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Sometimes you just get tired. Tired of your clothes, your house, your hair, even your face. This isn’t a bad thing — if you were perpetually happy with the status quo, you’d still have a Laura Ashley sofa and crispy bangs. It just means it’s time for a change.

And change does not necessarily mean going with the latest trend. Vintage style from all prior decades still provides inspiration for today’s designers in fashion, furniture and methods to stay healthy and beautiful. You can pull from the tried-and-true, and adapt the most recent findings, to create what works best.

The journey to a new you begins by doing just one thing differently. We asked 17 of Richmond’s experts in fashion, home decor, nutrition, fitness and beauty for their advice on getting a fresh start. See where a single change can take you.
Kay Unger beaded top & floral jacquard mid-calf skirt, Saks Fifth Avenue; Chinese Laundry platform sandals, DSW
When someone walks into LaDiff and says, “I just can’t take it anymore! I’ve been living with traditional my whole life,” Sarah Paxton knows how to help. The first thing to do when moving to a more modern look, she says, is update your sofa. It doesn’t have to be a bold, angular statement piece. Just choose something simpler and sleeker than big traditional sofas. LaDiff’s most popular sofa for people making the switch is a tailored, narrow-arm model called Eve (or Kendall in leather). The beauty of Eve, Paxton says, is that it works effortlessly with other styles: “You can still keep grandmother’s antique desk in the corner, and she’s not going to compete with it.”

While bold colors may appeal to anyone seeking a change, Paxton advises choosing a sofa in an enduring neutral, like gray. Consider it your little black dress, she says: the foundation of the room. “Buy the best that you can afford,” she says, and then mix and match accessories.

LaDiff’s 45,000-square-foot store in Shockoe Slip brings the best in contemporary furnishings to customers in Richmond and beyond. Browse online at ladiff.com.

You don’t have to replace all your furniture to get a new look. Kate Stottlemyer offers three ideas for an inexpensive, fun update to your home decor.

1. “Throw pillows, picture frames and wall plaques are an easy and inexpensive way to freshen your home’s look and feel!”

2. Get a new candle scent. “Not only will it change the smell, but it will also add some fun new look to a side table or countertop.

3. Accessorize the outside. “Garden flags, house flags and door decorations are a simple and inexpensive way to look fresh and new.”

Tweed is one of Richmond’s favorite destinations for home accessories and gifts. Visit the store at 4035 Lauderdale Drive or online at tweedathome.com.
Jack Victor navy check jacket & trousers, Saks Fifth Avenue; Saks Fifth Avenue circle print dress shirt, Saks Fifth Avenue; Superbad narrow stripe tie, Saks Fifth Avenue; Saks Fifth Avenue brandy penny loafers, Saks Fifth Avenue
Updating your style requires stepping out of your comfort zone, Ellie Braun says. “If a woman is genuinely striving to revise her look, she needs to avoid basic styles and colors that probably already exist in her wardrobe and steer towards unique patterns and bold colors.”

Find ways to express your individualism, Braun says: “Picking out a statement necklace or a pair of earrings can change the entire dynamic of one outfit.” Visiting a consignment store can help a woman branch out from her current style, she says, because there’s a wide variety of brands and styles, “from conservative to cutting edge.”

Indigo Avenue is an upscale consignment shop with two locations: Carytown and Ridge Road. Learn more at indigoavenueclothes.com.

Need a fresh look? First, find the perfect dress. “Everybody needs to have at least one little black dress in their wardrobe,” Debbie Ooi says. Then add pieces to pair with your dress: jackets, cardigans and blazers.

A high-end consignment shop is a brilliant place to start. Where else can you find so many designers in one store? You might find a couture top and a great pair of jeans, Ooi says: “You’re able to mix and match and create an awesome outfit.” You’ll get a sense of which designers’ clothing is cut just right for you, so you can go out and buy more pieces by your favorites.

Sometimes customers walk into It’s Chic Again! and look “a little confused,” Ooi says, because they’re overwhelmed by the sheer volume of labels. Ask her, she says — she’d love to help. “It’s an exciting thing for me to do, to help someone put together an outfit from head from toe.”

It’s Chic Again! is an upscale consignment shop in Midlothian that sells artisan jewelry and designer fashion for 50-60 percent off retail. Visit itschicagain.com.
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try to design classic, easy pieces that can keep up with women on the go at any stage of life,” Carter Johnston says. “We might be running in a million directions but we can still look put together while we’re at it!” To update your wardrobe in any season, she suggests buying three easy pieces:

1. The relaxed button-down can be worn to work or a lunch meeting, she says, and then when you’re ready to head to dinner you can roll up the sleeves, unbutton a button and throw on a statement necklace.

2. “The flowy V-neck tunic is an easy piece for running around doing your errands during the day, but with drop earrings and red lipstick it becomes an effortlessly chic date night top.”

3. A drapey lightweight knit is a key item in any woman’s wardrobe, Johnston says. Layer it over the button-down for an easy transition between seasons, or wear it on its own for a fresh yet comfortable weekend look.

CCH is a contemporary clothing line for women that’s designed in Richmond and manufactured in New York City. Visit the CCH Collection flagship store at 5718 Grove Avenue or see it online at cchcollection.com.

A change in a man’s life, whether a promotion or new fitness regimen, requires a change in his wardrobe. Michael Zell has some succinct advice: Trust your tailor.

The owner of Nathan’s Custom Tailors, Zell has more than 40 years’ experience turning out Richmond’s best-dressed executives. He will assess a customer’s physique, make recommendations about lapel and jacket styles, choose a high-quality fabric and create a custom suit. To freshen a man’s everyday work uniform, he can recommend updated ties and jacket-pants combinations.

The trend right now is trim-fitting, skinny suits, he says, but “not everybody is a candidate for that.” Instead of pursuing the latest fashion, Zell says, remember that good taste never goes out of style. Think about Hollywood icons of the 1930s and ‘40s, he says: “If you just snatched them out of history and plopped them down on the planet right now, they would look as good now as they did then.”

Nathan’s Custom Tailors, in business since 1936, is located in Three James Center downtown, near 10th and Cary. Visit nathanscustom.com.
Nanette Lepore Discovery blazer & Seascape sheath, Saks Fifth Avenue; Alice + Olivia black pumps, Alice McQueen; 1920’s Czech glass necklace, Halcyon; 1950’s shoulder bag, Halcyon
Dr. Joe Niamtu III  
*Board-certified cosmetic facial surgeon*

A single treatment that can benefit patients of any age is injectable fillers, Dr. Joe Niamtu says. “Fillers won’t tighten your neck or remove skin from your eyelids, but they are very versatile in they can do something for everyone.” It’s a simple lunchtime procedure with no downtime for most people; a few may bruise or swell, so first-time patients should schedule the procedure for a Friday.

One of Dr. Niamtu’s popular new treatments is called “5-minute cheeks.” With new fillers such as Voluma, he says, “we can literally restore the youthful roundness in minutes and the new fillers last almost two years.”

Injectable fillers can also be used to plump up wrinkles, smile lines, lips, lipstick lines, the under-eye area, the jawline, old scars and earlobes. They can even lift eyebrows, Dr. Niamtu says: “Although not the same as a surgical brow lift, placing filler under the brows can increase their projection and position for a non-surgical tune up.”

Joe Niamtu III, DMD is one of the few surgeons in Virginia to have a practice limited to only cosmetic facial surgery, which is not only his profession but his passion. For more information visit [lovethatface.com](http://lovethatface.com).
The only thing you need to pick up is a paint brush for a good time at Spirited Art. Instructors guide you from a blank canvas to your finished masterpiece, as you and your friends enjoy food and drink from the Wine Loft. Nightly classes are offered seven days a week. To register, call 360-5909 or visit myspiritedart.com.
Alice + Olivia Stacey S Must Have sweater, Saks Fifth Avenue; Alice + Olivia Cady shorts, Saks Fifth Avenue; Sunglasses, Halcyon; Tory Burch bag, Alice McQueen; Diba gladiator sandals, DSW
Cooking and baking classes are a great way to socialize and relax. Get a group of friends together, maybe your book club or even a group from the office, and enjoy a hands-on cooking experience unlike any other.


If hands-on isn’t your thing, we also offer demonstration style classes and interactive lectures, including a growing selection of wine and beverage classes.

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When a patient visits Dr. Michael Godin complaining of an overall old, tired look but isn’t sure what to do about it, he begins by taking photographs of his or her face. Dr. Godin then reviews the pictures with his patient on a large monitor and together, they determine the best course of treatment.

The key thing to remember is that surgical intervention doesn’t have to be drastic. Fillers are getting better and better and lasting longer, he says. Another effective option is the Micro-Mini Lift Dr. Godin invented specifically for people in their 40s and 50s who want to tighten loose skin along the jawline. This targeted lift has a smaller incision and shorter recovery time than a traditional facelift. It also works well for older patients who had a lift when they were younger, Dr. Godin notes.

Dr. Michael Godin maintains a thriving private practice on Libbie Avenue and is also the Director of Facial Plastic and Reconstructive Surgery at the Virginia Commonwealth University Medical Center Department of Otolaryngology/Head and Neck Surgery. Learn more at drgodin.com.
On Christina: Alice + Olivia Blythe red top & Flora skirt, Saks Fifth Avenue; Prada sandal, Saks Fifth Avenue; Donna Karan clutch, Alice McQueen
Remember when getting your hair cut was exciting? Remember when you walked out of the salon feeling like an entirely new person? If it’s been years since you had that feeling, maybe it’s time to seek out a new stylist.

The secret, says MaryJo Myers-Battiston, is to find a stylist who is receiving academy-level training annually. Ask your stylist if they have attended recent classes by companies like Vidal Sassoon, Arrojo and Toni & Guy, and when they are going next.

“We believe ongoing education is vital to staying up with the current trends and growing the stylists’ skills,” Myers-Battiston says. “It keeps our heads in the game too.” She practices what she preaches — not only do Imago’s staff attend at least one class each year plus in-house sessions, but Myers-Battiston has been studying the art of hair for more than 20 years.

Imago A Salon for Hair specializes in chic cuts for curly hair, as well as every other hair type. Learn more at imagohair.com.
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Time to put down the doughnut. If you’re feeling dissatisfied with your eating habits, the best way to change is to start eating clean, Christie Randall says.

That means avoiding all processed and refined foods, including white flour, sugar, bread and pasta. Run away from trans fats, preservatives, color additives and toxic binders such as high fructose corn syrup, Randall says.

Instead, stick to the basics, she says: whole fruits and vegetables, whole grains, grass-fed/free range meats (chicken, turkey, fish and seafood, red meat once per week), legumes, nuts and seeds and some dairy, such as cottage cheese, natural cheeses, grass-fed butter and Greek yogurt.

A convenient way to get your fill of fruit and vegetables is drinking cold-pressed juice. Randall, a massage therapist, makes her own organic juice blends and sells them via online ordering, with pickup locations around Richmond. Find more information at pressedrva.com.

Sick of eating Lean Cuisines or greasy pizza every day at your desk? Abbie Toner feels you. If you’re ready to upgrade your diet, start small, she says: Plan ahead and cook one healthy meal a week. “I think it can be overwhelming to say, ‘I’m going to cook all my meals, I’m going to change everything at once,’” she says. Instead, focus on enjoying the process. Don’t treat cooking like a chore, she says; it’s something special you’re doing for yourself.

And pick a meal you actually like. Toner has seen people on a health kick “try to go too far too fast, and cook things they don’t like because they perceive them to be healthy.” She suggests choosing a meal you grew up with and revising the recipe to make it lighter. One of her favorites is a taco salad with ground turkey, black beans, cheese and a side of greens. “It’s still very indulgent,” she says, but also good for you.

Toner founded Eat Smart in 2014, offering weekly subscriptions for healthy, calorie-controlled, freshly prepared meals. Customers choose from two sizes — regular and large — select dishes from Toner’s rotating menu and pick up their meals at designated spots. Learn more at eatsmartnow.com.
On Christina: Express top, Ashby; Athleta pants, Ashby; Marc Jacobs bag, Alice McQueen; Vince Allison mules, Saks Fifth Avenue. On Patrick: Nice Collective sweater & jacket, Ashby; Watch, Ashby; Hudson Byron straight jeans, Saks Fifth Avenue; Saks Fifth Avenue chukka suede boots, Saks Fifth Avenue.
Seo Kelleher understands how hard it is to make time for exercise when you have work and family obligations. That’s why she tells people to do one simple thing: Just check in. That means focus on getting yourself to the gym — “even if you sit on the couch for 10 minutes,” she says.

That simple commitment begins a cascade of improvements. Once you arrive, you’ll think, “Might as well get on the machine for 10 minutes.” The next week, that becomes 15 minutes. The next step, Seo says, is to choose a small improvement goal for each week, along with a consequence for failing to do it. She gives an example: “If I don’t eat salad three times this week, I won’t go online shopping next week.”

Seo’s company, CO2Fit, offers personal training and group workouts for all levels. One of her signature programs is the Pound Rockout Workout, a group class built around simulated drumming with lightly weighted exercise drumsticks. Learn more at co2fit.com.

Lots of people try Bikram, or hot yoga — especially in winter, when exercising in a 105-degree room sounds delightful. Not everyone sticks with it. But if you want to see real change, Jimmy Yax says, keep coming back. “Consistency is the real key. That’s the magic of it all.”

When people attend their first class, he says, “it can be exhilarating, it can be overwhelming, it can be frustrating, it can be eye-opening.” But it takes a long-term commitment to see big changes.

After several classes, Yax says, people begin to notice they’re sleeping better and their minds are calmer. And after six months, he says, “we can talk about so many different things people feel”: less stress, better focus and concentration, improved strength and flexibility, increased mindfulness and weight loss. The key, he says, is taking yoga out of the hot room and into your life.

Hot House Yoga offers two styles of hot yoga, Hot Stability and Hot Flow, at two studios in Midlothian and the West End. For information and class schedules, visit hothouseyogi.com.
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On Christina: Alice + Olivia Blythe red top & Flora skirt, Saks Fifth Avenue; Prada sandal, Saks Fifth Avenue; Donna Karan clutch, Alice McQueen. On Patrick: Hugo Boss Gerald shirt & Raye sport coat, Saks Fifth Avenue; Hudson Byron straight jeans, Saks Fifth Avenue; Saks Fifth Avenue chukka suede boots, Saks Fifth Avenue.
Eager to jump-start your fitness program? Don’t, says Chris Henry, fitness director for acac’s Midlothian location. When people try to launch an intensive workout program without preparation, that’s when they get frustrated.

Start small, Wendy Green advises, because “small steps will add up to big steps.” For people who are new to exercising, Green recommends starting with acac’s 60-day, $60 physician-referred exercise program (which includes acac membership). Don’t be intimidated by the word “physician,” she says. While a referral from your doctor is required, the program itself is low-key.

To begin, new clients meet with acac staff, who take their measurements and discuss health goals. Staff then develop a 30-minute exercise routine that may include strength training, cardio and swimming in the warm-water pool. Do the routine in small groups twice a week for 60 days and it becomes a habit. “It’s almost harder not to do it,” Green says.

With locations in Midlothian and Short Pump, acac is dedicated to the integration of medicine and fitness to improve community health by focusing on prevention, treatment and rehabilitation of lifestyle-related disease. Learn more at acac.com.

If you’re anxious about trying a new fitness regimen, just repeat this mantra, Sarah Love says: “If it doesn’t challenge you, it doesn’t change you.” And, she says, remember that change doesn’t happen overnight.

Pure Barre is an intense, fast-paced workout focused on strength and stretching. But don’t be intimidated, Love says, because barre is great for beginners at any fitness level, any age or any weight. “Nobody leaves here feeling defeated.”

Clients see results in as few as 10 classes, she says. After six months, they report feeling more balanced and mentally fit. “They feel stronger, and it’s a stronger from within.” Want to try it? Visit purebarre.com/va-nearwestend for a class schedule.
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