



Image: Catherine Harbour

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TELL US ABOUT SHEPPARD STYLE - HOW DID YOU GET INTO STYLING AND WHAT WAS YOUR INSPIRATION?

I think it was always in my destiny. From a super young age I was obsessed with glamour and fashion and truly my career was built on strong foundations of passion for what I do. I have had an amazing journey so far, and I totally believe in walking through every door of opportunity.

IF YOU COULD CHOOSE ONE PRODUCT OR BRAND THAT HAS REALLY IMPRESSED AND EXCITED YOU ON YOUR STYLING JOURNEY, WHICH WOULD IT BE AND WHY?

Spanx! I love a clean silhouette and smooth lines...

WHAT DOES A TYPICAL DAY HOLD IN STORE FOR YOU?

Crazy early start with my family, school run, straight to the station and into London. From there my day can take me in many directions, from styling a photoshoot, to meeting a pop group to discuss the look for their latest video, being in studios for a TV show, or in a PR meeting to talk about my upcoming show with Fox, to meeting with designers for a client's red carpet look.

YOU ARE VERY OPEN ABOUT HOW TOUGH IT CAN BE TO JUGGLE EVERYTHING AND FIND THE RIGHT WORK/LIFE BALANCE, WHAT WOULD BE YOUR BIGGEST PIECE OF ADVICE FOR THOSE PROFESSIONAL WOMEN WHO ARE STRUGGLING WITH A HECTIC LIFESTYLE?

Be organised. The more you have ready the easier it makes the day ahead! I always prepare my clothes the night before for me and the kids and have our bags ready by the door. And I LOVE a list!

AS A STYLIST, WHO HAS BEEN YOUR BIGGEST INSPIRATION AND HAVE YOU EVER USED ANOTHER STYLIST FOR YOURSELF WHEN YOU'RE GETTING READY FOR A PHOTOSHOOT OR A PIECE TO CAMERA, A TV APPEARANCE, INTERVIEW, ETC?

I adore the style of Daphne Guinness - I think she exudes glamour, yet she has an edge and is a total fashion chameleon.

I have never used a stylist for myself as I love creating my own looks. In fact, my sense of style is determined by my emotions and I feel the way we dress is an external extension of what we are feeling. So actually, no one else could dress me.

Likewise, I am a huge believer in looking good, feeling good! Fashion has the ability to empower you and you feel strong enough to conquer the world!

IF YOU WERE TO PICK A 'MUST HAVE' FOR PROFESSIONAL WOMEN IN THEIR WARDROBE, WHAT WOULD IT BE AND WHY?

A fabulous blazer! You can dress them up or down but they can morph into many different guises.

WITH THE FESTIVE SEASON APPROACHING, WHAT WOULD BE YOUR ADVICE FOR A ENSURING A KNOCK-OUT CHRISTMAS OUTFIT FOR 2013?

Always remember less is more! At the moment we are seeing some incredible statement necklaces. These are a fab way to revamp an old LBD, but always remember keep the look simple - the necklace is the statement!

DO YOU THINK THAT THE HIGH STREET IS NARROWING THE GAP IN TERMS OF QUALITY WHEN COMPARED TO THE MORE EXCLUSIVE BOUTIQUES?

I think we are spoilt with the high street - we have amazing choice and the speed the looks on the runway are adapted to the high street is phenomenal. Remember: a great way to revamp your wardrobe is to buy key pieces that can acknowledge current trends - this instantly makes you feel as though you have the latest look. So, for example, if the catwalks are telling you monochrome is on trend, an instant way to add that to your look is with a scarf.



Image: Boothnation

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WHAT ABOUT YOUR BEAUTY ROUTINE, WHAT ARE YOUR TOP TIPS?

I have always taken care of my skin, and these days more so than ever with **Nu Skin**. Their Galvanic Spa leaves my skin looking fresh and dewy – a perfect base for me then to build my entire look. Having Nu Skin products at home is like my own private mini-spa!

WE KNOW THAT YOU'VE STYLED THE LIKES OF DANNII MINOGUE, SHARON OSBOURNE AND TULISA. IS THERE ANYONE WHO YOU HAVEN'T HAD THE PLEASURE TO WORK WITH YET THAT WOULD REALLY PUT A "TICK IN THE BOX" FOR YOU, SO TO SPEAK?

I would love to get my paws on Oprah and the Kris Jenner! LA here I come!

WHAT'S NEXT FOR GEMMA SHEPPARD? WHERE DO YOU SEE YOURSELF IN, SAY, 3 YEARS' TIME AND DO YOU HAVE ANY PROJECTS FORTHCOMING IN THE NEAR FUTURE THAT YOU'D LIKE TO SHARE WITH US?

I never think that far ahead. At the end of every year I write down everything that I have achieved and look at what excited me the most. I then sit down and go through what my next year's objectives are – I then write them down as this makes them happen!

*Gemma Sheppard is an International fashion stylist with a client list including global brands, celebrities and private clients. Gemma is the on-screen stylist for Fox TV's brand new show, **Man Up**, which will be on British and Worldwide channels in 2014. Follow Gemma's work and style advice @SheppardStyle.*

For more details about Nu Skin products please contact Dorset Women Magazine at enquires@ukwomenmagazine.co.uk

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