



Clare's Guide to Style

Style is knowing who you are, what you want to say and wearing each item and outfit with confidence. It's not about your size, it is about your shape.

- ☺ Understand your body shape, enhance your best areas and hide your less flattering areas. Understand your body shape, are you an apple, pears or triangles shapes?
- ☺ Keep a note book or diary or cut out or pin any pictures of items of clothing that you like. Take photos of outfits when wearing or trying them on to get a better idea of how they really look on you.
- ☺ Understand your style personality and colours. Get your colours assessed and work out which colours suit you best.
- ☺ Look at your current wardrobe with fresh eyes and be honest. Have you really worn that bright orange coat that you picked up in the sales last year? De-cluttering starts now.
- ☺ Adopt the moto 'every item must fit' when out shopping, if it doesn't fit and it's a bargain, still don't buy it!
- ☺ Invest in basics for your styling, different colour camisoles, T-shirts, classic coats and jackets and whatever you do, invest in fabulous underwear.
- ☺ Patterns can be a great way to flatter, but get the size of the pattern right. Petites suit smaller patterns; medium frames suit average sized patterns and curvy girls suit bold big print.
- ☺ One colour worn on the top and bottom half makes you look taller, whilst block colour can shorten you, apply this theory the right way around.
- ☺ Accessories are a girl's best friend and can style up any basic wardrobe instantly.
- ☺ Don't forget to always wear your smile!

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