

My style

Carin Andresen, beauty therapist & yoga enthusiast

# Style stays in shape

**G**erman beauty therapist Carin Andresen started her career at floor level, with feet. "I arrived in New Zealand 20 years ago and discovered that pedicures weren't very well known and not very popular," she says.

Having worked as a model and a beauty therapist in Italy and Hong Kong, she arrived here with a dream to have her own beauty business and spotted the gap in the market straight away.

"Nobody seemed to look after their feet. There were loads of beauty products for everything except feet. My father is a scientist and when I read about pine-bark extract and how good it was for your skin, I asked him to see if he could use it to create a product for me."

He developed a cream specifically for dry, cracked heels.

That was the start of Andresen's Cosmetic Treatments range, which has grown to include skin care, foot care and anti-aging products that she sells here and to few overseas clients.

While first a beauty therapist and model, she found the foray into running her own business interesting and she realised she

had entrepreneurial skills she would like to develop.

"I was thinking about how I could grow my business while still keeping to my philosophy of embracing sustainable, organic and natural products."

It was while visiting her sister in Mallorca, Spain, that she found the answer.

"My sister is a certified yoga instructor and I saw her wearing a range of clothing that looked stunning. It was wash and wear, held its shape and could also pass for lounge wear. She loved it so much that she started importing it from Turkey for her clients."

"Because yoga is part of my life as well, I wanted to share what I had discovered with my fellow yogini. I knew that bringing these clothes to Christchurch would be my next business venture."

So how does a former model rate her style when it comes to combining activity with fashion? **Is there one word to describe your style?**

I'm all about being comfortable without compromising on style.

**The best style advice I ever heard was...**

Never wear more than three colours at once, try to choose the right colours for your skin tone and, most importantly, make sure the outfit is the right cut for your body shape.

**What will you never wear?**

I don't wear baggy track pants. They may be comfortable but they look cheap and nasty.

**Is that what makes the lounge pants in your Organic**

**Stay in shape:** Twist and lounge in a twist top and pants in bamboo fibre fabric.



**Clothing line so appealing?**

Absolutely, the fabric is not only wonderfully comfortable next to your skin but the cut and style of the pieces make them glamorous enough to dress up and wear out.

**What's different about this work-out range compared to others available in Christchurch?**

The pieces are mostly made from bamboo fabric which is still not that readily available here, especially in work out apparel. The appeal is definitely that bamboo is a sustainable product. This range is made in Turkey and certified GOTS (Global Organic Textile Standard). Bamboo fabric is well suited for exercising in because its soft weave helps regulate body temperature, draws moisture away from the body and has antibacterial properties.

**What's the appeal of practising yoga?**

Yoga is fantastic, it increases your flexibility and helps you to stay and feel strong. It also helps with mental stress, bringing peace because it can keep you focused on your inner wellbeing.

**What's your biggest challenge to finding the right outfit?**

I am quite tall (185cm) so garment length is always a challenge.

**Do you have a favourite treasure?**

I treasure spending time biking and relaxing with my daughter and dog.

**Do you have favourite fashion pieces?**

My favourite clothing item are the bamboo fold-over pants I sell in my Organic Clothing range. I wear them all the time and they



All breathing: Carin Andresen began her business from the toes up.

are what inspired me to introduce the line to Christchurch.

**What is the first thing you notice about people?**

A smile is always the first thing I notice on other people. It's flattering on everyone and doesn't

cost a cent. I am also a people watcher and the eyes do tell a lot.

KIM TRIEGAARDT

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