

10 easy tricks for a tidy closet! Inbox x**Julie, VoomVaya** <julie.c@sendlane.voomvaya.com>
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May 20, 2024, 10:05 AM (2 days ago)



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UnPausable Women Newsletter

Welcome to this week's edition of "UnPausable Women" Newsletter!

The UnPausable Newsletter is part of our ongoing mission to spread awareness and support women going through the menopause transition and beyond.

Every week, receive fun, practical and relevant information delivered straight to your inbox to keep you informed, to put a smile on your face and to foster a community. ❤️

But why the name "UnPausable Women"?



Because honestly, menopause is tough. And some days, it can be really hard to push on.

But as women... As mothers, as daughters, as sisters - we push on. Not always for ourselves, but for those who love, need and depend on us.

So "UnPausable Women" is not just the name of this newsletter...

But a reminder.

A reminder that:

You are worthy.

You are beautiful, in-control and unstoppable.

YOU are UnPausable!



Midlife News

Unlocking Your Style Potential with Color Analysis

In this engaging article on Today.com, we delve into the fascinating world of color analysis and how it can elevate your personal style to new heights. Dressing to your ideal color palette isn't a new concept. But it's making a comeback and is a fun way to upgrade your look.





Discovering Your Color Palette

The journey begins with identifying your unique color palette. Like every person is distinct, so are the shades that harmonize best with your complexion, hair, and eye color. By understanding your palette, you can effortlessly choose clothing that enhances your natural beauty.

Enhancing Your Wardrobe

Once you've unveiled your color palette, it's time to revamp your wardrobe. Say goodbye to those pieces that don't align with your colors and make room for clothing that complements your skin tone and features. The result? A closet filled with outfits that make you look and feel radiant.

Boosting Confidence

Wearing your ideal colors isn't just about aesthetics but also confidence. When you feel great in what you wear, your best self shines through. Others will notice your newfound poise and be drawn to your captivating style.

Practical Tips and Expert Insights


The article doesn't stop at theory; it provides practical tips and expert insights to guide your color analysis journey. From understanding warm and cool undertones to selecting the right makeup shades, you'll have the knowledge to make informed style choices.

Unlock the secret to a more vibrant, confident, and harmonious style by embracing color analysis. Your journey to a more fashionable and self-assured you begins now!

[READ MORE →](#)

Identify Your Color

Ready to find your ideal color palette? [Colorwise.me](#) makes it a quick and easy process. Just upload a selfie, and you'll have an instant result.

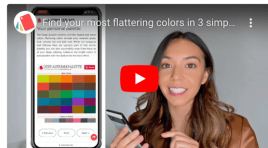

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You're a natural beauty

Highlight your inherent beauty by finding the most flattering hues according to your skin tone, hair shade and eye color. Skip fleeting fads and discover what looks best on beautiful you—forever and always. For years, fashion stylists and makeup artists have relied on Personal Color Analysis as their special tool, and now you can steal their superpower and create your own personal palette.

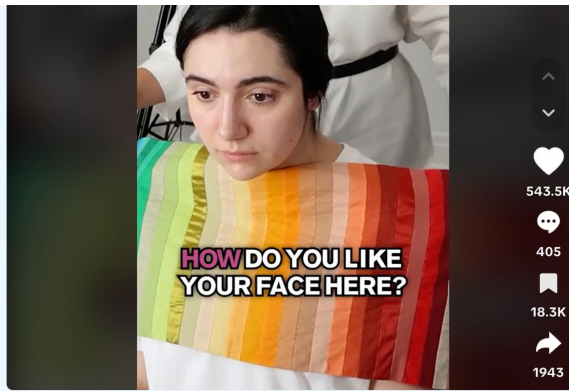
[Discover your palette](#)



[DISCOVER YOUR PALETTE →](#)

Take a look at the color palette in action. This video shows how wearing the right colors can make your features pop!





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Health & Wellness



Boosting Confidence and Self-Esteem

When women feel good about their clothing choices, they radiate self-assuredness, empowering them to tackle life's challenges with grace and poise.

Elevating Mood and Mindset

Selecting stylish outfits can elevate your mood and mindset, promoting a more optimistic outlook on life.

Enhancing Professional Success

Many women's careers continue to flourish in their 50s and beyond. Dressing well can instill a sense of competence and authority, paving the way for career advancements and new opportunities.

Fostering Creativity and Self-Expression

Fashion is a form of art, and dressing well allows women to express their creativity and individuality.

Promoting Overall Well-Being

Incorporating fashion into daily life positively impacts self-worth and well-being, a valuable investment in happiness and health.

Embrace the transformative power of dressing well and unlock a world of confidence, positivity, and well-being in your life!

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Life & Home Hacks

Now that you've identified your color palette, it might be time for a closet refresh. Liz Fenwick DIY shares her closet clean out process with tips and tricks that genuinely work.



WATCH NOW →

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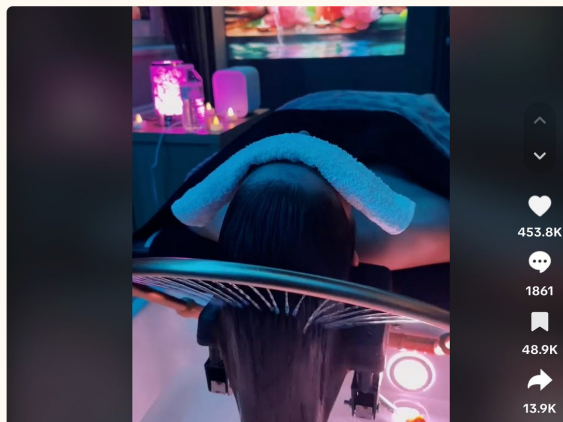
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Trends Of The Week

Visiting the salon for a fresh cut means you walk out feeling like a million bucks. But not before enjoying the coveted scalp massage. Hair spas have transformed that brief moment of bliss into a full-fledged experience.

Originating from Ayurveda, an ancient Indian health system, head spas blend scalp rejuvenation and hair repair. Japan's Head Spa treatment takes it to the next level, offering hair revitalization and profound relaxation.

You don't need to travel to Japan to savor this experience. Head spas are cropping up everywhere, promising you the ultimate beauty and relaxation journey.



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Meme Of The Week



What'd You Think?

Got 15 seconds?

Please click on one of the emojis and let us know what you think of the UnPausable Women Newsletter!



LOVE IT!



MEH



HATE IT

Better yet...

Hit the reply button and let us know your thoughts!
What did you like or not like? What topics would you like us to talk about in future?

Please be as candid as you can.

After all, we're doing this for you, so please let us know what we can do to make the UnPausable Women Newsletter even better! 😊

Share The UnPausable Women Newsletter!

Know anyone who might like or benefit from the UnPausable Women Newsletter?

Click the link below to spread the love and share it with your friends:

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Join The UnPausable Women Facebook Community!

Menopause does not, and should not be a lonely journey. So join us and hundreds of other women in the UnPausable Women Facebook Support Group, Valerie!



This is our sanctuary.

A community created by menopausal women, for menopausal women.

It's a place for us to laugh, cry and share our journey.

Here, we can talk about the "real stuff" - without any fear, stigma or shame...

Here, **we can have the conversations that truly matter...**

And here, **we can remind each other that we are not alone.** ❤️

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