

From frumpy to fabulous

Annalisa Armitage helps mum-of-two Joyce make some me-time and get her wardrobe in order

Photography by Arunas. Stills photography by Frances Mocknik

Joyce is short on 'me' time and is always thinking of others. She has two children – an 11-year-old daughter and a five-year-old son. Her husband is a corporate high-flyer who travels a lot for work, leaving Joyce in charge of running the house and managing all the children's activities. On top of her family responsibilities, Joyce is very social and loves to cook and entertain.

Joyce describes herself as being always on a diet that she continually breaks because she loves her food.

She recently decided it was time to stop waiting until she lost weight to lose the frumpy look.

Because Joyce is someone who doesn't like to throw her clothes away, her wardrobe was bursting at the seams with clothes she didn't wear, which meant she only ever wore a few of her beautiful, vibrant, colourful tops.

Clearing out

The first step for Annalisa and Joyce was to look through Joyce's wardrobe and identify which items flattered her figure the most and which just didn't work. They took photographs of the best looks so Joyce had something she could refer back to.

This process helped Joyce cull quite a few items that just weren't working for her. She donated 20 pairs of trousers and 24 tops that

were the wrong style or colour.

A few more are going to be altered and a few more assigned to the 'skinny' pile, as they can't be worn now but were things that Joyce wanted to hang onto.

This created wardrobe space so Joyce can more easily choose a variety of clothes to wear. It also helped identify the key principles Joyce can use when putting together outfits and buying new items.

It was difficult for Joyce to go through the process and get rid of clothes, but she knew after seeing how they looked that she wouldn't ever wear them again. Doing so brought immediate results: the day after our meeting she received two compliments on how she looked just by adding a necklace to an often worn outfit. No more frumpy for Joyce!

Wearing the colours that suit us close to our face ensures we always look our best. The beautiful tapestry that Joyce bought on her honeymoon mirrors the colours she should wear.



“Joyce got immediate results: the day after our meeting she received two compliments on how she looked”



Joyce can wear her new confident smile with any outfit

JOYCE'S KEY PRINCIPLES

- Make sure the sleeves and shoulders are fitted not baggy.
- Wear trousers/shorts/three-quarter pants that are slim, not wide.
- Reduce the amount of black worn close to her face and wear rich, vibrant colours in her colour palette.
- Wear necklaces and scarves – they finish an outfit and add pizzazz.

- A low/deep neckline – V or round works best.
- Longer shirt hemlines look better than shorter and the balance is better if they are on an angle.
- Joyce feels most comfortable in trousers and tops and owns very few dresses and no skirts. If she was to wear skirts they would follow the same principles as the trousers and shorts.

What's missing?

In order to finish off some outfits and make many more tops wearable, Annalisa recommended that Joyce make a few strategic purchases.

Aqua, pink and yellow costume necklace \$69

Basque crinkle scarves with tassels red and purple \$19.95 each

Sportscraft navy capri. Regular fit \$149.95

Amber necklace \$395

Agate costume cuff \$79

About Annalisa

Annalisa is founder and CEO of My Image Consultant. She is a passionate believer that "life's too short, with too many exciting possibilities to let how you look get in your way". To find out more about how Annalisa can help you, visit her website, myimageconsultant.com.au

Scarves from the accessories department at Myer. Jewellery from The Family Jewels – thefamilyjewels.com.au



Joyce has her colour swatch to refer back to so she always makes the right shopping decisions.

win!
How's your wardrobe?

Each month, Annalisa will be helping a reader solve their dressing dilemmas. So if you have a wardrobe full of clothes but nothing to wear, if you're stuck in a rut with the same old style, if you are perplexed by current fashion, if you have changed shape and don't know how to dress to suit it or have any other dressing dilemma, please write in and tell us about it. Annalisa will use her expertise to show you how to take control of the way you look. To enter, send an email with the subject title **WARDROBE MAKEOVER** to familyhealth@globepublishing.com.au and tell us why you need Annalisa's help. Please include a recent photo.

Email us now familyhealth@globepublishing.com.au



Gregory Ladner navy with red, orange and pale pink \$29.95



Zsiska necklaces handmade in Thailand - dark brown and red \$95, Turquoise \$99

Design Studio cactus green with pink tassels \$39.95



Tribal costume necklace in brown and blue \$59



Esprit beige cropped pant with brown belt. Regular fit \$89.95



Ayala Bar multi coloured circular earrings \$349



Yellow acrylic necklace \$69