



a

From Drab To Fab - 10 Steps To Transform Your Style



No. 1

From foundation to finish

No matter how fantastic an outfit is it can all go seriously wrong if you have on the wrong underwear. Always start from the inside out and ensure your chosen underwear is giving you the support you need and is correct for the outfit you're wearing. Getting it right will give you confidence and a great shape.



Rive Gauche half cup T-Shirt Bra
£48.00 - Chantelle



Neon Pink Satin Ribbon Trim
Balconette Bra £9.99 - New Look



Helena full cup bra
£28.00 - Fantasie



Firm Control Sheer & Opaque Wear
Your Own Bra Slip £27.60 - M&S

- A. T-Shirt Bra** - As the name suggest are great worn under smooth fabrics
- B. Balcony or push-up style bras** will create a fuller appearance. Demi cup/balcony bras have straps that sit wider on the shoulders and the underwire is molded to create more of a lift. Push-up styles can create a larger cup look or help shape your existing size
- C. A full coverage bra** will help support full breasts providing a smooth silhouette.
- D. From thighs to tummy**, shape wear has become the natural leader in pressing, tucking, and boosting bodies to give a smooth sleek silhouette. Shape wear is available in low to firm compression levels that target trouble spots including legs, tummy, waist and bottom.

Bodysuit shape wear will give you a fabulous shape with compression zones that slim the waist, tummy, midriff, and back for total control under any outfit – great if you're wanting to flatten and firm multiple areas of your body at the same time.

a



No. 2

Conquer your fear of colour

If you've yet to discover colour or prefer to play it safe try combining a neutral like grey or navy with a accent colour to bring it to life. For something punchier, try wearing two accent colours together.

Another great way to bring your wardrobe full of neutrals to life and add some energy to your look is by adding boldly hued shoes and bags. Not only is a brightly coloured bag much more exciting than a 'safe' neutral, it's surprisingly versatile and gives you the opportunity to express your personality.



a



No. 3

Fitted rather than oversized






If you're not entirely happy with your figure there's always the temptation to wear oversized clothing, you may feel it's hiding a multitude of sins but in actual fact it will make you look a dress size bigger. Instead try wearing something fitted, or tailored but not tight. It will show off your best bits, disguise your lumps & bumps making you look fabulous and feel super confident.



a

Consider the wear and care

Before you buy, try to gauge how the item of clothing will hold up after a few washes and don't shell out for clothes you can't or won't take care of (dry clean only). If you know you'll never hand wash that fancy sweater or take your scarf to the dry cleaners walk away.

 Wash	<p>Machine Wash Cycles</p> <p>Normal Permanent Press Delicate/Gentle</p> <p>Water Temperatures</p> <table><tr><td>(Maximum)</td><td>(200F)</td><td>(160F)</td><td>(140F)</td><td>(120F)</td><td>(100F)</td><td>(65F-85F)</td></tr><tr><td>Symbol</td><td>95°C</td><td>70°C</td><td>60°C</td><td>50°C</td><td>40°C</td><td>30°C</td></tr></table>	(Maximum)	(200F)	(160F)	(140F)	(120F)	(100F)	(65F-85F)	Symbol	95°C	70°C	60°C	50°C	40°C	30°C	<p>Warning Symbols for Laundering</p> <p>Do Not Wash</p> <p>Do Not Bleach</p> <p>Do Not Dry (used with Do Not Wash)</p> <p>Do Not Iron</p>
(Maximum)	(200F)	(160F)	(140F)	(120F)	(100F)	(65F-85F)										
Symbol	95°C	70°C	60°C	50°C	40°C	30°C										
 Bleach	<p>Any Bleach When Needed</p> <p>Only Non-Chlorine Bleach When Needed</p>															
 Dry	<p>Tumble Dry Cycles</p> <p>Normal Permanent Press Delicate/Gentle</p> <p>Line Dry / Hang to Dry</p> <p>Tumble Heat Settings</p> <p>Any Heat High Medium Low No Heat/Air</p> <p>Drip Dry</p> <p>Dry Flat</p>	<p>Additional Instructions (in Symbols or Words)</p> <p>Do Not Wring</p> <p>Do Not Tumble Dry</p>														
 Iron	<p>Iron-Dry or Steam</p> <p>Maximum Temperatures</p> <p>200°C (390°F) High 150°C (300°F) Medium 110°C (230°F) Low</p>	<p>In this shape, select to line dry, drip dry or dry flat</p> <p>No Steam (add to iron)</p>														
 Dryclean	<p>Dryclean - Normal Cycle</p> <p>Any Solvent Any Solvent Except Trichloroethylene Petroleum Solvent Only Do Not Dryclean</p>	<p>Dryclean - Additional Instructions</p> <p>Short Cycle Reduced Moisture Low Heat No Steam Finishing</p>														

No. 4



It's in the Jeans

When in doubt, go with the smaller size in jeans. They always stretch and there's nothing more unflattering than an unintentionally baggy derriere. For jeans to hold their shape they need at least 2% lycra.

A. The skinny is always a popular choice. Proving ever versatile it looks great teamed with pumps and a cardi for every day or heels, a sheer blouse and an oversized clutch for a more glamorous look. If your bottom heavy make sure you balance your look by wearing with boots or layering and looser tops on your upper body.

B. The bootcut jean while not to everyone's taste is an absolute classic. It works in a similar way to the wide leg trouser and quite simply magic's those pounds away by creating a long, lean silhouette.



So Fabulous Curve Skinny Jeans
£30.00 - Littlewoods



Blue premium faded bootcut jeans
£29.99 - New Look

No. 5





No. 6

Hit the dressing room prepared

I've lost count of the number of times I've seen women trying on beautiful dresses and fabby skirts with their socks on!

Always dress appropriately for your shopping trip – not only will you receive better attention but taking the time to style your hair and put on your make-up before you head out will give you a better sense of how the outfit looks when trying it on.

When shopping for that ultra important outfit always take with you your heels, and any accessories you plan to wear with it.

Always take one “it's nice but so not me” item
with you into the fitting room and try it on.

It's very easy to get stuck in a style rut and you never know you may love it.

a

When in Doubt wear nude shoes

Matched to your skin tone they're a pretty safe bet (and they make your legs look longer)!

Three of the best: Nude shoes



Fay Leather Block Heel
Buckle Sandals £65 - Dune



Mid Heel Bow Court Shoes
£18.90 - Dorothy Perkins



Shoe Box Daisy High Block Heeled
Ankle Strap Sandals £24 - Very

Three great ways to wear nude shoes:



Out shopping



In the office



A night on the town



Dress it up

Accessorising is a great way to spruce up an outfit or take it effortlessly from day to night.

From belts and necklaces to bags and scarves, adding accessories can completely change an outfit and is a great way to express your individuality. What's more regularly updating your accessories is a great way to stay contemporary without having to spend a fortune.

Scarves - Stash one in your bag to transform a simple t-shirt or dress up a tailored white shirt and blazer.

Necklaces - You can do multiples of the same or opt for a statement piece – the choices is yours.



Animal Print Scarf
£7 - Dunnes Stores,



Sabrina Large Spot Scarf
£26.00 - Oliver Bonas



Navy paisley print silky scarf
£12.99 - River Island



Multi row rosary necklace
£18 - Asos



Spring awakening necklace
£72 - Stella & Dot

Show skin strategically

Looking truly sexy involves knowing what to bare and what to keep under wraps - choose one body part and show it off. If it's cleavage, don't show your legs. If it's your legs, stay covered on top.



No. 10



Rendezvous Maxi
£195.00 - Coast



Kardashian Kollection for
Lipsy - £65.00





A B S O L U T E
IMAGE
CONSULTANCY

T: 01306 881003 **E:** info@absoluteimage-uk.com

www.absoluteimage-uk.com

f [absoluteimageuk](#) **t** [@ImageAbsolute](#)

p [absoluteimageuk](#) **in** [Lorraine Iles](#)

16 St Pauls Mews, Dorking Surrey, RH4 2HP

