

Styling Sussex

Sassy at 60!



Jan of Worthing

It's never too late to look stylish by making the most of your assets says Gay Richardson.

Happy New Year ladies and lets make it a great year for daring to do things that we wouldn't normally do!

Generally we think of Helen Mirren, Sophia Loren and Catherine Deneuve all as women of great style, beauty and confidence. All different, but whose radiance shines from within them because as mature women they are comfortable in their own skin. You can be like them too if you so desire. So please don't let your style expire, because you are probably at least half way there, it's easier than you think, just let me help you take that next step.

Here are a few taster tips to make you feel great NOW, exactly as you are (even after the Christmas excesses)

1. Direct your attention to your assets. Great hair? Treat yourself to a professional wash and blow dry – it will make you look and feel great. Our hair is the only accessory that we wear every day.

Great hands and fingers? Get a manicure - it can last for weeks and you have a great excuse not to do the washing up.

Great eyes and smile? Wear a chunky sparkly necklace to draw

attention to your face.

2. Keep the eye moving up the body Wearing one colour (and its doesn't have to be black – try chocolate, navy, charcoal, olive, burgundy, purple) on the top and bottom, and adding an accent colour e.g. turquoise, magenta, burnt orange or red as a wrap, shrug, jacket or long line elegant cardy . The solid colour inside keeps our eye moving up the body, which will make you look slimmer.

3. Lift your bust line. When you look in a full length mirror, your bust line should sit right in the middle between your shoulder line and your waistline. If not, hike up the straps or buy a new bra – it will be worth it, as you will look instantly slimmer.

4. Buy a bigger size – as we said size doesn't matter it's the **fit** that counts and if an item is just that wee bit too snug then it can make you look bigger than you really are. Going up a size (and we know how much they vary from shop to shop) isn't a bad thing, it's a **weight loss trick!**

5. Don't leave home without your eyebrow line
To keep the focus up at the face instead of on your hips be sure your eyebrow line is doing its job by framing your face. Ask at the

numerous make up counters so you know how to keep your eyebrows accentuated. All you should need is a slanted brush and a pot of colour the right shade for you

Then add your best accessory of all – a smile!

If you would like more details of my styling and personal shopping services please give me a call on 01903 538774 or visit www.stylemeconfident.co.uk



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One happy client said this “Thank you so much for making clothes shopping such a treat. I now have such a variety of styles and colours – I love it.”