

The Good Garb

**Rethinking Fashion
Consumption, Style and
Making**

Edition 1/ 2019
Bay of Plenty, NZ



GARB :noun; clothing, especially of a distinctive or special kind

Welcome to the first edition!

We aim to inspire you to rethink fashion consumption, style and making.

We showcase up-cycled, slow design and innovative making techniques to enable the beginner to the experienced maker to create unique designer fashion and accessories.

We celebrate individual style and love the quirky, off beat and extravagant.

We aim to elevate the status and perceptions of up-cycled and preloved clothing as a viable alternative to mainstream fashion.

We aim to build a network and community of ethical fashion consumers and designer /makers.

We want to connect with likeminded people and we hope you will join us and see where the journey takes us!

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Garments by Deb
Laraman, Image- Steve
Brown, Black Diamond
Photography

Styling Tips

DIY Re-Make:

The flounce Singlet, as featured in Junkies Magazine



The revolving wardrobe

creating a more sustainable wardrobe.

Upcycled Denim - Wabi Sabi



DIY - Make Apron dress

RE-MAKE

The bolero -made from shirt sleeves



My sustainable style - Joanne Donovan



About us....



The first edition was only possible because of the efforts of several people, including Photographers Steve Brown & Jade Kendra, Model -Mel Fisher, Jackie Brown for support at photo shoots, and several other fantastic models who made the garments come to life.....

Thank you!

If you would like to contribute an article, share an event or advertise with us, please email thegoodgarb@gmail.com



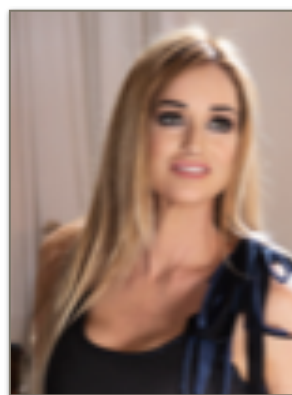
Founder and Creative director : Deb Laraman (MA & D) Designer, Maker, artist, educator and stylist. Deb has had a long career in the fashion industry designing for retail, corporates and theatre, and has lead fashion, art and creative design programmes in the tertiary sector for many years. She is published author, award winning designer, and cofounder of FAB forty and beyond NZ. Deb has been promoting eco fashion for more than decade and advocates a mindful approach to consumption and making. Her practice is design led, craft inspired with a strong handmade, raw aesthetic.



Photographer

Steve Brown- Black Diamond Photography Steve is an award winning Photographer and Artist, with a passion for creating unusual and emotive imagery.

Steve is flamboyant and highly creative and his ability to work across genres and styles ensures his clients are always thrilled with the results. Steve travels extensively and works both internationally and in New Zealand. He shares his passion for photography through part time teaching and works full-time in his professional photography business- Black Diamond Photography, located in the Bay of Plenty New Zealand.



Model -

Mel Fisher- is our wonderful Model, and is a 44 year young woman based in the Bay of Plenty, New Zealand. Having lived in both Australia and New Zealand she has a love of both countries. Mel is a Beauty Therapist, makeup artist, educator and is a fantastic model with an outgoing and passionate personality. Mel loves the outdoors and is often at the top of Mt Maunganui, her hometown to see the sunrise before starting work for the day. Mel is an inspirational FAB women who is balances a demanding career, a family and her health and fitness goals, proving that we can make time to fit it all in, if we just get up early enough! In this issue, Mel also contributed an article on superfoods for beautiful skin.



Sustainable Style and Making

Globalisation and cheap off shore production impacted more than just the fashion industry. The race to the bottom and the drive for cheaper and cheaper fashion has educated the consumer to see clothing as a throwaway item and lead to massive degradation of the environment while impacting the lives of millions of people across the globe.

Western consumers have become unaware of the true value of clothing as fast fashion made it cheaper to buy ready made than make your own clothing. This resulted in a loss of skills and loss of choice as fashion became dominated by a few multi-nationals churning out the same styles in cheaply made fabrics.

This lack of individuality and style, saw the rise of the vintage shopper as op shopping became a viable option to acquire garments that had some degree of exclusivity, as the garments were no longer available in store. However fast forward a few years and your chance of finding a vintage or retro piece is scarce, as the op shops are now also full of fast fashion, hence consumer choice is once again eroded and Charity stores are now competing with the cheap chain stores as the products are largely the same.

With growing awareness of environmental issues there has been a rise in conscious consumption, and many people are starting to question how much stuff they really need and looking for sustainable options when they do buy.

For those interested in fashion and style, adopting a minimalist approach can be a challenge and while buying local, buying better, buying organic or buying zero waste products are good options, reusing existing resources or buying secondhand is still the more environmentally and wallet friendly option.

Making your own garments from existing resources is perhaps the best option, as you can add your own unique style and be assured no one else will be wearing the same.

Making your own clothing is satisfying and by using existing garments and simple methods, you will quickly develop the skills and confidence to experiment and create your own designs. If you do not have the confidence to attempt a garment on your own, perhaps start by making accessories or attend a sewing classes. Perhaps try making your own tote for future Op- Shopping expeditions!

RE-MADE- DIY Flounce singlet



As featured in Junkies magazine

RESOURCES REQUIRED:

One large t-shirt, hand sewing needle or sewing machine, thread (optional contrast embroidery thread), scissors, pen or tailors chalk, pins, Singlet top to trace around

MAKE TIME: 1 hour – hand sewing

LEVEL: Beginner



STEP ONE – Preparing your t-shirt

Lay your t-shirt on a table with the hem facing away from you. Place a singlet top on the t-shirt with the shoulder straps on the hemline of the t-shirt (match centre fronts). Using a pen, or tailors chalk, begin drawing a line 1cm larger than the singlet; starting at the centre of the neckline, continue around the underarm and down the side seam (for approximately 8cm) curving the line to meet the existing side seam of the T-shirt (2cm before the underarm of the t-shirt). Refer image.



STEP TWO: - Cutting
Fold your t-shirt in half matching side seams.



Cut out the neckline the armholes and down the side seam, until 2cm before the underarm.



Keep the off cuts as they can be used to decorate the design.



Cut along the shoulder line (through the sleeve, the shoulder and neckline)



STEP THREE- Pin and Fit

Turn the t-shirt inside out so right sides are facing each other. Pin the shoulder seams and the side seams.



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Turn the t-shirt inside out so right sides are facing each other. Pin the shoulder seams and the side seams.



Try the garment on (it will be inside out). Make sure you are happy with the neckline and armhole depth and adjust accordingly. You may prefer this garment to be loose, if so skip the next step; adding darts and tucks and proceed with sewing

Adding darts and tucks

if you want to this garment fitted to your body, you will need to add tucks or darts. Place as many darts as you require on the front and the back, pinning as you go. These can be random sizes and lengths, which can become a feature of the design, by top- stitching in a contrasting thread



STEP FOUR = sewing Sew the shoulder seams together using a 1 cm seam allowance. When sewing the side seam, blend the seam into the existing seam of the t-shirt at the underarm. If you are hand-sewing, thread your needle and make a knot at the end. The knot can be placed on the outside of the fabric to make a feature of it, or if you prefer place the knot on the inside so it is hidden.



I recommend using a back stitch for the side and shoulder seam, as these seams need to be strong.

To sew the neck line and underarm, fold a 1cm hem and use a running stitch in a contrast thread. If you are machine sewing, you may wish to use topstitching thread in a contrast colour.



To sew the darts: if you are using a sewing machine, sew the darts on inside of the fabric. To make the darts a feature, use a decorative contrasting thread and hand stitch on the outside of the garment.

The image (left) shows darts which have been machine stitched, without a contrast thread



The garment above features cross stitching on the darts, flounces and fabric strips on the straps, contrast top stitching around the neckline and armholes (of the original T-shirt), which has become a feature at the hip line.

Adding a shoulder flounce

You may choose to add decorative stitches on the garment to create interest or add some appliqué, or perhaps just leave it plain. Get creative and make this design your own.



Trace around a circular object



Fold your circles in half and then half again



Cut some strips from remaining off-cuts



Pin the circles in position



Add some more flounces and some fabric strips and sew in place



Photography -Steve Brown, Black Diamond , Model
Mel Fisher Location: OopLah- Tauranga, NZ

Make it your own

Keep it simple or add a print or embellishment, perhaps add a decorative collar or reuse one salvaged from an existing garment,





My Sustainable Style

Joanne Donovan

Artist, interior designer,



Joanne Donovan is a multi talented woman who manages her fulltime career in Education, her Air B n B;s, her fulltime PhD study, two dogs and DIY passion that sees her remodelling interiors by turning her hand to all manner of trades, to transform them into unique creative spaces. Joanne has transformed her personal style in the last five years, moving from a mainstream off the rack style , sporting long dark curly hair and minimal makeup to a unique confident style that mixes vintage textiles and prints one day with a minimalist designer style the next. Jo not only takes the DIY concept on board for interior design, but also tackled the hair style transformation herself, by slowly cutting her long hair over a period of months until it became a short Annie Lenox'ish style, which she dyed using a boxed colour from the supermarket. Joanne proves you don't have to spend a fortune to look unique and stylishly sustainable



DIY Apron Dress

Apron dress. Size: OSFM

Product info: super cool + utilitarian, minimalist, with a cool urban vibe. Fabric: Your choice: linen or cotton

Suits – Designers, makers and funky no frills women. Can be casual daywear or work wear, and suitable for any cool café's or bars.

Styling: can be worn with a singlet, t-shirt or sweater for a trans- seasonal item, team with boots, runners or heels.

Make Level: super easy, straight sewing only required. Simple pattern

Suggested Materials: can be made in any woven, suggest a cotton drill, linen or poplin.

Sizing: while one size can fit most this item can be made to fit anyone. It all depends on the width of the fabric, how much wrap you want and your size.

RESOURCE: You will need

Woven fabric 1.5 metres wide and 1.5metres long Sewing thread
Tape measure or ruler. Chalk or some way to mark the fabric.

**Note: if you want to use a variety of fabrics or are using second hand materials and you do not have a large enough piece then sew the fabrics together to form a square or rectangle of material. The above dimensions are a guide only and the length is dependent on how long you want the garment to be and the width can vary according to your size and how much wrap over you want.*

Creating your pattern-

For this process you can draw directly onto your fabric or onto newsprint if you want to save a copy.

Lay your fabric out in one long piece with the selvages to the sides. Using your ruler or tape measure – draw the pattern onto your fabric using chalk or something similar. We recommend you work from the top left corner. You can follow the image to the side or if you prefer use the written instructions below. This pattern is supplied as a guide however it really is a rectangle with across the fullwidth of the fabric with a bib section that is place slightly off centre, so that the long side of the garment can wrap around your body.

You do not need to use a pattern at all if you are confident enough to tackle this easy to make garment in a freestyle process, all you really need to do is measure the width you need on the bib and spat the fabric around your body to decide the positioning of the bib area. its your design so make it what you want.

If you want to buy this as already made item you can buy from the website or you can buy a kit....just get making !!

Measure in 36cm from top left corner, mark this position, then Measure 15.5cm and mark this position as CF, then measure another 15.5cm (this is the width of the apron top-31cm) -mark this position.

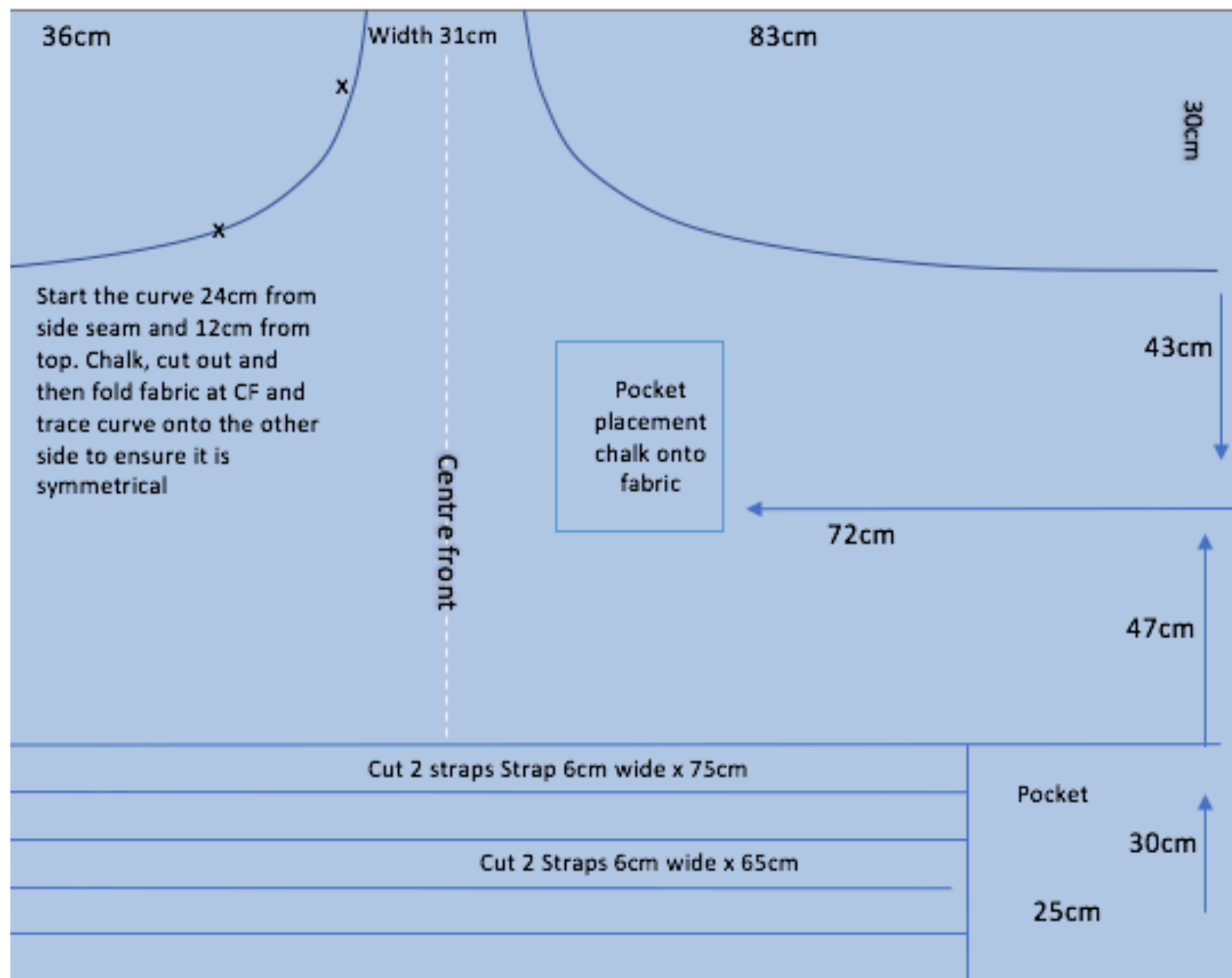
Measure down 30cm from top right corner- mark this position and rule a line across the width of the fabric, then measure 43cm down (mark this position). then measure 72cm in towards the centre – mark this position. At the right lower corner- measure up 30cm, mark this position and rule across the width of the fabric. This is the hemline of the garment measure in 25cm from the right side of the fabric and mark this position (this rectangle is the POCKET).

Rule in the straps as show below, each one is 6cm wide and you can make them any length you wish, the measurements provided are suggestions only and when assembling and fitting the garment you may choose to adjust the length.

Complete the curve for the apron top – either free hand or use the below as a guide. Add marks for pocket placement.

Cut out the fabric pieces or if you are making a paper pattern, cut out the pattern pieces before transferring to your fabric.







Garments by Deb Laraman,
Image- Steve Brown, Black
Diamond Photography

To construct the wrap over Apron dress

Note: you may wish to overlock or zigzag all the edges of the pieces before you start sewing.

Place the pocket: fold the top of the pocket over 2cm and hem. Fold the sides and bottom of the pocket in 1cm and pin in place on the apron, sew in position.

Fold over the top neckline 2cm and sew in place.

Straps: fold the edges in 1cm on both sides, so the edges are enclosed and the width of the strap is 2cm. Sew along the length of each strap

BIB : fold 1cm hem along the sides of the apron and pin in place. Pin the straps in place on the corners of the neckline and then try the garment on. Check the side seams for fit as you may need to add darts to make the garment fit snugly around your waist. If so you can place the darts where needed and sew in place. The darts can be placed where and when needed so don't worry too much about the placement. Pin the straps in place at the required length and sew in position or wear it as a halter neck.

Sew the lower sides of the Apron,

Hem: fold a 2cm hemline and sew in place.

WABI SABI inspired -

Up-cycled jeans in deconstructed style

Wabi Sabi - The beauty of imperfection and transience.

Get out your sewing kit and start adapting your old jeans into a new item. The below jacket is made entirely from jeans and is quick to make and then can be gradually added too over the next few years to make this a really special piece you will want to keep. These items were made by Deb Laraman, however similar items are selling overseas for \$1000- \$4000 each...so what are you waiting for ? Get sewing, it is an easy and creative way for you to have a unique wardrobe and its cost effect too.



Made with mens shirts patch worked together the sleeves have been made with the legs of jeans



Denim off-cuts and pieces of men's shirts randomly stitched.



Large tote made with recycled denim jeans , with contrast hand



All items upcycled by Deb Laraman

DIY longline jacket from two pairs of jeans



To Make a long line jacket you will need two pair of jeans

Cut the jeans as show (refer dotted lines in above images). Turn the full length jean upside down and split the lower leg side seam as this will become the armhole. Sew across the hem on both legs so that the back pockets are on the lower back of the garment. See image above at right. Depending on your size and the size of the jeans you are using, you may need to add a centre back panel.

Cut the second pair of jeans as indicated above. These pieces will be the sleeves, attach to your garment and then start adding decoration to the jacket. The image at right shows how you can finish the front of the jacket off by attaching another piece of denim to cover raw edges and add some stability to the garment. Experiment and enjoy the process!

DIY Tote

This is made from one piece of fabric which is the strongest construction. The below diagram is used as guide, however you will need to adjust the dimensions according to the size you want. Add any pockets and straps and then sew the side seams and the corner/gusset seam.. Experiment and get creative

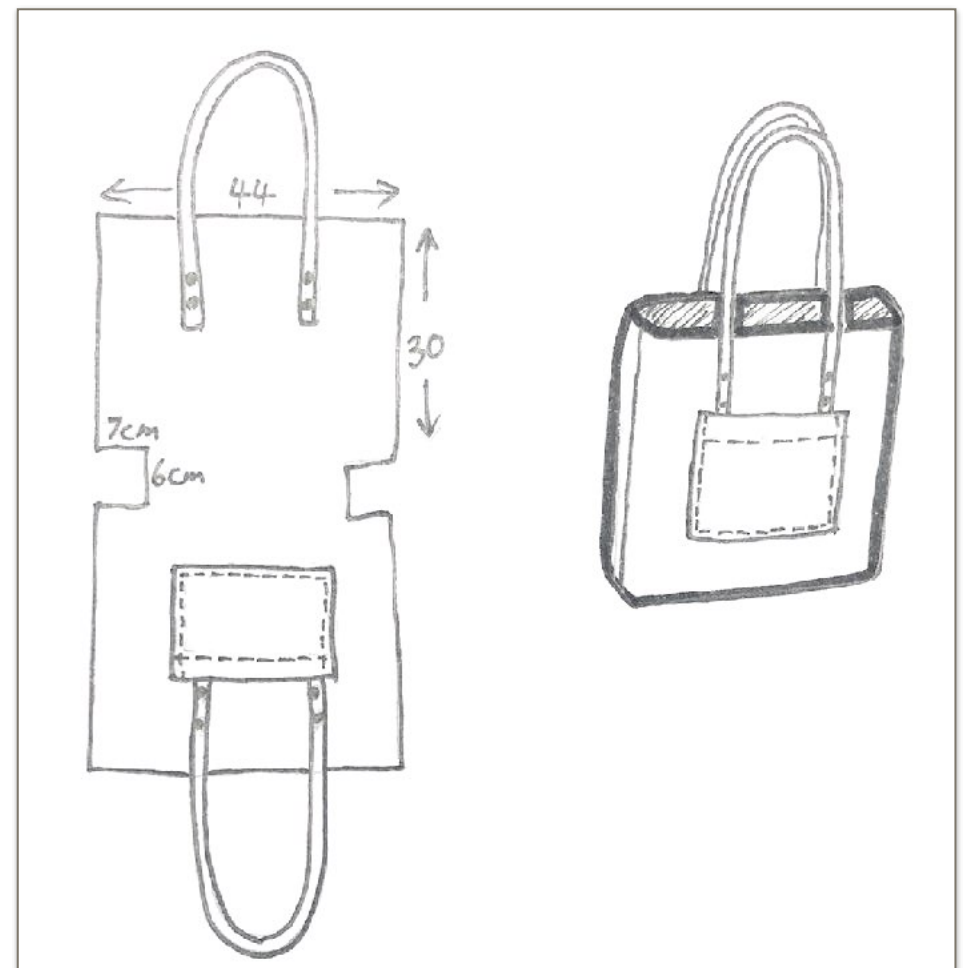


TABLE CLOTH TREASURE

Next time your in the op Shop check out the lovely homewares and you may find a vintage treasure. I found this lovely linen table cloth for \$10, and quickly turned it onto a lovely summer dress. As you know linen is a natural fibre and white is great option for summer.

You can make this dress without a pattern, all you need to do is cut a rectangle to your width, cut out the neck, sew the shoulders and side seams, cut rectangles for sleeves (this is a drop sleeve) and attach. Then sew the hemline and neckline and add darts if you prefer some shaping. Enjoy wearing your unique design!



The Bolero - up-cycled shirt

MAKE TIME: 1- 2 hours

Machine sewing is recommended but not essential.

Equipment needed: 2 men's shirts, sewing equipment
thread scissors and pins



For this jacket, you will need two men's shirts, the sleeves and collars will be used to make the bolero, and front and back of the shirts can be kept to make a wrap skirt or other project. You can use either 3 or 4 sleeves for the bolero, depending on your size (I have used three).



Cut the sleeves off the shirts as close to the armhole as possible

Garments by Deb Laraman, Image- Steve Brown, Black Diamond Photography

The Bolero - up-cycled shirt



Cut along the inside sleeve seams of the sleeves and lay them flat.

Join 3 shirt sleeves together.



Fold the outside sleeves to meet the hemline

Trim the excess to create a shirt sleeve. Pin in place, and then sew the inside sleeve.



Depending on your preference either leave the back dipped lower (at left) or trim the back hem as shown on the right

The Bolero - up-cycled shirt



Cut the collars from the shirts approx. 2- 3 cm below the collar stand



Pin the collars in place starting at the front and work towards the back. Depending on the neck size you may need to overlap the collars at the back, or use two collars and you may have a gap, (see image below). Sew in place



To finish the sleeve cuffs you can either hem them by turning under 1cm, or use bias binding to give a nice finish, or use the placket from the shirt and cut strips to the required length to use as a cuff on the sleeve.

Affordable wedding style

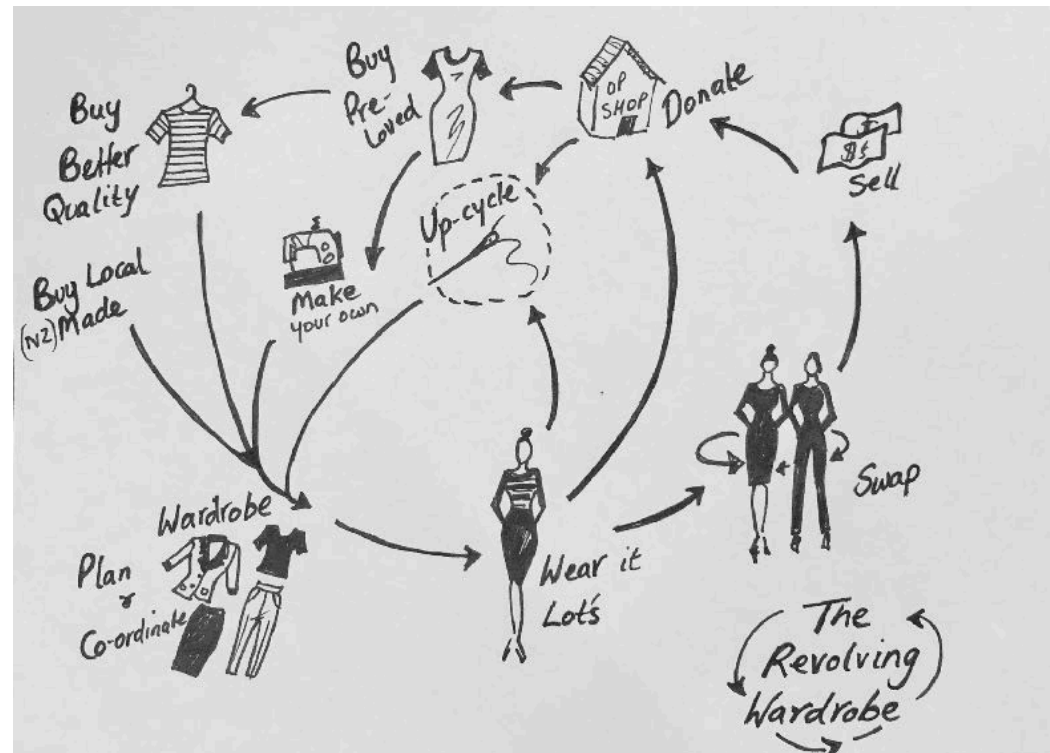


When so many people are struggling to afford housing it seems crazy that they also put a huge amount of pressure on themselves to have the dream wedding and all the lavish trappings that go with it. The dress is usually the most expensive item and is highly wasteful as it is only worn for a few hours. Some women choose to buy second-hand as a more affordable and sustainable choice, others source natural fabrics and commission a dress. But perhaps it's time to rethink what a wedding dress could be and opt for something that can be transformed or worn again. The dress to the left is made from the ubiquitous t-shirt, and is a practical option, that is cheap and easy to make and can be decorated or dyed and worn again. The simple design shown, is very plain and by adding a decorative neck piece (shown over the shoulder) it is instantly given some glamour, alternately the whole garment could be decorated with beads and embroidery and following the wedding it could be shortened into a dress or top. You really do not have to spend a fortune to look fantastic in sustainable style.



The garment above is made from up-cycled t-shirts. Fabric scraps have been transformed into a highly decorative lace.

The Revolving Wardrobe



BUY, MAKE, SELL, SWAP, DONATE,

PLAN your wardrobe and buy pieces that work with what you have.

BUY Quality, locally made, preloved, organic, fair trade

MAKE- DIY make your own. Up-cycle and transform what you already own or secondhand items.

WEAR - all pieces a lot !

SWAP SELL DONATE

Garments by Deb Laraman, Image-Jade Kendra Design

Shirt jacket made from two mens shirts. Photography by Jade Kendra. Garment Deb Laraman

Up-cycled shirt made from two mens shirts . Photography by Jade Kendra. Garment Deb Laraman

The Revolving Wardrobe : *Style Tips for creating a more sustainable wardrobe.*

Buy quality pieces that are well made and made from quality fabrics

Buy clothing that fits well

Buy garments that make you feel good when you wear them

Buy items that coordinate with your own garments

Buy basics and add variety with accent pieces

Use accessories to change your look - necklace , scarves, belts and shoes

Layer your clothing to adapt your style

Buy secondhand

Buy locally made

Make your own clothing

When you decide you no longer want a piece, give it away to a friend, donate to an op-shop, sell it on consignment or sell it on-line.

OR transform it into another item, if you cannot sew yourself, take it to a dressmaker and request a remake as you will end up with a unique item.

Do not donate poor quality garments to op shops, ask yourself if you think it is good enough to give to friend, if not then the op shop won't want it either.

Don't buy just because it is a bargain, if you wouldn't buy it for full price then ask yourself if you really need it.

If you can't see yourself wearing it for a couple of years, then reconsider buying it.

If it is not your normal style, then accept you probably won't wear it, and it will be a mistake

Spend a day and photograph your own clothing to create your personal style booklet, the time this takes will be worth it and you will know what you have, how to wear it and save yourself time and money in the future, as deciding what to wear will be easy and you will buy items that work with what you have already.



Above item is made by using 3 t-shirts, it's very easy and can be sewn by hand in minimal time . Garment by Deb Laraman, Model Aleisha, Photography Jade Kendra.

Inspiration - handmade handbags!



Designed and made by Deb Laraman

If you are new to sewing or want to make something easy. Then think about making your own accessories. Handbags and totes make the perfect DIY item as you only need a small amount of fabric, you can display your creativity and you will have an individual and useful item. Consider using existing resources and perhaps try out some eco dyeing. The leather bags featured here have been hand made, with no electricity, stitched with waxed linen thread and the bags have been made out of one piece of leather for the body, which is the strongest method of construction. These bags are built to last!! Each bag is a variation on the tote pattern shown in the denim article.



Hand stitched longline tote



Denim with leather horse rein straps



Handwoven shawl , eco dyed with leather straps



Hand stitched leather tote



Hand stitched leather bag

To have and to HOLD!

When you are next shopping for a new handbag, consider buying something made locally or handmade. There are many New Zealand handbag brands on the market, such as Georgia Jay & Deadly Ponies and several popular brands such as ELK or Status Anxiety, which are in the mid price bracket and produce some great designs. These bags are well made and will last for several years, however they are no longer made in Australia. Many brands launch with a focus on local production, however several have moved their production off shore as they have become more popular. Recently there has been a rise in the promotion of Pleather bags as Vegan leather, however pleather is just plastic which has been bonded to a fabric backing. It is not an eco alternative and does not last. Pleather like all plastic and polyester is made from oil and is either PVC or polyurethane. Many brands use Pleather and charge a premium price (e.g. Guess) for a low value product, made from poor quality fabric which is mass produced in a factory overseas. PV bags are not good for the planet, or your wardrobe and ruin your outfit as they scream poor quality materials and unrefined design.

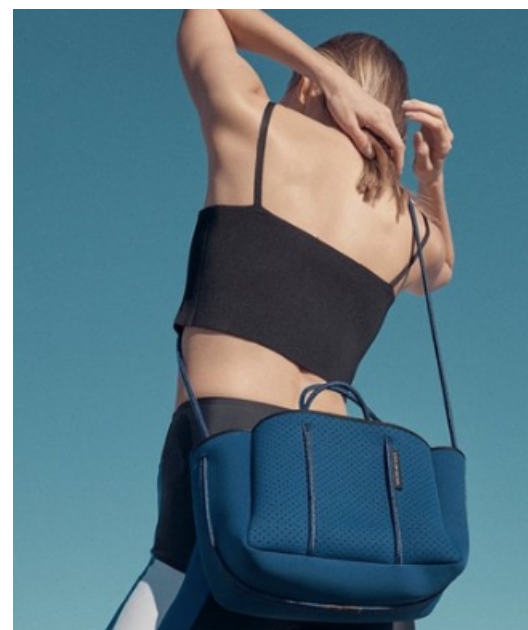
With the continual rise of athleisure a range of new handbags labels have taken on the trend, creating practical bags with pockets for gym wear and drink bottles. State of Escape is an Australian brand started by Brigitte MacGowan and Desley Maidment. They created a range of Neoprene bags in a range of sizes, which are great for active women. Sadly these designs have been widely copied and you can pick up similar bags in Kmart, Glassons, Decjuba etc. Another new brand is Dagne Dover and while this started with a focus on bags for active women they are now expanding their line, but still produce very practical and stylish bags, which are perfect for modern lifestyles.

Denim and fabric bags have made a come back, and even the luxury brands such as Chanel and Prada have created their own range. Fabric bags are easy to make and with the phasing out of plastic bags, there is more reason to consider making something yourself that is practical and totally unique. The beauty about a fabric bag is that you can wash it, (depends on the fabric and the construction though!) and you can make them in different fabrics, or you could screen-print, dye or have own name embroidered on them! In the days of the selfie, maybe its time to ditch the logo bags and be your own BRAND! Making your own leather bags can be very expensive as you need to source and buy a hide and purchase the tools to cut and sew the leather, which can be prohibitive, however buying a kit is a great option or you can attend a workshop. Research shows that when you make something yourself you are more likely to keep the item and use it more often and by making something yourself you will feel the satisfaction that comes with creating something with your hands.

If you are buying a new bag, opt for quality and durability, because if you buy a good bag it can be repaired, resold or given to someone else, whereas the PV ones will generally end up in landfill.



Dagne Dover - the Landan carryall \$125.



State of Escape-



Second-hand Prada Ebay. Expect to pay.
\$550- \$780 NZ



Chanel - secondhand -Ebay \$3150 NZ

Styling Basics - Garment/ figure analysis



Garment : simple drop back, short sleeve , lurex knitted top provides good drape, but can cling to body. Short sleeve provides some cover to upper arms . Uneven hemline creates a focal point and draws the eye down

Image one: attention drawn to bust - adding a necklace or scarf would break the focus up and add length

Image two: balances colour and diverts focus to the head

Image three: the addition of long necklace is slimming and short jacket provides enough length to cover bust and tummy and is not overpowering, Image

four: long line jacket elongates and slims the silhouette, the leather look texture creates interest and variation in colour.

In order to get more wear from your items, experiment with the styling of your garments and if possible take some photos so you can quickly coordinate your clothing and make the most of what you have. Buy quality basics and you will have a versatile and stylish wardrobe. Use accessories to change the look and focal point.



Great Skin Naturally!

Superfoods, Skin Care and Natural Chemical Peels

Mel Fisher



SUPERFOODS

The word “Superfood” related to Skin Care has recently been the new buzz word, but using nutrient-rich ingredients from natural origins in skin care products is definitely not a new thing. The following antioxidants used in skin care (from gentle cleansers to professional chemical peels) are all derived from natural edible sources and hold amazing benefits for the skin. **AHA's vs BHA's** Put simply, AHA's are water soluble acids which break down the 'glue' that holds our skin cells together, they are great for anyone with mature, dry or dehydrated skin. BHA's are oil soluble, meaning they break down oil rather than water so they are especially beneficial for a younger, more oily skin. Both AHA's and BHA's are used in skin care treatments ranging from gentle daily use cleansers to in salon professional chemical peels. Glycolic acid is the most common type of AHA and comes from sugar cane. Glycolic acid is an all-around treatment for many skin concerns. Lactic acid is another common AHA. Unlike other AHAs made from fruits, lactic acid is made from lactose in milk. It's also known for its significant exfoliation and anti-aging effects. Salicylic acid is the most common BHA. It is derived from willow bark and its concentrations in skin care products range from 0.5% to 5%. It's well-known as an acne treatment, but it can also help calm down general redness and inflammation. Malic acid is a type of AHA-BHA crossover. It's made from apple acids. Compared to other AHAs, malic acid isn't as effective as a solo ingredient. While not as widely used, tartaric is another type of AHA. It's made from grape extracts, and may help diminish signs of pigmentation and acne. Mandalic acid contains larger molecules derived from almond extracts. It can be combined with other AHAs to increase exfoliation. Used alone, the acid may improve texture. Citric acid is both an AHA and a BHA. It is made from citrus fruit extracts. AHA - Its main purpose is to neutralise the skin's pH levels and to even out rough patches of skin. BHA- Rather than even out your skin's pH levels, this type of citric acid is mainly used to dry out excess oil and clean out dead skin cells and grime deep in your pores.

AT HOME PEELS VS PROFESSIONAL PEELS

Both at-home and professional peels use exfoliants derived from natural sources like AHA's and BHA's to slough off the outer layers of our skin to reduce the signs of premature ageing such as fine lines, age spots, pigmentation, rough skin texture and blemishes such as acne scarring. At-home peels or exfoliants use AHA's and BHA's in much lower concentrations. They are perfect for treating the appearance of dullness, lines and pigmentation as well as maintaining bright, smooth skin daily, weekly or in between professional treatments. Look for cleansers, exfoliants or at home peels with AHA's or BHA's to leave your skin feeling smooth, clear and visibly brighter or talk to your beauty therapist about higher strength chemical peels and what they can do for your skin. Professional chemical peels are applied by beauty therapists or medical practitioners who use the same but higher-concentrated exfoliants. In salon chemical peels tend to result in noticeable skin flaking and peeling of the skin, depending on the strength of the peel. To minimise downtime, and deliver the best results, a series of peels are usually performed over a six- to 12-week period, followed by maintenance every 6 months. Your beauty therapist will be able to help you decide on the best type of peel for you – and help you get the results you want, naturally!



Tomato – contains AHA's, and you can use the inside of tomatoes as a natural anti-aging mask. Slightly acidic in nature, tomatoes contain high contents of potassium and vitamin C; this transforms the duller of skins and restores glow to the skin. See <https://food.ndtv.com> for more information on foods for your skin



Lemons + Grapefruit – Lemons and grapefruit are the strongest source of natural AHA's in this list. You can apply the juice directly, or after juicing a lemon or grapefruit. Rub the pulpy peel on your face (avoiding the eye area!) Citrus fruits in particular make the skin more sensitive to the sun, so wear a sunscreen after using this treatment! See <http://theeverygirl.com>



Plain Yogurt – Yogurt contains *lactic acid* which is a natural AHA. Simply apply to your skin,

For a Greek-inspired facial mask, combine 1 cup of Greek yogurt with 1 tablespoon of honey and 2 or 3 drops of olive or almond oil. Sweep onto your face and leave on for 20 to 30 minutes before rinsing off. See <https://www.livestrong.com> for more ideas and recipes

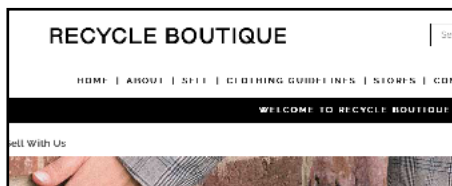




THE REVOLVING WARDROBE:

Where to shop, buy, sell ,swap or donate! A few of our FAVs

RECYCLE, SELL, SWAP



Recycle boutique, you need to take minimum 5 items in and you get 50% of the sale price. Great for shopping with lots of variety- located at Bayfair shopping centre



Nine Lives - Mt Maunganui. Jam packed with awesome designer pieces. Consignment stores, where you can recycle and make some cash from your unwanted quality labels.



Red Cross Cameron road Tauranga, fabulous range of mens, womens and children clothing as well as homewares



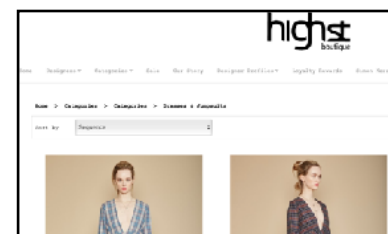
Waipuna hospice stores are across the Bay of Plenty, donate you're quality items to them and while you are there pick up another great item.

* REFASHION NZ- upcycled, recycled and New handmade Designer fashion and accessories. DIY kits, workshops refashion.co.nz

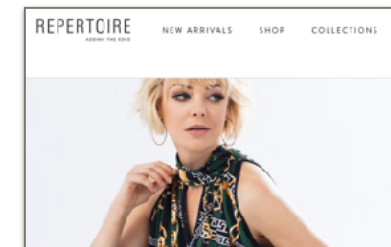
BUY NEW- BUY QUALITY



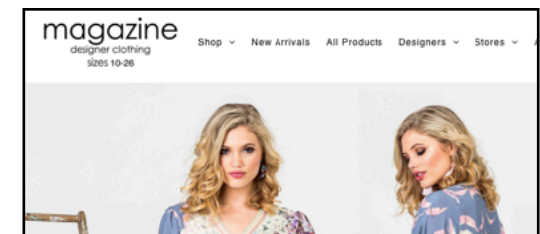
Urban Vogue Bethlehem. Lots of variety for all sizes, shapes and ages. Well priced quality garments and a great team to help you buy the perfect pieces.



High St, Tauranga - get the coolest NZ designer labels, across a range of price points and styles. Buy some investment pieces as you will be sure to wear them again and again.



Repertoire- Tauranga and the Mount, With a great mix of styles and labels. Based here in the Bay of Plenty the Repertoire creative team have their finger on the pulse and design pieces that are sure to become some of your favourites. They also stock other labels so you can be sure to find something just right.



Magazine- 10 stores across the country. Opened in 2007 by Linda Savage. Their in-store stylists will help you choose the perfect garments. Sizes 10-26,

DIRECTORY



Black Diamond Photography. Weddings, Portraits, boudoir, fashion, catalogue. Contact Steve Brown

Bums Tums and Gums - plastic surgery tours to Thailand.
www.bumstumsgums.co.nz

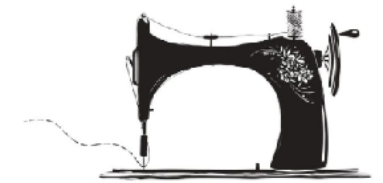
Bay of Plenty Weddings Jackie Brown : Wedding celebrant & Photography. <https://www.bayofplentyweddings.co.nz>

Jopanni Bridal _ Deidre - admin@jopannibridal.com 1222
Papamoa Beach Road

Bernina sewing centre, Cameron road, Tauranga. Sewing classes, fabric , sewing machines and all your sewing essentials

REFASHIONNZ & The GOOD GARB- Deb Laraman
thegoodgarb.com email: thegoodgarb@gmail.com

EVENTS



Upcycled Denim jacket Workshop October 26th _ contact Deb Laraman to register your interest - limited spaces website thegoodgarb.com. Email thegoodgarb@gmail.com

LITTLE BIG MARKETS , 28th September, Mt Maunganui

Tarnished Frocks and Divas
Trustpower Baypark Arena, 81 Truman Lane, Mt Maunganui, Bay of Plenty
Wednesday 25 September 2019 – Saturday 28 September 2019 ... [more](#) [Buy tickets](#)

FUNDERS PARTNER: Bay of Plenty Regional Council, THE LION FOUNDATION
TICKETS: eventfinda
SHOW SPONSORS: KONIG, G, NZ Indulge, UNO, THE BREEZE

Tease on Tour Tauranga
Our Place, 91 Willow Street, Tauranga, Bay of Plenty
Saturday 9 November 2019 8:00pm – 11:00pm [Buy Tickets](#)

2019 Tease on Tour
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TIX FROM \$25

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