How We Can Help
Together, M&M help clients align their personal image with their on-air image and career position. Mary and Michelle call it working with clients from the inside out.

“Begin with the end in mind,” Mary says. “If you don’t know where you’re going, how will you know when you get there?”

Building Blocks for Your Makeover:
1. Define a goal
2. Develop a plan
3. Implement the plan

Available Services:
1. Nutrition, fitness, health
2. Skin care
3. Color Analysis
4. Makeup, Hair
5. Body language, body type, understanding fit and construction
6. Closet inventory, personal shopping, seasonal wardrobes, 10 to 12 piece mix-and-match wardrobe for people on the go

Most Popular Types of Presentations
Mary and Michelle offer individual consultations, as well as keynote addresses, breakout sessions, half-day seminars and full-day workshops on an array of topics.

Hairstyles That Flatter Your Face
This seminar covers product recommendations and styling tips, plus hair extensions, weaves and wigs. It teaches you how to choose a style that fits your facial features and bone structure, as well as your hair’s texture and density.

Fashion for On-Air and In-the-Field Talent
Fashion is a language that celebrates your image. Understand how fashion relates to media, and learn how to stay current through fashion forecasting and seasonal trends.

Personal Brand: How Others See You
Michelle and Mary incorporate motivational strategies to help you define and interpret your personal style and brand for your specific market.

Create a Blueprint for Optimum Health
This educational offering covers vitamin supplements, antioxidants and juicing. Mary can also create a plan to help you manage serious illnesses - including diabetes, hypoglycemia, fibromyalgia, heart disease, high blood pressure, osteoporosis and cancer - through nutrition.

Know Your Fitness Goals
Create a customized fitness program by defining your goals, crafting a plan and implementing a strategy. Consider circuit weight training to cut workout time.

High-Definition Makeup for Great Camera Results
Applies to makeup both in studio and in the field. Includes preparing your skin, maximizing your best features through contour and highlighting, learning colors, and strategic makeup application.

Hair Color as an Image Tool:
Learn about your ideal colors, tonal dynamics, contrasts, strategic color placement, and transformational looks.

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Build Your Wardrobe to Match Your Image
Services include an assessment of personality, color analysis, a review of your closet to uncover personal preferences, creating a mix- and-match wardrobe that serves you well on assignment, and accessorizing for scale and proportion.

Personal Shopping for an Eye-Catching Wardrobe
Your wardrobe is an investment. We’ll help you create a shopping list and a budget, and introduce you to the “cost per wear” formula, which places quality over quantity and favors a mix-and-match wardrobe where every piece has multiple uses. We can also expand your current clothing options with seasonal pieces, plus clothing for special occasions and formal wear.