

## MY STYLE: Ellen Ostroth, Troy

May 5, 2006

**Age:** 40-something, she says

**Professional:** She's a master shaman who practices energy healing at the Metaphysical Center of Michigan in Royal Oak

**Her style:** "I love to mix and match, then top off with something different or outrageous. I have a style for every mood. I can also change my mood by changing my style for the day or the occasion. It's a way to energize."

**Why style is important:** "We wear on the outside who we are today, or at least who we need the world to think we are. If you feel put together, or powerful, or coy or sassy or beautiful, well, then you absolutely are all of those things! And tomorrow, you can tap that feeling again or be entirely different."

**Where she shops:** Chico's and DSW are standbys, but Creative Fashions & Gifts in Holly is her favorite.

*By Angela Lopez, Free Press special writer*



Ellen Ostroth cultivates an eclectic look.

### Ellen's best advice

- "Sale racks are where you will find the overlooked treasures. It's also where you will pick up something you normally wouldn't have the nerve for or wouldn't have spent the money on."
- "Don't forget color! We are each in charge of how vivid we are."

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