



Clare's Top 10 Shopping Tips

1. Try on at least one item that you wouldn't normally choose, as often items do not do themselves any justice on a hanger, they need a body and some shape to make them come alive!
2. Know your colours, you cut out 70% of the store before you start, pinning it down to then knowing your shape
3. For goodness sake wear something easy to get undressed in and out of, comfortable and no layers or awkward clothing or boots, trainers with laces! Remember your fab underwear too
4. Take a photo of your outfit in the changing room to look at it objectively #skinnymirrors or message ME if you are a shopping client
5. Go at quieter times if you can, nobody like wrestling on a Saturday afternoon
6. Don't be afraid to try a new shop and try not to label specific shops as being 'too old' or 'too young'
7. If something looks amazing, fits like a glove and flatters you, why buy one, buy two!
8. Always include a coffee break, that's mandatory!
9. No more than 3 hours – anything after that, then you start making purchase mistakes
10. Take someone with you who knows about clothes and has your best interest at heart, or book ME

If you are shopping for necessity and hate it then:

Make a list, what items you need, the colour, which shops to go to and research online, plus All of the above and recruit someone else to shop for you!