

Fashion Fauxs and Style No's

Spring Clean Your Look

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Here is our list of what not to do (and not just for spring!)

Be ungroomed

To be less than immaculate is not the way to go. Here's how to ensure you're not stuck in winter's muck.

1. Get your teeth cleaned! There's nothing like a fresh mouth for a spring clean feeling.
2. Try a detox. There are many ways to do this. See your naturopath or holistic nutritionist to find out how. My current favourite is the ionic foot bath.
3. Go for a facial.
4. Get a manicure and pedicure.
5. Discuss a new look with your hairdresser.

Live with Closet Chaos

Having a chaotic closet can result in wasting time and energy. To organize your closet:

1. Remove everything that is currently not working for you.
2. Organize your clothing into seasons:
 - a. Winter: cold weather
 - b. Spring/Autumn: cool – warm weather
 - c. Summer: hot weather
3. Organize accessories for easy access. Clear boxes can be used for shoes. A pegboard can be used to hang hats, belts, etc.

4. Spend time doing wardrobe maintenance: cleaning shoes, fixing garments, etc.

Be Outdated

If you're outdated in your look, you may be outdated in job skills and thinking. To be current:

1. Read the Style File in B's March issue!
2. Alter clothing, if it's in good condition.

Be in Questionable Taste

If you're an off-the-wall creative, there's almost nothing you can't do in your style. If you're a dyed-in-the-wool classic, you probably follow all the principles of design, and keep things safe. Most of us are between these two extremes. Here are some tips when you don't want to slip.

1. Wear sandals and open-toe shoes with bare feet and legs. (I'm sure you've seen people wearing socks with sandals.)
2. Wear clothing that fits. Too-tight or too-loose clothing looks less than elegant.

Be in Colour Confusion

Many people love colour and will purchase a preponderance, which can create a problem for mixing and matching. Here are some colour-combining principles.

1. An accent colour appears 2 - 3 times. Only once has no continuity. More than 3 appears over-done.
2. When combining a solid with a print, the solid would pick up a colour from the print.

3. When combining two prints, they would have colour and/or scale in common. For example a black-and-white check could be combined with a black-and-white polka-dot.
4. Keep colours within a colour story: either cool or warm. If your colouring is warm (e.g. red, red-brown, strawberry blond), keep hair, makeup and wardrobe warm or yellow-based. If your colouring is cool (e.g. ash blond, taupe, cool brown), keep hair, makeup and wardrobe cool or blue-based.

Have a great clean Spring!

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