



ADDILI

for design

WARDROBE BASICS

Be your own fashion stylist



WHY YOUR WARDROBE COMPOSITION IS VITAL TO YOUR SUCCESS

It is true to say that we create an impression on people within the first few seconds of them seeing us.

For this reason it is therefore important for us to dress the part, every time.

Think about it, who gets the most attention in your office? Isn't it that lady who dry cleans her power suits and wears a fresh coat of make-up all day every day? At a party, isn't it the one who makes an effort to accessorize her outfit and wear some color?

I know about those days that you feel like dressing down. If your luck is like mine, those are the days you will meet some important people in your life.

Or maybe you feel like you already got the job, well unless you are comfortable being in that position for the rest of your life, you need to dress for growth and success.

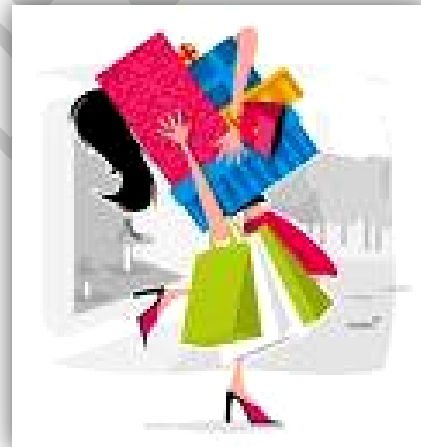
This wardrobe basics manual is a starting point for you to improve the way you look and enable you to stand out from the crowd.

WARDROBE BASICS

Wardrobe basics are guidelines for your wardrobe composition. It's not easy to look like your favorite style icon every single day, but I have a few tips to get you on your way there.

First things first though, here are some things you will have to consider to be able to make this happen:

- + Your budget; have a budget and stick to it. This will prevent you from overspending into your rent money and ending up out on the street with your fabulous clothes.*
- + Your lifestyle; don't spend on an evening dress that you will wear in three years, or never ever. If you are in the office Monday to Friday, then you should have about 65% of your wardrobe stocked with formal wear.*
- + Your taste; don't buy something because it's in style or your friend has it. What do you like? I have made this mistake... What colors, fabrics, silhouettes do you like.*
- + Your fashion icon/s; whose style do you like? Knowing this will enable you to borrow some guidelines to start your fabulous wardrobe collection.*
- + Your body type; what is your figure type? Are you pear shaped, athletic or hourglass?*
- + Your favorite body parts; is it your shoulders, legs or arms? Then accentuate them.*
- + Your limit; how far are you willing to go for fashion's sake? How short are you willing to wear your skirt? How short are you willing to cut your hair? How much make-up are you willing to put on?*
- + Your wardrobe collection does not have to be costly, diversity is the key word.*



1. UNDERGARMENTS

We normally assume any undergarment goes with any clothing item but we should wear them with regard to the outfit design we have on e.g. a strapless bra for a strapless dress.

Underwear tips:

- 1. Get a perfect fit*
- 2. Select the proper under-garment hue for the clothing you are wearing. Wearing dark colored or white undergarments under lightweight and light colored fabrics can mean the undergarments are clearly visible.*
- 3. Select lightweight undergarments to accompany lightweight clothing. Wearing a heavily padded or textured lace brassiere under a silk blouse can mean that the bra becomes visible under the blouse.*
- 4. Select the proper underwear for the garment you are wearing. Wearing low-rise jeans and thong underwear is so uncouth, as are revealed bra straps.*



Additional Dos and Don'ts

Do

- *Get measured for a bra at least twice per year by a professional bra fitter*
- *Wash your bras in lukewarm water, using a gentle soap like baby detergent, Ivory Snow, or even baby shampoo*
- *Never, ever, ever place your bras in the dryer*
- *Wait at least 1 week after your period before trying and purchasing new bras*
- *Always try on bras before purchasing them you will not wear the same-sized bra in every bra*
- *Rotate your bras every day to extend the life of the bra*
- *Focus on fit rather than fashion when looking for everyday bras*
- *If you've got love handles, always buy briefs (not bikinis) with light stomach support*
- *For health reasons, make sure your underwear has a cotton crotch*

- *Wash unpacked panties before wearing them (people DO try on the undergarments before purchasing)*

Don't

- *Wear white pants with bright-colored panties*
- *Wear too-tight panties*
- *Wear too-tight bra*
- *Show visible panty-line*
- *Show more rolls (of flesh)*
- *Wear form-fitting top with heavily detailed bra (you can see bra imprint through top)*
- *Wear slip longer than dress or skirt*
- *Wear tube tops with no bra. You could just refrain from tube tops altogether.*

2. HAVE ASSORTED CLOTHING CATEGORIES

Suits, evening wear, ceremonial wear and casual wear. Having these different outfit ensures you wear the right clothes to whatever function you are attending.



3. EXPERIMENT WITH COLORS

In truth, color is severely lacking in many wardrobes, and it's such a shame. Wearing color can do amazing things for your skin tone, hair color, and overall appearance.

While basic black will staple, adding in a few your wardrobe and add

Colorful spring trend, so something worth Even if you bright clothing, seems.



forever be a wardrobe more shades can spice up interest to your look,

clothes are also a hot wearing color is learning how to do. think you can't wear it's much easier than it

TEN EASY WAYS TO ADD SOME COLOR TO YOUR OUTFITS!

★ *Start small and*

work your way up.

If you don't normally wear lots of color, don't dive in head first by throwing on the first five bright pieces you see. If you go this route, you'll likely hate your look and swear of colors all together. It's better to start small with one colorful piece and build from there.

★ *Trade in basic black for a different neutral.*

I'm not knocking the color black – it's one of my favorites and makes a chic base to any outfit. That said, I don't believe in using any color as a wardrobe crutch. If you wear black because you can't think of anything else to wear, then you need to find a new neutral. I'm a fan of navy blue and nude lately, but gray and brown are perfect options too.

★ *Choose colors that work with your skin and hair.*

Once you know what looks good on you, it's 1000 times easier to wear color without fear. Remember: start small. Incorporate one or two of those colors into your wardrobe, get used to them, and build from there.



★ ***Wear a neon shoe.***

This is one of my favorite ways to wear color lately. I just bought a pair of neon pink ballet flats and have been wearing them every chance I get. The great thing about bright shoes is that they jazz up even the most boring outfit, and they always stand out in a crowd. Red shoes with a little black dress or hot pink heels paired with jeans and a top – either way, you can't go wrong.

★ ***Add a bright handbag.***

Bright bags also a hot trend and another simple way to make your outfit more colorful. While black and brown handbags are super popular because they "go with everything", bright ones are just as versatile! The trick to picking the right colorful bag? Make sure the shade meshes well with the rest of your wardrobe. A cobalt blue purse would be perfect if you wear lots of cool colors like gray and lavender, while a marigold bag would be a great choice if you normally rock shades of brown and other warm tones.



★ ***Wear a multi colored dress.***

If you're totally clueless when it comes to putting colors together, find a colorful dress and let it choose your color palette for you. Just pair your frock with neutral shoes



and a coordinating bag. The dress will be the focus of your outfit, and you won't have to worry about mismatching.



★ **Sport colorful jewelry.**

If you watched the Oscars, you must have seen Angelina Jolie's emerald green earrings. They were strikingly beautiful against her all-black ensemble. This is an example of expert styling at work. Paired with a neutral outfit, a bright piece of jewelry can really stand out and be seen. Try this yourself by choosing one colorful piece – perhaps a chunky turquoise bracelet or bright cocktail ring, and wearing it with a simple top/jeans combo or a little black dress.

★ ***A bright top + denim = love.***

I love colorful tops. They are one of the easiest ways to experiment with color, and they're fairly inexpensive as far as clothes go. When paired with denim, a colorful top has met its perfect match. This spring, try a hot pink tunic worn with skinny jeans and heels, or a drapery one-shoulder yellow top with denim shorts.

★ ***Two words: colorful accessories.***

Bright accessories rock because they're cheap and easy to experiment with. A bright red



belt over a black dress would look adorable.

What about a cerulean scarf paired with your favorite neutral spring jacket? Bright tights are also a fun way to enliven your look, and they're very on-trend as well.

★ ***Just have fun!***

My final tip is to use color to express your personality and add some fun to your look. While it's nice to try and dress well, when you wear color, experiment and enjoy yourself! Even if you don't match perfectly, at the end of the day, it's just fashion!

5. ACCESSORIZE

Always accessorize! Earrings draw attention to your face, belts accentuate your waist, shoes influence your walk and posture.



6. TEXTURE

When it comes to texture, you could try woven or knitted fabrics, beaded outfits and accessories for rough textures and satins and silks for a soft and shiny look,



7. PATTERNS

Wear patterns and patterns. Stripes are good for a formal look, floral prints and polka dots are great for a day out.



Balance it out

When wearing a sassy print or pattern, you need to remember to balance things out. If you're wearing a busy top, pair it with a neutral pant or skirt and if you are wearing a printed pant, wear a plain top.

The Print and Pattern Illusion

Anyone can wear prints, no matter their size with these hip tips. Take a look at your body type. If you're bottom heavy, a printed top and black pants (which can give the illusion of being slimmer) would look fantastic. If you're top heavy, wear a black top and a beautiful printed skirt. Don't forget a pair of basic black heels to finish the look.

Accessories with Prints and Patterns

If you don't want to wear bold and busy clothing and don't think it's flattering on your body type, you can always wear accessories with prints and patterns. A great bag or boots always look great. Look for vintage that will make your look unique.

Shoes with prints and patterns could also be a fun way to dress up your look. When wearing "busy patterned" shoes, wear a basic black dress or jeans and a basic top. This will draw attention to those amazing shoes and will balance out the look.

Go Ethnic

Shop around for ethnic clothing and accessories in subtle rich jewel-tone fabrics and prints. Sari's from India in a beautiful pattern and fabric would look stunning paired with a basic dress. Or, a bejeweled Chinese gown in a signature Asian print would be an interesting twist on prints and patterns.

What Not to Do

Don't wear head to toe prints ever.

Wear only one print piece at a time.

Never wear printed accessories when wearing clothes in busy prints or patterns.

No matter how you do it, enjoy your prints and patterns and above all have fun with them. Just remember not to overdo it.

7. KNOW YOUR BODY SHAPE

What is your body shape?

Rectangular: This body type is not common. Shoulders and hips are of equal width, with little waist definition. Bust size is average, rib cage large, waist not marked, flat butt, and thin legs. Tend to gain weight in the abdomen, thighs and love handles, and tend to have a little pot



belly.

Pear Shape: Rounded hips with defined waist. Full rounded hips and bottom. Narrow shoulders and small bust. Tend to gain weight in bottom and thighs and are prone to saddle bags while their stomachs remain relatively flat and their waists small. You'll be amazed at



how easy it is to camouflage a large rear end.

Hourglass: Balance of curves and angles, straight shoulders, defined waist, curvy bottom. Bust and hips in proper proportions. Shapely legs and usually fine boned. Weight gain is usually in



the love handles, stomach and thighs.

Inverted Triangle: Broad shoulders, medium to full bust, average waist, narrow hips and shapely long legs. Weight gain usually is apparent in the stomach, midsection, breasts and



arms. Rear usually remains flat and thighs slender.

Full Rounded: Round body with fuller shorter waist, wider rib cage, rounded neck and back,



Lower hips and slender legs.

Diamond: Narrow shoulders, small bust, broad hips generous thighs and slender calves.



8. PLAY AROUND WITH SILHOUETTES

Try an A-line skirt today and a straight skirt the next day or tapered pants this weekend and straight pants the next weekend.



CONCLUSION

I hope these guidelines help.

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