

## Private Client Case Study: Julie



Julie (above) exudes confidence since her consultation with Linda

When Julie Bostock was only 30 she had a cancer removed from her face that, following surgery, left her with a slight facial paralysis. "I felt like I had lost myself. I was once very confident and outgoing but had become shy, scared of people looking at me and not sure of who I was" says Julie.

Julie, who lives in Doncaster, knew she was stuck in a rut and didn't want to spend the rest of her life wearing the browns and camels that she lived in. Twelve years on from her operation, she talked to local consultant Linda Saxton and says "It struck me that in order to feel good about myself again I needed to re-think totally how I looked on the outside to reach me on the inside." Julie describes how, whilst she dressed smartly and felt 'comfortable', she didn't feel attractive and found it hard to be complimented.

"Linda helped me, through my image consultation, to rediscover myself. To be able to look in the mirror once again with confidence and to know that I could look good and, more importantly, feel good about myself." Julie felt that her consultation was so much more than just having advice on colours and clothes and having your make-up done. "Linda was able to see 'me' and empathise with how I felt. It was like a light bulb going on. I felt 'yes, she's right. I don't have to be like that any more'".

"The whole experience was both exciting and enjoyable and I have had a wonderful time putting all Linda's advice into practice and being my outgoing and confident self again." Julie is now the proud owner of a bright red winter coat, something she would never have worn previously. She is no longer frightened to stand out from the crowd and can say to herself "here I am and don't I look nice?". She confesses to having worn a fuchsia pink and white sundress on holiday recently with silver sandals and has even worn a bikini – undreamt of in her pre-consultation days. Now Julie is enjoying putting together her winter wardrobe and knowing she is getting the right things. She is more adventurous, feels younger, dresses younger

and gets lots of compliments, no longer feeling embarrassed if someone does compliment her but instead just saying "Thank you very much".



Julie in her 'safe' browns

Speaking to Julie six months on from her consultation, she has a surprise up her sleeve as she announces that her consultation inspired her to lose weight. "Only I can do that" she realised and she has, in fact, since lost three stone, taking her down from a size 16 to a sleek size 12. Julie's whole mind-set changed as she stopped using food as a reward and instead used other things such as a new eyeshadow or perfume to treat herself now and then.

Having suffered from depression for many years following her surgery and disfigurement, Julie feels people don't realize how changing your look can change the way you feel. "I feel three inches taller. I'm more relaxed too. I used to worry but now I don't. I'm more self-assured and it has in fact had a massive impact on all areas of my life. Thank you Linda for making me feel good on the outside and in turn on the

inside too!" says Julie. Best of all, Julie's husband loves her new look as do her children, a son of 18 and a daughter of 16. Julie hopes her experiences will help her to pass on a positive self-image to her daughter for the future.

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