

SPRING 2011
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the newsletter

Shine

Spring 2011
Clothing Trends

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Spring 2011 Color Trends

6 colors you cant miss!!!



Color Trends 2011: 6 You Can't Miss!

Rich, vibrant, loud volume colors are in! This year with the spring season already peeking its rose-tinted shades we've got the six hottest hues of the moment right here. Not just any orange, yellow, or blue...this season, classic brights are a whole lot more interesting.

Pink:

Honeysuckle pink (a bright, almost reddish hue) was voted the color of the year by Pantone, and, as far as fashion goes, it showed up on miles of spring 2011 runways.



Orange:

The fashion Universe loves orange, and this spring 2011, it sprung up in a bushel of juicy hues like this mouth-watering persimmon shade, which we can't get enough of.



Yellow:

Yellow is often a tough shade for many women to pull off, but given the extremes it went to for spring, we're willing to go there, despite the risks. In the spirit of the '70s, modern shades of mustard emerged on the runways, too.



Blue:

Truth be told, nothing gets more classic than blue, especially this spring's offerings. Think a vibrant aqua, a dusty sky blue, and the richest navy (obsessed!) lead the trend pack. Surprise blue move of the moment: Sky.



Earth Tones:

In a sharp contrast to all the spicier hues of spring, the season also welcomed a cool breeze of soothing, wearable earth-colored tones, from sand to a Santa Fe rusty red.



White:

Going well beyond your go-to white trousers and bundle of white tank-tops, crisp, head-to-toe white, jackets, and gowns were all a major designer favorite. And we're on board...totally.



Women's Spring 2011 Clothing Trends

Lace clothing

No, it's not new. But, like all trends that span multiple seasons, it has evolved. Lace influences for Spring 2011 are more to the classic side with quality antique-style fabrics the key to the trend.



Crochet & macrame

These are two fabric finishes that had to return for 2011: the trend paid a special tribute to the 70s era.

Tassels

Sometimes a little detail is all it takes to change the feel of a garment. In Spring 2011 one of the most popular trimmings is one that signifies luxury or, at times, the exotic.



Stripes

Spring 2011 sees stripes with an unsurprising nautical dominance - but it's a dominance inspired by other key Spring 2011 fashion trends

Bell bottoms

With skinny pants and jeans now so common that they no longer make a statement it was inevitable that a different style would emerge as a trend.

Capri pants

As spring / summer 2011's fashion trends allow us to welcome flares back into our wardrobes, it also allows an opposite style, in the form of capri pants, to make an appearance.

Wide leg pants

By now the general experiment with cuts of pants and jeans that aren't skinny should be evident: women's pant trends in spring 2011 are defined by this experimentation with everyone keen to see options for women that simply aren't skinny.



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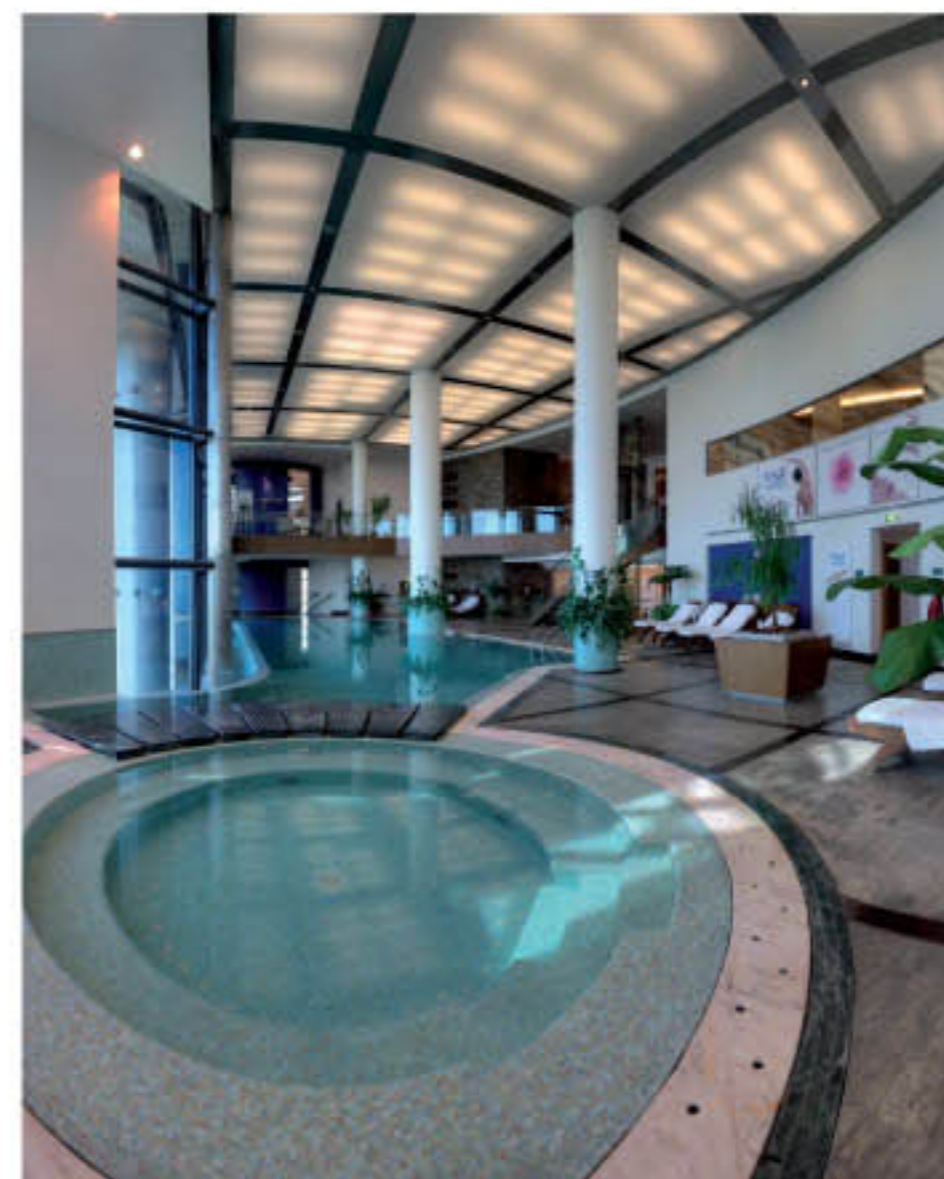
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Healthy cooking recipes

Hamburger with potato wedges

Healthy Version

Lean meat 120g
Hamburger spices
Onions 35g
Hamburger bread 60g
Baked potatoes 45g
Grilled onion slices
Grilled tomato slices
Cheese low fat 15g
Ketchup 20g
Mustard 20g

410 calories
per person

Standard Version

Meat 120g
Hamburger spices
Fat 20g
Hamburger bread 60g
French fries 150g
Grilled onion slices
Grilled tomato slices
Cheese full fat 15g
Ketchup 20g
Mayonnaise 25g
Mustard 20g

990 calories
per person

Cooking method:

Knead meat with hamburger spices & onion until the dough becomes firm & cut into circles.

Cut potatoes into cubes and boil until tender.

Grill hamburger, tomatoes and onions.

Strain potatoes, and spray with pan coat spray

Place in oven until it browns.



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