

## MAKEOVERS LIFE APPEARANCE GENERAL GUIDELINES FOR PUTTING A WARDROBE TOGETHER

**Putting outfits together require a few general guidelines:**

- The number one rule is that every outfit has to have an anchor color that is neutral and the outfit is built upon. The anchor colors are: brown, beige, black, gray, white, and cream. These neutral colors give the outfit its foundation. When you see someone dressed in one bright color from head to toe or many colors, the outfit seems “off”. The best way to make an outfit work is to “anchor” it in one of the colors listed above. A black pair of pants, a white shirt, a khaki skirt works wonders to tone down a busy print in another piece of the outfit. Also, having too many anchor colors in an outfit weighs the whole ensemble down. Try to lighten it up with an accent color (red, blue, pink, green, yellow, purple, etc.) or print (floral, pinstripe, geometric, etc).
- A pair of shoes can make or break an outfit. Nobody should wear shoes that are not comfortable. However, comfortable shoes do not have to be ugly or frumpy. Step out of your comfort zone when you go shopping and try many different styles. Try on the kinds of styles that are not ‘you’. Check yourself out in a mirror. High heeled shoes should not be more than 2 ½ to 3 inches. If you never buy high heeled shoes, try a pair with a 1 inch heel. It helps any shoe look more feminine or dainty.

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- Jeans are the world's uniform. The Makeovers Life Appearance program wants to put jeans on the back burner of your wardrobe basics and choices. When you go to any public place or event, 90% of the people are wearing jeans. Take this poll for yourself. Next time you are at the library, mall, park, concert, dance place, movie theater, casual restaurant, etc. look around you. Most men, women and children are all wearing jeans. The ones that are not in jeans are wearing khakis or sweatpants. The Makeovers Life Appearance program wants to encourage you to find pieces of clothing in your wardrobe that are as comfortable as a pair of jeans. So find your new level of comfort in a dress, skirt, or leggings. Leave the jeans or khakis for one or two days a week/month. Once you discover a new way of being comfortable, you will be amazed how good you look and feel.
- Casual chic: Getting dressed in the morning to look presentable to the world is a must when you go to work. What about on the weekends? What about if your job doesn't require you to look a certain way? What about when you work out of the house? What about when you are a stay at home parent? Should you not care what you wear? Absolutely positively yes you should. Your wardrobe needs are different than that of a working professional in an office. However, it should matter just as much for your state of mind how you put yourself together everyday even if only your family sees you. When you look good you feel good. When you look unkept, your emotions seem to follow a downward spiral into a negative mindset. Use basics from the Makeovers

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- Life Appearance wardrobe list to pick out your clothes at the start of each day – leggings, corduroy pants, cotton chinos, a mid-calf skirt, a comfy cotton dress, chunky cardigan sweaters, v-neck tees, tank tops. These are all good choices versus the random ragged old sweats, jeans, and t-shirts. Choose shoes that are comfortable yet stylish. You will be content to walk by a mirror or window to see your reflection. It will lift your spirits knowing you are put together and respect your outward appearance. In time you will glow from the outside in.
- How to organize your closet now: Walking into an unorganized under utilized closet is a trip into total frustration. Lots of clothes that you haven't worn in a really long time, clothes that no longer fit, and clothes that you forgot that you even had because they have been so buried. What to do? Set one hour aside to go through the stuff you don't want for sure. Put all the pieces you don't want for sure in a bag or basket. Take them to a resale shop or donation place. The maybes/ the yes, but it needs fixed and or cleaned/ and the true yes pieces keep and organize according to the Makeovers Life Appearance Closet Organization. Once all the contents of your closet are organized, you can wear the maybes and the true yes pieces to see if you still want them. Let's say you are not sure about a shirt or a pair of pants. Wear it one day and see if you still want it. If you truly disliked wearing it, do not put it back in the closet. Put it in the donate/sell bag and let it go. This way, you'll never wonder if you gave away an item that you should've kept. Also, you don't have to

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spend hours trying on clothes to decide if they are keepers or not. You'll know by the end of the day of wearing a 'maybe' piece if it's a yes or a no...for sure.

- Next, the stuff that you want to keep, but needs cleaning or fixing. If the clothing items need alterations or dry cleaning and this pile is huge, take only a few pieces to the dry cleaner at a time. This will not upset your monthly budget. The following week or month take a few more pieces.
- In conclusion the most efficient way to clean your closet is to first get rid of all the clothes you don't want for sure. Next, organize the clothes that you may wear again and the ones you will surely wear. Separate in a bin or bag the clothes that need cleaning and altering to the dry cleaners. When you're on a budget, take only a few pieces at a time. The clothes that are 'maybes', go ahead and wear them. If you dislike them, sell or donate them, but please don't put them back in your closet.
- Clothes size: An important thing to remember about having a wardrobe that works with you instead of against you is for all the clothes you wear to fit you just right. When you are a size 10 and you wear size 8 pants, the muffin top(bulging belly over the top of your pants) is guaranteed. If you wear a size 10 and your pants are a size 12, you look bigger because your pants are too loose. Our body shape changes throughout the month due to our menstrual cycle. Make sure the clothes you wear fit you well. Ill fitting clothes is the biggest fashion mistake.

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- How to look thinner: Color is the magic wand to looking thinner in your clothes. Light colors versus dark. Black is not the only option. Deep rich colors like brown, dark gray, eggplant purple and burgundy all serve us well. Put away the khakis if you are pear shaped.
- Wearing dramatically different colors like black and yellow or white, will cut you in two. If you're short, this color combination makes you look even shorter. Opt for colors that are closer together in shade. Beige and chocolate brown, black and brown, brown and burgundy.
- Never wear the same pattern on top and bottom. It is overwhelming no matter what size you are. Polka dots or florals are great, but only as an accent piece; not head to toe.
- Horizontal lines don't look good on anyone. Vertical pinstripes elongate the figure and give any item of clothing a polished look. However, if you are full figured, pinstripes look more like jagged lines.
- The best shoes are comfortable ones: If your purpose for wearing really high stilettos is to look taller, you may get the opposite effect. Perching yourself on shoes that are too tall, make you look like you are trying too hard. Also, if you are a full figured woman, heels make you look bigger. Try wearing shoes with a thicker heel to balance the look of the outfit. Also, dark ankle straps make the leg shorter. Choose ankle strapped shoes in a light color or a neutral one like beige. It will give you the appearance of having longer legs.



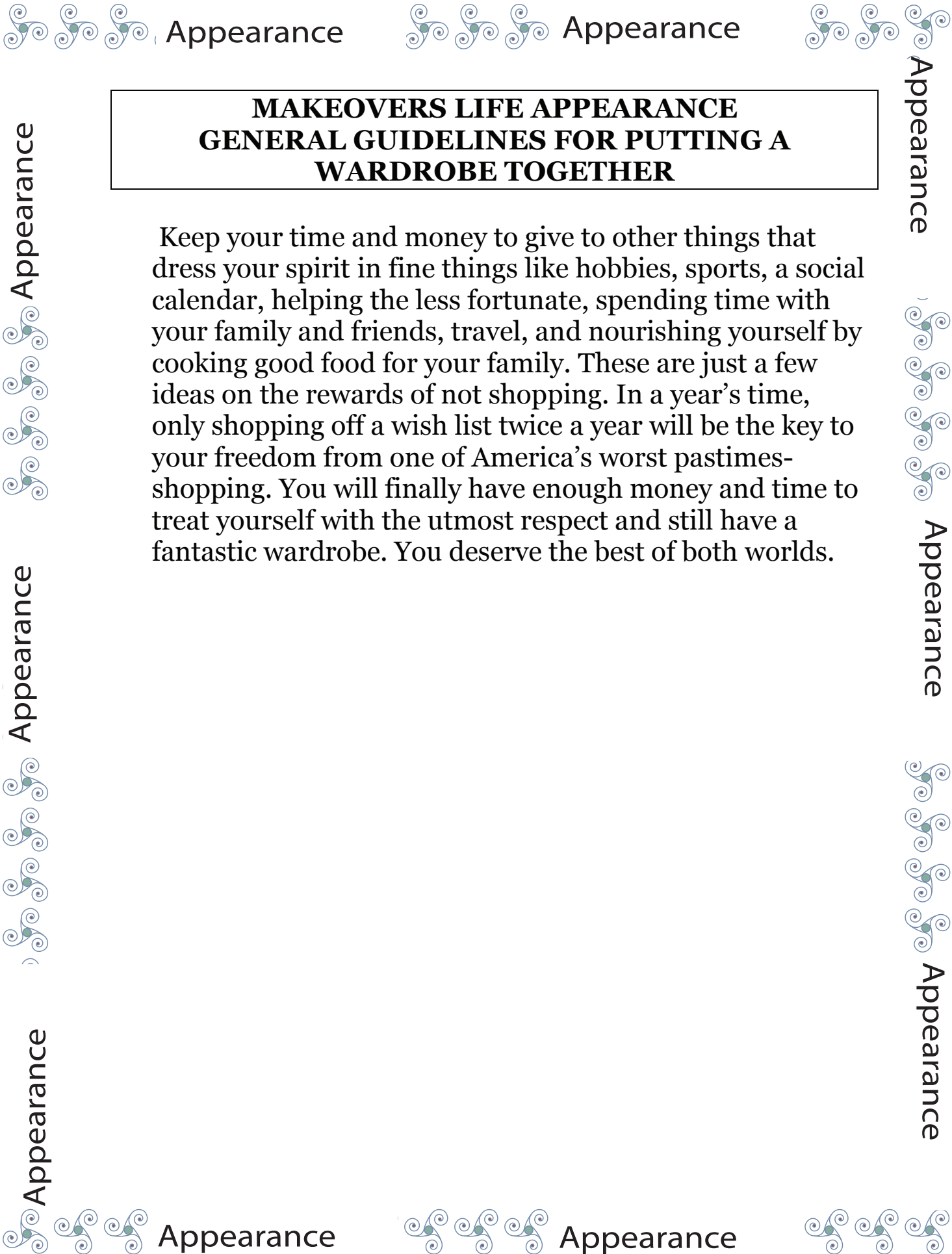
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- Bathing Suits: Everyone knows that black is slimming. However, for bathing suits it can make your limbs seem bigger and pastier. Instead, try a more neutral color like beige or light brown which will blend with your complexion. Also, prints on bathing suits draw the eyes in and away from the flaws you are trying to camouflage. Prints work well on bathing suits.
- Opening the neckline with a v-neck, scoop neck, tank top, button down, or cardigan makes you look thinner and younger. Wearing turtlenecks, crewnecks, or mock neck shirts, closes the prettiest area on any woman—upper part of her chest and face. Your tops don't have to dip into your cleavage. Just enough to open up your face and upper chest area to display a pretty necklace. Next time you go shopping, keep in mind this simple rule and buy shirts that will open up this chest and face area. It will do wonders for an outfit and for your femininity.
- Making a shopping wish list: The Makeovers Life Appearance Wardrobe Basics List is to serve as an inventory list for your closet. Take this list to your closet and see which pieces you would like to have more of. Do you wish you had more casual skirts? What about a chunky cardigan sweater that fits your frame for a Saturday morning errands run? What about a cotton or acetate mini dress to wear with some comfy leggings on Sunday morning for brunch with some friends? Make a list of outings from your daily life like the examples given above. Imagine what you wish you were wearing to these events even if it's just running errands. Make a wish list from the Makeovers Wardrobe Basics. List the

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length of the skirt, the color of the leggings, the material of the cardigan, etc. You get the picture. Now go shopping. Buy a few of these items. Don't over spend. You can always shop for the rest of your wish list next month, too.

- Resale shopping: Buying second hand clothes is no longer a have to. A lot of people buy gently used clothes because they want to. A wonderful boutique like store called Plato's Closet comes to mind. It's a national chain located near or in good shopping plazas across the country. Plato's closet and stores just like it buy and sell gently used brand name clothes from famous mall stores at a small fraction of the original price. The clothes are really fashionable and you can stock up on your basics. Check out a resale shop near you. It will surprise you, your budget, and the shopping diva in you.
- Money: Your wallet should never suffer because of your clothes. Ever. Having a bad shopping habit is like fat people overeating. It's not healthy and it will only feel good for a second. Once you get your appearance working for you, it is best to shop twice a year. Once for spring and summer and second for fall and winter. Mindless shopping is a terrible way to drain your money and your spirit.



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Keep your time and money to give to other things that dress your spirit in fine things like hobbies, sports, a social calendar, helping the less fortunate, spending time with your family and friends, travel, and nourishing yourself by cooking good food for your family. These are just a few ideas on the rewards of not shopping. In a year's time, only shopping off a wish list twice a year will be the key to your freedom from one of America's worst pastimes-shopping. You will finally have enough money and time to treat yourself with the utmost respect and still have a fantastic wardrobe. You deserve the best of both worlds.