

## FASHION

### A girl's guide to looking good

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By Leanne Hudson

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**You might not have a personal stylist, perfect figure or any idea what suits you, but don't despair. All you need to know is how to make the most of what you've got...**

It may sound extreme but, in the words of those famous style sirens, Trinny and Susannah, what you wear really can change your life.

Endless studies have shown that when we look good, we feel good, and this psychological boost can affect everything from our relationships and performance at work to whether we have a good holiday - think hiding yourself away in oversize t-shirts versus finding swimwear you feel good in. But if you're not too clued up on what works for you, maybe you need some expert advice.

"There's plenty of help out there," says personal stylist Annalisa Armitage, founder of **My Image Consultant** ([www.myimageconsultant.com.au](http://www.myimageconsultant.com.au)) and president of the Association of Image Consultants International, Sydney branch. "Get online and subscribe to a few fashion blogs (Google throws up plenty of links), and visit make-up counters for professional tips. For hair, ask salons or hairstylist academies if they're looking for models to practise on. You could even offer to be a model for an image consultant who's looking to build up their portfolio of makeovers - but you'll need to be willing to be photographed."

The first step to looking good is to clear your wardrobe out. "Do it at least twice a year," says Annalisa. "If you haven't worn something for two seasons, it has to go." And don't hang on to things thinking they'll come back in fashion. "It's true fashions are cyclical, but they never repeat exactly. You can expect to wear high fashion for three years maximum, if you buy it when it's coming in, not going out."

But you don't have to spend a fortune, says Annalisa. "If you shop carefully and buy things that go together, you should be able to make plenty of looks from two pairs of pants, two skirts, two dresses, six tops, two layering items (jackets, cardigans) and a selection of scarves, shoes and accessories. Most people have much more than this in their wardrobe, but rarely actually wear much more."

Once you've had a clear-out, start to build a wardrobe around a colour that works for you. "Pick a core colour such as black, grey, brown or navy, then add to it," says Annalisa. "Make sure every item you buy goes with what you already have. And only spend large amounts of money on classic styles that won't date." And remember the little things. "Good grooming costs little but can have the biggest impact on how you are perceived," says Annalisa. "If you look shabby, others may think you are shabby in what you do, or assume you don't think much of yourself, so why should they?"

Look after your nails, have regular haircuts and clean your shoes. Mind your health too. "Get plenty of sleep and drink lots of water. And remember that fresh air and exercise both create a look of polish no amount of make-up can reproduce," says Annalisa. But the most important thing? "Know who you are. When you show this through your clothes you will always look and feel fabulous!"

#### Annalisa's 3 Dos and Don'ts for every body...

##### 1. Big Bust?

- Do...**
- » Invest in a well-fitting bra with underwires and straps.
  - » Go for V-necks and low, wide necklines.
  - » Wear tops that fit just right - not too loose and not too tight.
- Don't...**
- » Wear high necklines, including halter necks and turtle necks.
  - » Choose tops with ruffles or breast pockets.
  - » Buy tops with horizontal stripes or rounded patterns.

##### 2. Small bust?

- Do...**
- » Choose sleeves that finish in line with your bust.
  - » Emphasise other things like great upper arms or a nice back.
  - » Go for halter necks, slash necks and turtle necks.
- Don't...**
- » Wear tops with defined cups you can't fill.
  - » Choose deep V necks or anything with a very low neckline.
  - » Wear boob tubes or corsets.

##### 3. Short legs?

- Do...**
- » Match your shoes to your hemline to create a continuous line of colour.
  - » Choose tops that finish at your waist.
  - » Wear skirts - they make it impossible to tell where your legs finish and your torso begins.
- Don't...**
- » Buy 3/4 length trousers or trousers with cuffs.
  - » Wear low-rise trousers or jeans.
  - » Choose short tops or jackets that don't meet your waistline.

##### 4. Wide hips and bum?

- Do...**
- » Wear capped sleeves to balance you out.
  - » Buy bootleg trousers and jeans for the same reason.
  - » Choose long jackets and cardigans.
- Don't...**
- » Wear trousers with pockets that gape or with small pockets on the bum.
  - » Choose tops that finish at your widest bit, especially in a contrasting colour.
  - » Buy white, light-coloured or high-waisted trousers.

##### 6. Very tall?

- Do...**
- » Embrace your height and realise you can wear most things.
  - » Wear fabulous shoes as everyone will always check to see if you're wearing heels!
  - » Watch out for sleeve lengths - if they're too short, always layer a longer sleeve underneath.
- Don't...**
- » Avoid high heels.
  - » Stoop or apologise for your height.
  - » Wear cropped trousers as they'll just look like they're too short for you.

##### 7. Very small?

- Do...**
- » Wear one-colour outfits to create a long line.
  - » Create a focal point high on your body.
  - » Choose clothes that sit close to your body - nothing too billowing.
- Don't...**
- » Wear full skirts and wide trousers unless you're very slim and wear them with heels.
  - » Choose items with large frills or big patterns that will overwhelm you.
  - » Invest in high heels unless you can walk in them.

##### 8. Feeling overweight?

- Do...**
- » Remember that all dark colours are as slimming as black.
  - » Wear bright, eye-catching jewellery close to your face.
  - » Layer up with long vests - the strong, vertical lines are slimming.
- Don't...**
- » Wear bright colours on the bottom and dark on the top, as you'll look unbalanced.
  - » Wear hipsters or trousers that are too tight around the waist.
  - » Buy tops that are too short.

#### PHOTO GALLERY



David Jones  
Autumn / Winter  
2010 fashion show

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