

# POINXED

SPRING/SUMMER 2015

*Update Your  
Makeup Routine*  
**FOR THE SEASON**

*SS15*  
**TREND  
REPORT**

*Spring  
Into  
Self-Love*

*MEET EMILY NOLAN*





*Shop the SS15*  
*Polished Collection*

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— CONFIDENT INDIVIDUAL STYLE —

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# Editor's Note...



## ROBIN'S PICKS



Mischo



Stuart Weitzman



Eloqui

After the crazy winter we have had on the east coast, I have never been so ready to put on color in my *life*. So allow me to say what we're all thinking. Hello Spring!

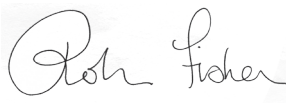
I have one mission in 2015—to LIVE and be fierce in my own skin. Finally, I can look myself in the mirror and say, "I'm beautiful just the way that I am." That's right, I said it. Trust me, as a 40-something mom to three healthy boys, my body has definitely seen better days. But honestly, I'm just too vain to let myself go. I always like to look well put together. You know, POLISHED.

We all feel it when we have hit a brick wall and it's time to pull ourselves back together. But where do we start? The first thing I recommend is to stop wishing you were packaged in a different body. You're beautiful just the way you are. I have been blessed to work with women from a size 00 to 26. So believe me when I say the most amazingly beautiful women are not a sample size. Great style, and the confidence that comes along with it, is developed by wearing clothes in flattering colors and made from fabrics that drape appropriately over your body. When you look great, you'll feel it.

If you're petite, shop in the petite section (you know those pants legs are too long for you). If you're plus size, make sure your clothes truly fit and are appropriate for your shape. The best fitting clothes will skim and flow with your bodyline, regardless of what size and shape you are. Your top style secret is a tailor—it's a small investment for a huge impact.

Also, for the body parts you don't like (we all have some), always dress them plainly to refocus people's attention on what you want them to see! Love your face? Wear nice, distinctive jewelry and eye-catching pieces. Have nice legs? Wear more skirts and dresses. It's all about highlighting what you love most.

Let's get shopping!

  
ROBIN FISHER



# Spring Into Self-Love

By ERINN ANOVA

Photo by  
MARY BETH KOETH

Cover Photo by  
LILY COMMINGS



**T**here's something about spring. The air feels clearer, the sun shines brighter, and everything beautiful comes even more alive. As the frozen earth sprouts green grass and the small buds burst into flowers, we can't help but be inspired to seek ways to reboot, transform, and spring anew in our own lives.

Model, blogger, fashionista, and businesswoman EMILY NOLAN is inspiration well defined. Named as one of the "Top 100 of the World's Most Influential Thought Leaders in Wellness" by Mind Body Green, she is radically honest about her life and everything in it, from overcoming an eating disorder to learning to love a body that has been everything from a size 0 to 16. Her blog, [www.mykindoflife.com](http://www.mykindoflife.com), is her open

book—a treasure chest of information on style, health, food, and wellness, with great humor to boot. Her message? Self-confidence and self-love, just the way you are, from head to toe.

At just 27 years old, Emily's depth, candor, and cover-girl beauty is captivating, inspiring, and the dose of funny that nudges women to live life in strength and style.

For this issue, Emily gave us a glimpse into her transformational journey and left us encouraged to revive our spirits, souls, and shoe obsessions this spring.





# WE'RE MUCH MORE ALIKE THAN WE THINK WE ARE.

EMILY NOLAN

Your awesome website, [mykindoflife.com](http://mykindoflife.com), is a great place for not only beauty tips, but a variety of information and insights for anyone looking to transform their style or outlook. As a professional model, what made you decide it was time to share the knowledge you've learned on your journey?

I decided to write about my journey when I saw the media wasn't sharing my story the way I wanted the world to write my biography. So I took the task and made it my own. I want my friends [and] my future to know what I stand for.

**As a model without the "typical" body type in your profession, you've written about your struggle with accepting yourself and your body as it is. What was it that transformed your thinking about food and dieting?**

My husband really helped me jump that hurdle. He told me he didn't care what size I was—he just cared that I was healthy. That's got to be the most loving thing you can tell someone. It's even better than saying, "I want to spend every day of the rest of my life with you."

**What advice do you offer to women who are trying to balance it all—career, family, and home—and still find time to be kind to themselves?**

Set boundaries. Don't be rigid. Find bliss. Balance and moderation are the highest forms of self-respect. Making time for yourself is not a luxury. It's a divine necessity. It's mandatory. I supremely respect when you say you can't meet me for lunch that day because you need to light a candle and go inward for an hour. You'll bring more respect into our next interaction. And that high level of respect for yourself

is something that people want to be around. It seems rigid, but it's actually very attractive.

**What woman inspires you?**

Any woman that can stand up and tell the truth.

**What are your spring fashion essentials?**

Chanel espadrilles are a must. Tata Harper's Volumizing Lip and Cheek Tint. And splurge on a great tote that goes with all of your outfits.

**Shoes or handbags?**

Imelda Marcos all the way.

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*"I take pleasure in my transformations. I look quiet and consistent, but few know how many women there are in me."*

- ANAIS NIN

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**You have such a positive attitude which makes you all the more radiant and beautiful. But we all have days when the "blahs" hit. What are some sure-fire things you do to transform your mood?**

- Keep a delicious-smelling candle lit all the time. I go through candles like paper towels. The flame brings you back into the moment. It's also a spiritual connection for me which reminds me that God is always present.
- Buy a bunch of different loose leaf teas and get to know what your favorites are. Hit the hot tea hard when you need to steep your soul for a few moments. Breathe in the aroma. Let it soak into your taste buds and give you goosebumps.
- Get on a yoga mat. [There's] something about laying down that mat and crawling into child's pose that is sacred. It's like a turtle going into its shell—I go home when I'm on the mat. I know that I hold space for myself when I'm practicing. No phone. No one to tend to. Just me and my breath. If I don't have time to hit the studio, I love to take Elena Brower's class on [www.YogaGlo.com](http://www.YogaGlo.com) (it's only \$18/month!).



# Contributors

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## MANAGING EDITOR

### **Stefanie Manns**

A professional wordsmith for over a decade, Stefanie works with creative microbusinesses to put who they are and what they do into words. As the Editorial Director for *Eco-Beautiful Weddings Magazine*, she is the eyes and sentences behind-the-pages, overseeing the content creation and copy editing for the brand. This year, she and her pen are delving into the fashion world as the new Managing Editor for *Polished Image and Style's Trend Magazine*. Talk all things words (and sometimes sweets) with her on Twitter **@wordsbystef**.



**Erinn Anova** is a writer, actress and singer based in Los Angeles, CA. A graduate of Howard University (Theatre) and Loyola Marymount (MA, Education), she currently has on deck: producing the short film, *Pretty Bun*, based on her children's book of the same name.



**Liz Wegrzyn** has 15 years of professional experience in Makeup Artistry including, Television, Fashion/ Editorial, Print, Swimsuit, Celebrity, Runway, and Weddings. Liz has been published in several Blogs, Articles, and Magazines around the United States, as well as China, India, and Japan. You can find a lot of her work in *Marie Claire*, *Elle China*, *INSIDE weddings*, *ZINK*, *Noi.se*, *Washington Life*, *Washingtonian MOM*, *Weddings Unveiled*, *ENGAGED*, *The Knot* and many more...  
**www.facesbyliz.com // Twitter @LizWegrzyn**



**Delores Holloway**, a wife and mother of three, created "a little bit of whimsy photography" with the idea of capturing visuals that document a moment in time. Delores is extremely passionate about her work and ultimately it's importance to the clients that step in front of her camera. "Capturing that moment in time that will last a lifetime is fundamental to my business. When this is achieved with honesty and truth, relationships are formed, always. Relationships are important to me, and these deep-rooted connections with my clients are the heartbeat of my business." For more about Delores visit **www.alittlebitofwhimsy.com // Twitter: @albwhimsyphoto**



# *The Spring/Summer 2015*

# TREND REPORT



## COLOR TRENDS



1. *Full Skirts*
2. *Bold Prints*
3. *Major Pops of Color*
4. *Soft Muted Tones*
5. *Cropped Pants*
6. *Deep Necklines*
7. *Fringe Sandals*
8. *Distressed Denim*
9. *Platform Shoes*
10. *Statement Jewelry*



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Soloni



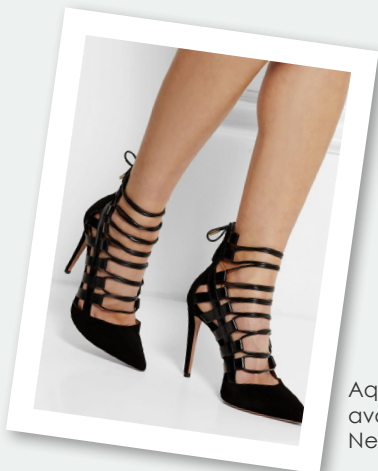
Julien  
Macdonald



Eliza J available at  
Nordstrom.com

## TRENDS THAT CONTINUE...

1. *Perfectly Tailored Suiting*
2. *Midi Length Dresses and Skirts*
3. *Bird Cage Pumps and Sandals*



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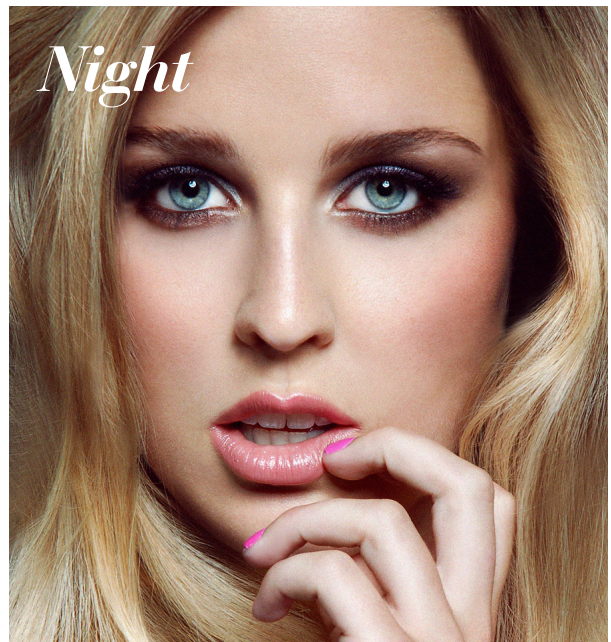
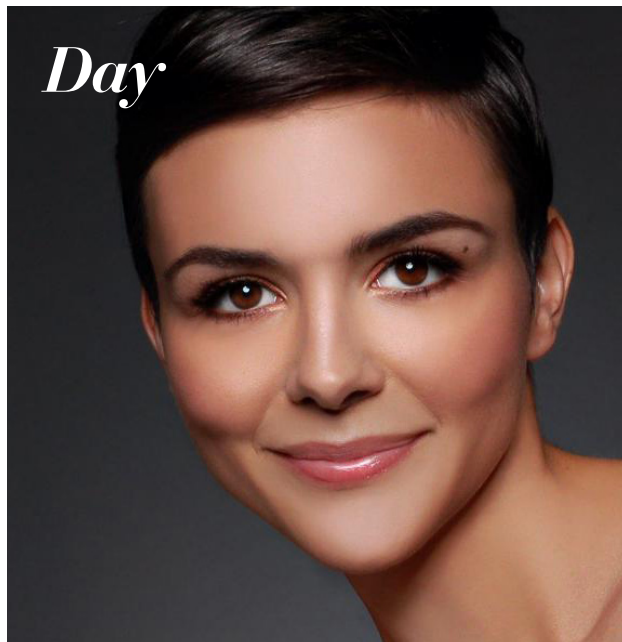
## *Your Skin A Favor!* By LIZ WEGRZYN

***W**inter takes a serious toll on our skin, so there is nothing more refreshing than the promise of spring and summer and returning to our warm-weather beauty routines.*

*If you are wondering how to update your makeup, this season's hottest trend is dewy, glowing skin. A fresh face creates the perfect canvas for a natural makeup look, so let's focus on skin with just a bit of glow and sheen!*







#### TRANSITION TIP:

I always tell my clients to have a daytime makeup look that is **buildable** for evening. With just a few more steps, you're ready for an event without starting from square one.

#### *Here are 3 steps to shimmering skin:*

1. Mix a little liquid or cream illuminator into your tinted moisturizer.
2. Blend and tap or massage makeup into the skin using a damp makeup sponge. This will retain the moisture on the skin once the makeup is applied.
3. Add a crème blush (try colors in the coral or rose family to keep the skin looking bright and healthy) with a damp makeup sponge. Apply the blush in a tapping motion onto the apples of the cheek, working your way up. Crème blush is buildable, so start with a small amount of product and work up to your desired amount.

Now you're all set to get creative for day or night. For a daytime look, try a neutral eye shadow color in a crème, champagne, or bronze. If you have to add eyeliner, try a brown shade to keep the eyes neutral and the focus on your natural beauty. A peach or soft pink toned lip gloss will tie in your dewy skin and the champagne eyes.

To add some extra drama for evening, try a rich chocolate brown or blackberry eye shadow in the outer corners of your eyes. You can also bring a small amount of the color under your eyes for a smokey look. Add a pop of color using a purple eyeliner, while bringing attention to your eyes and softening the intensity. A fresh swipe of your daytime lip gloss will complete the look, or brighten up with a coral or rose lipstick.

Get glowing, ladies!

sm

# Stefanie Manns

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