

The *Style* Clinic



Rosanagh Wilson

Crisper mornings, log fires, gorgeous autumnal colours-my favourite season is upon us and I love packing away summer clothes and renewing my acquaintance with texture, layers and warmer materials. This is the season to be celebrated and now that you have cleared your wardrobe it is time for stage 2 of the Style clinic.



Before you rush out to the shops it's time for a little honesty. You will need to look in a full length mirror and establish what you like about your body and which area you would prefer not to highlight. Once you know which parts to enhance and which to disguise you're on your way to understanding how to dress for your shape and individuality. It is important to remember that "effortless style" is a misnomer- most people with great style have thought carefully about their clothes and buy with care. Style is hard to define but most of us know it when we see it and a journey to discovering your own style is a positive and uplifting experience.

So, this month we will concentrate on how to dress for your shape and how to disguise any problem areas so that you can buy with confidence.

Large Boobs:

It's essential that you're properly measured and wear the correct size bra- the difference will be amazing. Lower cut

tops are more flattering on a larger chest and a deep V or scoop will create the illusion of length. Avoid high round necks and use jewellery to add interest and style.

Small Boobs:

Again, wearing a well fitted push up bra will give shape. You can wear higher necks and pockets on shirts and jackets, logos, stripes and so on will all create the illusion that you have more!

Flabby Tummy:

You are definitely not alone, but if you follow a few style basics it will become less of an issue. Never wear anything too tight - it's always better to go up a size if need be. Low slung waists, tunic tops or princess line dresses will all flatter. Avoid wearing a belt around the middle - horizontal lines shorten and widen and draw the eye in therefore highlighting the area. "Hold it all in" underwear is ideal for smoothing lumps and bumps but beware of it being too tight. The spare flesh has to go somewhere!

Big Bottom:

Avoid high waisted trousers and choose jackets that will end below your bottom. Keep details on your lower half minimal and draw the eye upwards by wearing interesting detail and accessories. Darker colours absorb light and are more forgiving than lighter reflective colours.

Curvy Figures:

Celebrate your curves by ensuring that your clothes fit you well. Semi-fitted clothes in soft, drapery fabrics will be far more flattering than anything boxy or tent- like which will only make you



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appear larger. Again, draw attention to your assets and accessorize with fabulous jewellery and handbags. Good grooming is essential – a great haircut and manicure will make you look and feel a million dollars. Wearing heels (platforms and wedges) will elongate and slim your silhouette.

Less than Perfect Legs:

This is your season! Trousers are everywhere this autumn so try on different shapes to ensure the best fit. Skirt hem lines are lower, although beware of mid calf if you have chunky lower legs. A line is a good shape, and wear boots and tights in toning colours as they will slim and lengthen.

Happy shopping and don’t forget the golden rule that you should only buy it if you love it. If it doesn’t fit or look great in the shop then it’s not going to be any different at home. All your clothes should make you feel good – it will give you confidence.



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