

THE UK'S ONLY MODELLING MAGAZINE

IMAGE

www.talentmanagement.com

spring 2011

Peel patrol

Minimise the
appearance of
cellulite

Stick with the programme

How not to forget your
New Year's resolutions

**BEAT
COMFORT
EATING**

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MANAGEMENT

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It's all happening!



Here's what working models say about assignments they've got through the Talent Management Group

Michael

Ref: K260289

Fee: £210

"The people at Columbia Sports were very friendly and welcoming. The focus for the day was to pitch the new sports plus ski range for the next season to Blacks. This involved wearing the outfits to display the 'look' of each product."

Herb

Ref: V155533

Fee: £202.50

"The assignment was to highlight the various benefits of beds and chairs, in nightwear and daywear, showing the flexibility of the various products on view. Firstly, the assignment was very enjoyable; Mike MacNicholas and his colleagues made me very welcome and we were well looked after. Secondly, the venue was a beautiful country house and the owner was always on hand with cups of tea etc. The stills photographer and the video lady were very clear with their directions and patient."

Jake

Ref: Z252295

Fee: £90

"I had an enjoyable day doing the photoshoot. Everyone was really friendly and i felt totally comfortable."

Luke

Ref: K228387

Fee: £140

"I was pleased with how the assignment went today. I would love to do it again. I enjoyed getting into character for the specific task presented to me. I portrayed a person suffering with cold/flu. I had a prop for this and dressed suitably for the role so that the shoot was more realistic."

Alan

Ref: 174091

Fee: £140

"It felt great to be a model on this NHS assignment. The shoot gave me an opportunity to use my acting skills. The best part of the assignment for me, quite apart from the pleasant friendly people I was

working with, was the closeness to my home. I only had to go ten miles!"

Robbie

Ref: 248766

Fee: £80

"The photoshoot went really well. I was asked to model a fridge that will be used in supermarkets. Everyone was friendly and the clients got what they required. I really enjoyed myself."

Georgina

Ref: G244911

Fee: £775.50

"The assignment for Talent Management went very well. On both days I got on really well with all people on the shoot. It felt great to be in that enviroment and I would love to work with them again."

Alison

Ref: K255470

Fee: £210

"This was my first paid assignment with Talent Management, so of course I was excited and a little nervous. Everyone was friendly, and now I can't wait for my next assignment."



Welcome...



Spring already... and plenty of ways to feel good about yourself in this issue of Image, as well as

reasons to feel positive about your potential for making it in the talent and modelling professions! Planet celeb remains as exciting as ever, and we're drawing inspiration from some of the hottest names in style and fashion... as well as sharing some good old-fashioned, down-to-earth advice on how to stay looking good and feeling great over the coming months. Whatever your ambitions, we're here to help... and delighted to welcome you into the Talent Management family!

Damian O'Connor
Talent Management Director

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ORANGES ARE NOT THE ONLY FRUIT



Almost 90 per cent of women will develop cellulite at some point in their lives but there's plenty you can do to minimise its appearance...

There's no 'miracle cure' for cellulite – and if you have it, you're in good company! – but there are lots of techniques that you can use to help to reduce its appearance.

Cellulite is caused by fat cells which are trapped within fibres of supporting tissues that are thought to have become inflexible due to poor supplies of blood and oxygen, resulting in the 'orange peel' appearance we are all so

familiar with. If you suffer from cellulite you are not alone – some of the most beautiful celebrities and models in the world have been snapped with this most frustrating of problems, from the super-slim actress Uma Thurman to the bootilicious Beyonce!

So it's safe to say that cellulite is not limited to those who are overweight... it can be a problem whatever your size. However, what you eat, drink and smoke may

influence it significantly. Toxins in the body can cause restrictions in blood supply and this is thought to worsen cellulite. Stay away from cigarettes, alcohol and processed foods if you want to improve the appearance of your skin generally, and with cellulite salt intake is also a factor as it often causes fluid retention and bloating. Flush toxins out of your system with plenty of fluid every day, preferably filtered or bottled



Peel patrol

Some of the world's most beautiful models and celebrities suffer from cellulite...

water, and increase your wholegrain intake to lessen water retention. Saturated fats should also be avoided; try to replace them with fish, pulses, lean meats, fresh fruit and vegetables.

Exercise helps to maintain a healthy circulation so try to

stay active. Toning exercises such as lunges and squats will also help to improve the appearance of your legs and buttocks.

Body brushing improves circulation and stimulates the lymphatic system – do it every morning for a great start to the day! For this you need a natural bristle brush and you use it all over the body, excluding delicate skin such as the face. Always work towards the heart in long firm strokes,

and do this on dry skin, with a dry brush.

While body brushing is a form of exfoliation, other methods are practiced on wet skin with products such as body scrubs. Make your own salt, sugar or coffee grounds scrubs – simply mix a handful of your chosen exfoliator with your favourite shower gel or a tablespoon of almond oil and rub into the affected area in circular motions working towards the heart.



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TALENT MANAGEMENT

The hottest news from the Talent Management Group

Embracing diversity

We've just checked out Vogue Italia's latest issue, in which we're happy to see some of the world's top black models.

Vogue Italia's 'Black Allure' spread sees top black models - Ajak Deng, Chanel Iman, Arlenis Sosa Pena, Jourdan Dunn, Melodie Monroe, Laís Ribeiro, Rose Cordero, Mia Aminata Niaria, Sessilee Lopez, Joan Smalls and Georgie Baddiel - all looking stunning in an Emma Summerton shoot.

We love the opportunity to celebrate occasions when diversity is embraced; after all, our agency has a hugely diverse range of models on its books.

But it's got us thinking, is this shoot an attempt to diversify the representation of models in Vogue? Or is it just a great shoot using great models?

Vogue Italia Editor-in-Chief Franca Sozzani wrote about whether colour is still an issue in fashion on her blog last week.



Chanel Iman

Sozzani said: "There isn't a problem and it's not a problem in fashion either. There is no discrimination. I've explained many times this argument in my posts, in December for example when the Washington Post mentioned Vogue and Vogue.it as a publication that cares for black girls, and comparing the great success of Eastern models to the lack of black models in the industry. Prejudice? Absolutely not."

We think that beauty embodies all colours and are happy to see the fashion world continuing to embrace diversity.

Step into the spotlight!

You too could feature in a future 'Spotlight', the special feature which picks out your portfolio picture so that prospective employers can find just what they're looking for in a talented person. Young, old, female and male, babies - even pets! The service isn't free, but it's a small price to pay for the kind of attention only a Spotlight feature can bring!



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TALENT
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SPRING 11 IMAGE 7

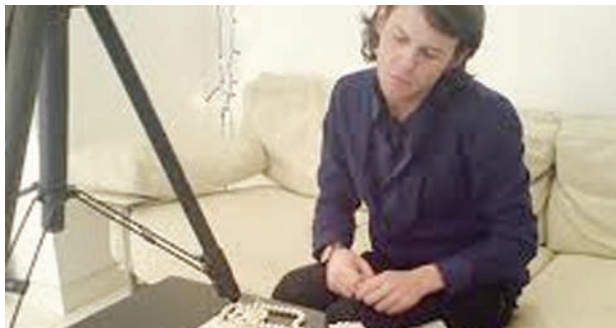
Kane: more than able

One of Talent Management's favourite young British designers, Christopher Kane, has won the 2011 BFC/Vogue Designer Fashion Fund...

Ever since Kane designed a capsule collection for Topshop back in 2007, the girls at Talent Management have kept an eye on this Scottish talent. We loved Kane for his signature sexy style, stunning use of embellishments, and tight silhouettes.

Well since then, he's come a long way - he designed the Versace Versus collection with Donatella, collaborated with Catwalk by TIGI, and has now won this year's BFC/Vogue Designer Fashion Fund, which as well as £200,000, comes with fashion business mentoring from industry big shots.

"The BFC/Vogue Designer Fashion Fund is focused on celebrating talents that have the potential to be successful British brands of the future," BFC Chairman



Harold Tillman, said. "The judging panel and funding is underpinned by leading business men and women in the industry to identify those with the potential and vision to succeed.

"All finalists presented professional plans and although the competition was incredibly close, Christopher Kane's success to date and brand development proposition secured him the prize this year."

Vogue's Editor Alexandra Shulman added: "I am delighted that Christopher has won. The

shortlist was very strong and we were impressed by the level of talent which was inspiring. Christopher and Tammy have worked immensely hard and it is wonderful to see a designer with his vision and commitment rewarded."

Having beaten seriously good competition - including Osman Yousefzada, Richard Nicoll, Peter Pilotto and Jonathan Saunders - there's no doubt that Kane's accomplishment is thoroughly deserved - he's come a long way in such a little time!

Twice the happiness

Ever since Mariah Carey's husband Nick Cannon revealed that they were having twins on his radio show back in December last year, we have been wondering whether they'd be having two boys or two girls. But it seems no one expected they'd have one of each!

"Even before we announced it was twins, I was trying to keep everything gender neutral because I didn't want to impose an identity on them too soon," Carey is reported as saying.

The couple are thrilled to be having both a son and a daughter, who are expected in April.

Sustainable fashion

H&M's 'Conscious Collection', a sustainable fashion line made from greener fabrics including organic cotton, launches in April.

Oodles of doodles – 1000 celebs draw for charity

Over 1,000 celebrities, including fashion's finest Sophie Dahl, Ben de Lisi, Bruce Oldfield and Twiggy, have been showing their artistic side for charity as part of this year's National Doodle Day.

The money raised from this year's event will help support people affected by epilepsy. With a theme of 'Me and My World', celebrity doodlers were asked to draw what's important to them, revealing interesting, but somewhat expected traits of their personality.

Oldfield, currently a Talent Management favourite to design Kate Middleton's wedding dress, has drawn, you've guessed it, a woman in a wedding gown.

While former model Sophie Dahl, who is currently pregnant and pursuing a career as a chef, drew herself next to the words "Babies and biscuits".



Dahl, who has been drawing for the charity since 2006, said: "Spend money on oodles of doodles."

Luscious lips make welcome return

Season after season, muted, pale lips have dominated beauty trends, but now that spring is just around the corner, bright oranges, reds and pinks make a valiant return to the lips of models, celebrities and the fashion-savvy team here at Models Direct.

Dubbed as one of Spring/Summer 2011's biggest beauty trends, we've spotted lusciously coloured smackers on the catwalks of Diane von Furstenberg, Jill Sander and Marni.

As well as being bang on-trend, a bright hue instantly makes a statement and adds vibrancy to a basic look. But be warned – to make bright lips work, be sure to keep the rest of your make-up toned down and simple, especially when it comes to the eyes. If you feel that you need to balance out your face when wearing a

bright lip, then try pencilling in your brows rather than going for a heavy eyeshadow.

GET THE LOOK

1. Begin by applying a good quality lip primer. We at Models Direct like MAC's Prep & Prime; worn under lipstick, it adds light moisture, smoothes and refines the lips, and improves the appearance of lip products.
2. For shapely, defined and plump-looking lips, use a lip liner just outside the edge of your natural lip line and fill in. This will stop the colour from bleeding.
3. Now for the lipstick. It's important to use a quality lipstick that won't crease or feather. Our favourite is Estee Lauder's Double Wear Stay-in-Place lipstick in Apricot. It's silky and creamy and has 12 hours' staying power.

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SPRING 11 IMAGE 9

Home-dye to die for!



Many of our models here at Models Direct are rocking coloured hair at the moment, as are several celebrities ever since Cheryl Cole kicked off the trend with her home-dyed burgundy tresses.

If you fancy a change too and are planning on going red

like Khloe Kardashian, brunette like Alicia Silverstone or ice-blond like Ashlee Simpson, then you'll need to know how to keep your coloured locks vibrant and 'salon fresh' for longer.

So read on for Models Direct's top maintenance tips for coloured hair...

Condition: whether you've turned blonde, red, brown or even blue, specific colour-care shampoos and conditioners help maintain a juicy looking colour. One of Models Direct's favourites has to be Tigi Bed Head's

Colour Combat range. Products lock in colour and fight the arch enemies of colour fade: water, heat and UV.

Shade the sun: although any good haircare product made for coloured hair should contain ingredients that will help to protect from UV rays - which not only damage hair, but discolour pigment causing colour fade - it's important to go that extra step and wear a hat if you're planning on being exposed to strong sunlight for a while.

Protect from the heat: it's not just the light that can cause colour fade, but also heat. Heat degrades the colour molecule, which causes colour fade and can damage fragile hair. To avoid this, try to blow dry your hair on a lower heat setting or let it dry it naturally if possible. It may take longer, but will be worth it in the end.

Be wary of swimming: of course, swimming is great for your fitness, so we're not dissuading you completely - but if you want to protect your colour, then always wear a swimming cap and condition your hair before entering the pool. This is because chlorine can cause a lot of damage and colour loss to dyed hair.

Dancing for relief...

We can now reveal Comic Relief Let's Dance stars include The Mighty Boosh's Noel Fielding and former GMTV host Penny Smith, as well as Rebecca Front, Colin McAllister and Justin Ryan, Russell Kane, Andi Osho and Ed Byrne. Can't wait!

Koma designs for Topshop

Georgian David Koma is loved by the Talent Management team for his signature sculptural, body-con dresses embellished with metal tubes and multicoloured chains.

And with inspiration from William Pye's metal sculptures, Koma's Topshop collection is made up of just five styles, which all incorporate his signature look.

Image is published four times a year by:
Talent Management Ltd
34 Hurricane Way,
Norwich NR6 6HU
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www.2dle-oo.com

Printed by:
GB Print
Unit 7 Europa Way,
Martineau Lane,
Norwich NR1 2EN

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Crown jewels

First it was the high school prom... now the US beauty pageant has hopped across the Atlantic and become a popular showcase for youngsters who have a talent for looking good!

Beauty pageants can boost self-confidence and may even open doors into a future career in the performance, entertainment or modelling worlds. For those with a 'can-do' attitude they're a great way to counter stage fright, and along the way they'll help you develop your social skills and recognise areas that need work.

If you, or your child, are considering joining the pageant circuit this year, then here's a few tips to help.

First things first. Include lots of detail in your application, about out of school activities and other talents, or any awards received. Show strong morals and positivity alongside any academic skills.

Good grades. Good grades will go a long way not just at pageants but in life generally!

Appearance. It is essential that contestants are well presented with a neat, tidy hairstyle, subtle make-up and attention to details such as manicured hands and pedicured feet (with any



varnish in neutral colours). Some contestants ask beauty consultants and hair stylists for help but this should not be necessary and can be expensive. Instead, experiment at home to find an appropriate look and avoid any last-minute panic.

Confidence. Work on confidence by practicing performance and public speaking whenever the opportunity arises – in school, at clubs and even around friends and family. If nerves set in, pause between sentences and talk slowly. **I**



BEST INTENTIONS

A few months into 2011, and many of us are struggling to stick with those New Year's resolutions, especially when they relate to losing weight or improving fitness. Neither are easy to achieve but here are some tips to help...

The gyms are full in January with those who've vowed to change their shape and health after the excesses of the festive season. But winter chills, long dark nights and chunky clothes that hide every lump and bump mean that many of us lose motivation for those new-found fitness regimes fairly quickly.

However, spring is here and with it the green shoots of success – just follow our top five tips for sticking with this year's fitness resolutions.

- Find a fitness friend, someone to share your ambitions and help you stay on track with the training. Exercising with a friend not only gives you instant and constant support, but it also provides enough obligation for you to stick with that

commitment at times when your determination is waning. Competitive friends can really push each other to do their best and a fitness friend opens up your options – after all, you can't play badminton on your own!

- Make it fun. Most of us find a range of activities enjoyable so it shouldn't be too difficult to find something that puts a smile on your face! Think back to which activities you enjoyed the most or excelled at in your youth – from swimming to



Stick with the programme

Man, you're looking good!

- There's an abundance of advice for the older gent on how to dress for his age, but younger guys are often left to their own devices... sometimes with disastrous results! If you're ready to admit to a few of your own, read on...
- Get those teen years over and, without the crippling peer pressure that can dominate your every waking moment, you now have the freedom to experiment with different trends. Whether you take inspiration from minimal, vintage, military or preppy looks, the list of ideas for men who want to look good is endless.
- Try different styles and see which you think suits you best - and more importantly, what you feel most comfortable and confident in. Have fun, and when you settle on a look that you love, wear your own personal style with confidence.
- Always make sure your clothes are a good fit guys! In your 20s and beyond, there's no excuse for ill-fitting clothing. It's time to consider some tailored items and these will only look good if they fit correctly.
- Get measured for the best results. Choose a few key items - invest in some good jeans, a tailored blazer and a white shirt as absolute basics that will stand the test of time.
- Leave the over-sized jeans for the teenagers - your look should be more refined by now. Slogan T-shirts are also best left behind, as are loud clothing covered in obvious logos. You don't have to be a walking advertisement for other people... it's time to find your own style and shine!



good to push yourself, but make sure your goals are realistic or you will be left feeling disheartened. Having a goal such as improving your time on the running track or completing a particular route on the climbing wall can really help to keep you focused.

- Reward yourself with a treat for every month that you manage to stick with your fitness regime. A great first one could be some new gym gear or, for a smaller budget, even a luxurious shower gel that leaves your skin feeling fab. Another option is to award yourself points that you can cash in, so for every three or six months you can treat yourself.

trampoline, there are many ways to make keeping fit fun, so be inventive.

- Get organised. Plan your fitness activities so there's no reason to exclude them from your routine. Plan at least a week in advance so you can book courts, organise childcare, or take care of any other factor that you need to consider.

- Set achievable goals. It's

Stop... beauty thief!

Many of us try out beauty products and follow advice to enhance our looks and boost confidence, but what of the beauty 'no-no's' that aren't so often shared?

If you're interested in modelling or some other talent-based career, then there are five everyday crimes against beauty you need to know about... and avoid at all costs.

Smoking

The chemicals found in cigarettes are highly toxic and reduce the efficiency of your skin to regenerate. Smoking also thins and ages the skin, giving it a dull appearance. Besides the obvious health risks associated with smoking, consider how often you have realised, simply by looking at a person's face, that he or she is a smoker. It's time to quit. Now!

Sun worship

Even during the colder months some of us will sneak off for a sun bed session because it makes us 'feel good' or 'dries up spots'. Please don't do this to yourself! UV rays age your skin dramatically and raise your risk of skin cancer by up to 75 per cent. There doesn't appear to be any escape from the facts about sun beds, and exposure to natural UV must also be kept to a minimum, whatever the time of year.

Sleeping in make-up

A common crime against beauty is going to bed with your make-up still intact. We have all done it, but it's not a good way to treat your face - at night your skin needs to breathe and renew. Leaving make-up on means that pores will become clogged and this process can't happen as it should. Instead you'll encourage break-outs and miss the opportunity to allow your skin some QT. Always remove your make-up before you sleep, just like mum said.

Squeezing and picking

It can be very tempting, but squeezing spots and picking at delicate skin not only spreads bacteria but can also leave nasty scars that could be with you for many years to come. A basic monthly, or even bi-monthly, facial costs less than a round of drinks and can really benefit problem skin.

Nail biting

This habit not only leaves your poor fingers feeling sore and looking less than their best, it's also extremely unhygienic. Carefully consider all the things that you may have touched during your average day. By biting your nails you are inviting anything that your hands may have come into contact with, into your mouth. Enough said!



As babies we are comforted with milk, and as we grow older most of us are given sweets, biscuits and other foods as treats, rewards or comfort. It's a process that comes with only the best of intentions, but it can leave us with the feeling that food is the answer in many situations that wouldn't naturally call for it, and some of us are left with a 'comfort eating' habit as a result. If you think you may be a comfort eater these tips may help.

When you feel cravings engage yourself in fitness activities, which are perfect as you are fighting the problem with a fantastic solution...

time you get the urge to eat when you know you shouldn't be hungry, try a healthy drink instead. Other alternatives may include sugar-free chewing gum or even ice-cubes which reportedly work well for some people.

One of the most simple and effective methods of stopping yourself from comfort eating is to avoid buying the foods that tempt you in the first place. It may seem like a harsh approach, but if they aren't in the cupboard you can't eat them! If you must buy the foods that you are trying to avoid – say for other members of the household – make sure that you have only what they need and not an excess of temptation. Instead, allow yourself to eat as much plain fruit and salad as you like – when faced with three apples you are unlikely to eat them all, whereas three bars of chocolate may be a different story!

In the long term, you must consider what's at the root of your comfort eating habit. Take note of which circumstances and times of the day lead you to crave for food and be ready for it next time! If breaking the cycle is too difficult on your own you may wish to consider some help from a therapist. ■

What's eating you!

Comfort eating often has its roots right back in our childhood, but it's a habit that can cause problems for a lot of people. Here's how to beat it...

Distraction can be one of the healthiest and most productive ways to avoid comfort eating. When you feel those cravings coming, try to engage yourself in something else. Fitness activities are perfect as you are fighting the problem with a fantastic

solution, but it could be anything really – a job that needs doing or a phone call to a friend. If you can keep this up you will gradually form new, more positive habits to replace unhealthy comfort eating.

Our bodies often mistake thirst for hunger, so the next

Recent client requests for models



Here are examples of recent client requests received by the Talent Management National Assignments Department

We search our database of models from all over the country and propose to clients those which match their requirements. Our co-ordinators call the models selected, offer them the assignment together with a fee... then the assignment takes place!

1-2 female models aged 18-30 years required for promotional work at a trade show. Duties including handing out company literature and handling general enquiries.

Promotional.

Quoted £105 per model per day.

10-20 models required to be photographed using a 3D scanner. The images will



then be transformed into virtual characters. Looking for models aged 20-40 years old and of different ethnicities.

Photographic.

Quoted £90 per model.

One female model aged 13-18 years old to appear in a well known publishing company reference book. Model must be fresh faced and have strong eyes, lips and hands.

Photographic.

Budget £500

6 models required for photographic shoot to promote audio tours in galleries and museums. Looking for 2 children, 2 adults in their 30s and 2 mature adults.

Photographic.

Fee: low budget

3 female models required for promotional dvd to promote a cereal company. Models must be a UK12 and must have an apple, pear or hour-glass figure.

Production.

Fee TBC

One model required for 6 days of fittings work to show potential retail buyers a new line of designer clothing. Model must be aged 18-35 years, UK8 and 5'8"+.

Fittings work.

Quoted: £1260

Well known self-catering holiday park looking for 'real' families to be photographed at 8 different locations around the country. Looking ideally for mum, dad, son and daughter (aged 4-12 years old).

Photographic.

Budget £200 per shoot (8 in total)

2 male models required for a casting and photoshoot for a luxury hotel. One male must be in his 30s and the other must be in his 50s.

Photographic.

Fee TBC

1 female and 1 male model required for a photo shoot for a B&B brochure. Male must be aged 45-50 years and approx 6' and female must be aged 35-40 years and be approx 5'7".

Photographic.

Fee TBC

One male model aged 10-12 years required for a photoshoot for a fancy dress company.

Photographic.

Fee TBC

1-5 female models required for hostess work at a sporting event in London. Models must be aged 18-26 years.

Hostess work.

Budget £120

per model.

1 female promotional model required for a 3 day trade show. Model must be in late 20s, preferably 5'10" and UK10.

Promotional.

Budget £135 per day

One female model required for a photographic shoot to test various lighting equipment.

Photographic.

Quoted £54

One male and one female model aged 6-10 years required for a photographic shoot for a well known cruise company. Preferably models would be siblings or look like brother and sister.

Photographic.

Budget £1000



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