

# Body, Mind & Spirit EVERYTHING LOOKS PROMising!

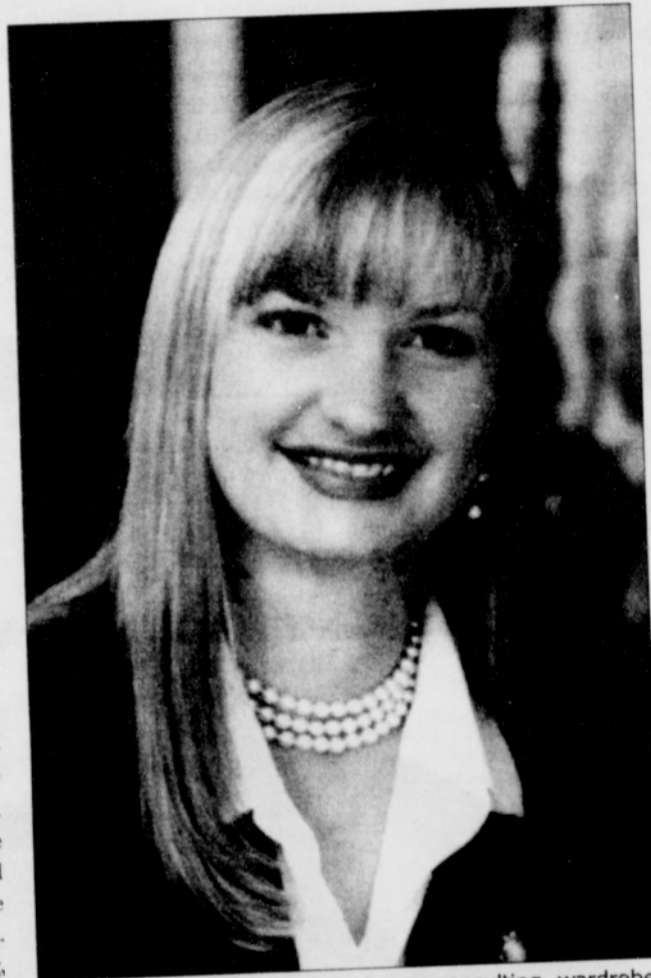
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Spring is the season of transformation and the world around us seems to wake up and shows us its beautiful colors. And no other high school event is more colorful and exciting as the traditional Spring rite of passage known as the Prom. Simply mention the word 'prom' and it conjures up images of beautiful young men and women transformed into the very essence of elegance and celebration. The Prom, and every decision, conversation, and preparation leading up to the special day, is about transforming from the everyday to the extraordinary.

Nothing plays a bigger part in transformation than clothing, hair, and make-up. For the ladies, what to wear is probably the most important decision to be made (next to who you're going with...). And on the list of Important Dresses, the Prom dress probably ranks second to the Wedding Dress. This year, the ballgown is back, like the Cinderella dress with full skirts, boned bodices, small straps, pastel colors. The look is soft, very feminine, and elegant. If such a full skirt style isn't appealing, then many girls turn to the feminine, and elegant. If such a full skirt style isn't appealing, then many girls turn to the sophisticated style of the slim fitting gowns with various types of straps and back styles.

However, when choosing a gown, it's important to think about what's most flattering on your figure, and the most appropriate for who you are. If you're uncomfortable in your dress, either because it doesn't fit or it 'feels funny', then you won't be comfortable throughout the evening. So make sure that the dress you have looks and feels right for you, not because it is the 'in' color or 'hottest' style. Other places to check out unique Prom dresses are bridal shops (bridesmaid dresses) and vintage clothing boutiques. And what about that common occurrence, two people wearing the same exact 'one of a kind' dress to the same dance? If you've purchased a gown at the same well stocked retailer as every other young woman in town, then put your stamp of individuality on it through your hair, make-up, accessories, and attitude.

If you have a beautiful backless gown, you won't want to hide it by



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wearing your long hair down. There are wonderful crystal barrettes and hair clips that add interest and hold the hair in place, and the traditional chignon twisted up is always a classic look. Plan to carry a small evening handbag large enough to carry your lipstick, powder, camera, and money. If you have access to a cell phone, you might want to consider having it with you as well.

And a word about your shoes. Wear them before the prom. Make sure the bottoms are scuffed up so you don't slip. Stretch them out enough that your feet aren't killing you before you're finished with dinner. Few things can ruin a great look like a frowning face from the pain of pinched toes.

Gentlemen, I've not forgotten you! No doubt you will look stunning in a tux, most men do. If self-expression is high on your list, have fun with a vest, cummerbund, and tie. And if you are choosing to wear a suit instead, make sure the suit and shirt are pressed, and your tie doesn't clash with your date's

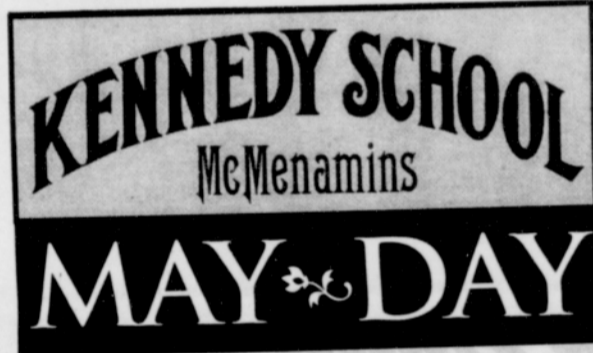
dress. And a word on socks. Wear nice dress socks that match your shoes and suit. White socks are not appropriate...Remember, elegance is in the details. And a word about corsages. If your date is wearing a strapless gown, a wrist corsage might be more appropriate. Or maybe you could ask her which kind she'd prefer. Let her know you've spent some time thinking about what she'd like. And don't forget the simple gestures that sweep a woman off her feet, like opening the door for her. Yum! There's nothing sexier than a man with manners!

In our culture, the Prom means many

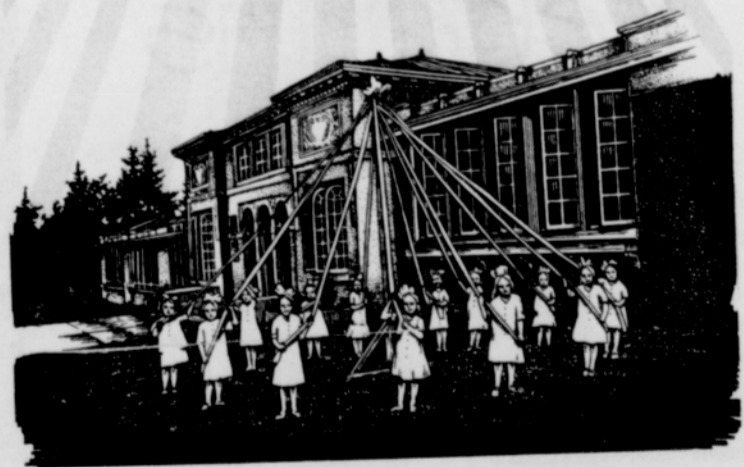
things. It's the opportunity to get dressed up and be glamorous. To forget the mundane and think about the future. When asked, one Park Rose H.S. senior said, "the prom gives girls the chance to be as beautiful as they can. They can dress up in gorgeous gowns, have their hair and make-up done, and be totally pampered. It's a chance to feel like Cinderella." And the romance around the Prom is embed-

ded into our culture, from the promise of dream dates to finding a soul mate, from moving a relationship forward to starting a new one. When the Prom is mentioned, people will always have a story. So, for everyone who has yet to attend their prom, have an incredibly fabulous time!

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