



Recommended Reading

[What Color is Your Diet?](#)

by Dr. David Heber

You've heard us tell you not to settle for a wardrobe that is mainly beige or white and now that goes for what you eat as well.

According to Dr. Heber, the varied colors in fruits and vegetables indicate "specific beneficial substances that help to prevent the common diseases that affect many of us as we get older." Damage to DNA leads to changes in our genes as we age that can result in diseases such as heart disease, cancer, and Alzheimer's disease.

Read about the "7 Colors of Health" for enjoying a higher level of health and energy.

We are thrilled to share some exciting news with you. Bella Bleu Color is expanding!

On July 1, we will open a second studio with expanded services. We will be partnering with Barbara and Enzo Lombardo of **BA Snips** in the village of Penfield.

BA Snips is a full service salon and barber shop offering not only hair styling services but other spa services for men and women including pedicures, manicures, massage therapy and esthetician services.

We will continue to carry our full line of mineral cosmetics at both locations as well as an exciting array of colorful, quality accessories including handbags, scarves and jewelry.

We are also excited about changes at our Pittsford location. Shannon Hookway will be rejoining us and along with Missy LeBeau and other local artists will be offering a variety of art classes for artists young and old! The boutique will continue to carry wonderful handmade jewelry but will also have a variety of other handmade works of art as well. If you would like more information please contact Shannon at 509-5908 or skhookway@aol.com.

**Colorfully,
Julie & Kerry**

We are please to offer a new line of handmade bags and scarves. These bags are made in Cambodia by women rescued out of trafficking and extreme abuse. These women and their children have been offered a comprehensive restorative program that includes education, medical care, counseling and vocational training. They are sold as Fair Trade with the intent of encouraging self sufficiency within carefully targeted communities in the developing world. We have selected a lovely array of colorful bags and scarves that we know our customers will love! These high quality gorgeous bags are made of silk, cotton and recycled materials.



By purchasing one of these bags not only are you getting a quality product but you are investing in the lives of the artists who created it. Stop in to see the ones we've selected for summer.



Call our studio for a Men's Color Analysis Gift Certificate for Father's Day.

Our male swatchbooks offer the deeper colors of the palettes to perfectly suit a male wardrobe as well as a special sleeve for suit, shirt and tie combinations.

We'd love to help Dad pick out his best colors for ties, golf shirts and suits.

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SHADES OF SUMMER



With any luck, the sun will be shining wherever you are this summer and that means you will need sunglasses.

The primary function of sunglasses is to protect your eyes from the ultra-violet rays of the sun. Just as your skin needs protection so do your eyes. Choosing a lens which does the job properly is very important.

If you usually wear prescription glasses then treating yourself to a pair of transition (or reaction) lenses is an excellent alternative to switching glasses all the time (one pair for inside, one for outside), although we do understand if you want to make a fashion statement, even if it means having to wear prescription sunglasses.

If you have had a color analysis you will know which color palette you should follow for your frames, here are some examples:

- Light:** Pewter, taupe, cream or rimless are perfect.
- Dark:** You'll be the one wearing the black shades the most successfully. You can also have dark brown.
- Warm:** Tortoiseshell is perfect for you as is chocolate, bronze, olive or amber.
- Cool:** Silver frames, as well as navy, purple, pewter and charcoal are just the thing.
- Soft:** Light brown, taupe, beige and soft greens or mauves will complement your blended colouring.
- Bright:** You can go for black or indeed any of the colours in your palette which will contrast with you hair colour: scarlet, royal blue, and even fashionable lemon yellow.

Don't forget that the color of the lens should also work for you. So go for the greys if your dominant characteristic is cool, or the browns if you are warm.

WHAT OUR CUSTOMER'S ARE SAYING.....

Thanks to Bella Bleu Color's expert guidance I have escaped the black, white and beige trap to the freedom my True Summer personal color analysis has given me.

Shopping, once a chore has become an adventure. Armed with my True Summer swatch of 60 shades I now cruise those endless racks of clothes pausing only when I discover a color match. Then I'm off to the scarf and accessory department - so efficient and so very cost effective.

I know it works. Previously no one ever commented "that's a lovely black (or white or beige) color". But now I frequently hear "those colors look great on you". Heady words for 76 year old ears.

Wear the right color shades will make you look fabulous but make sure when you take them off your eyes are looking gorgeous too.

Call Kerry or Julie to schedule a make-up consultation and try our new line of mineral cosmetics specifically designed for our seasonal palettes.

HAVE A STRESSFUL DAY AHEAD? WEAR BLUE!

In our last newsletter we introduced you to Jo-Ann Alibrandi, a certified color therapist. Jo-Ann has given us more insight into wearing the right colors to match your mood and to help with planning the day or evening ahead. Color is absorbed into our body through the eye just like music is absorbed through the ear. Think about how you feel when you listen to calming meditative music vs funky dance music - one type of music might appeal to you at a certain time while the other is necessary to get a party going. It's the same with color. Each color has a different effect on our emotions:

YELLOW promotes mental intelligence, security & cheerfulness. It symbolizes the sun. It works on your intellect. It is often associated with schools and is a popular color in classrooms. Yellow is a good color to wear when you need to focus - maybe taking a test or doing something that requires the highest intellectual level or

Bella Bleu Color's carefully researched line of mineral cosmetics perfectly complements the True Summer affect.

Best of all for me, a constant traveler, is the knowledge that through mixing a few basic items with scarves within my color range I can really travel light.

For my last journey of two months I only carried one suitcase and one small day pack with me in the cabin. No worries of lost baggage. And fellow travelers ask how such a variety of clothes can emerge from such small bags. I pity those burdened by their large suitcases (I had been one of them), especially when they only contain variations on black, white and beige!

Miriam Thomas,
Rochester, NY

TEEN STYLE Workshop

Do you have a teen or young adult home this summer who wants to learn more about enhancing her natural beauty? Bella Bleu Color is interested in offering a workshop in August for them!

The workshop will cover the following topics: Understanding your coloring, Dressing to flatter your figure, Developing your sense of style, and Make up application.

If interested, please email Julie@bellableucolor.com

comprehension.

BLUE promotes calming, relaxing and quiet. If you have a very stressful day ahead blue can help to calm you. If you are making a presentation and want to appear calm & collected wearing blue can help. Those that have problems sleeping should try taking a blue light bath - it also helps hyperactive children to do their homework under a blue light.

ORANGE promotes joy and happiness and can energize. If you are feeling tired, fearful or depressed, wearing orange can increase your appetite and desire to get to a project. It can make you feel more social if you are heading out to a party and aren't in the mood.

VIOLET promotes higher awareness and inspiration. It is associated with the subconscious and is found in many religions as a symbol of faith. If you are looking for guidance or doubting your faith it can bring about renewed spirituality. It might also be a good color to wear along with yellow to a job interview.

GREEN is a stable, neutral color and can soothe, relax and bring about contentment and physical healing. It is a balancing color and is the most common color in nature. Green is generally a good color to wear in most situations.

RED will stimulate whatever is going on for you at the time. It affects the heart by increasing pulse rate. If you are feeling love, it will increase the feeling; feeling anger it will increase that too. If you are already in a good place, wearing red will increase that feeling but if you're angry and you want to calm down, wear blue or blue and green.

The goal to wearing color to suit your emotions is to create BALANCE. All emotions are good but it's what you want to achieve that day that will determine what the appropriate color might be.

"Color, like features follow the changes of the emotions" Pablo Picasso

For more information on using color to balance your emotions or on color puncture, contact Jo-Ann Alibrandi at 334-3129 or 2ali@frontiernet.net.