \$62 | Hat, Look New York, \$18 | Leather jacket, Jakett, \$542 | Dress, Love Riche, \$52 | Boots, stylist's