

Blend autumn trends with classics

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FASHION

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Writing this on a pleasant late summer's day, it is hard to think of a time when I shall relish wearing 40 denier tights and enjoy the comfort of pulling on a warm winter coat.

I quite enjoy those last few days of summer – the cooler evenings with a touch of chill in the air feel refreshing to me. They are, though, tinged with sadness because they herald the end of long bright days.

September is a time when we normally begin new things – a new term, a new career, a new path. Here are some autumn trends to help set you on your way.

Fad, trend or classic? The first two are fleeting – the last one is here to stay. Wearing something that reflects a current trend shows you are in touch with the fashion of the moment. But, remember the golden rule: pick the ones that complement you – keep investment buys, such as coats and tailored jackets, to the colour and fit that suits you. That canary yellow cashmere coat is going to be in the sale for a reason.

To look really good, wear colours that complement your own natural colouring, choose styles that flatter your shape, and make sure your look is suitable for the occasion, whatever it may be.

If you need help with any of that, you can contact me (see above). First of all, though, a few style tips to bear in mind:

■ **Contoured or straight figure:** "contoured" I mean blessed with curves; by "straight" figure I mean blessed with a more angular body shape.

■ **Scale:** remember to keep the size of any fabric pattern in proportion to your own scale. For example, a large houndstooth pattern will overwhelm a size 10/12 figure (unless you are looking for dramatic effect); likewise, a tiny herringbone pattern will make a size 16/18 appear larger.

■ **Belts:** create horizontal lines across the body that have a widening and shortening effect. If you are short-waisted, this is not helpful because it will make your waist area appear wider and shorter. Better to leave off the belt and wear the same colour on your top half as on the lower half.

■ **Colour:** whatever the trend, if the colour does not suit you, it's not going to look good just because it's fashionable.



Key trends

Colour

The big news for colour this season is grey. If that seems just too drab for you, brighten it up with pinks in dark rose or tea rose and metallic silver or shades of violet, amethyst or red. The colour grey spans charcoal grey to pale silvery dove grey.

Masculine tailoring

This is an androgynous look – slouchy trousers, crisp mannish shirts, wide-legged, boy-cut jeans. The look is balanced with fresh faced make-up and hair. This is a great look if you are slim without curves. If you have curves, the look will not flatter them. Instead, the trend is towards skirts in a "drapey" fabric with movement.

Skirt suit

If you have occasion to wear a skirt suit, this is a great look this autumn. Whether you have straight or curved hips, an A-line skirt will look fantastic on you. Patent heels in burgundy, brown and teal blues will add a touch of Thirties glamour.

Traditional

An urban-country style of tweed and tartan. This is a natural look, so keep the make-up natural too. Keep your eye out for neat fitted jackets or skirts and wear with those 40-denier tights.

Collarless woollen day dress

This is a flattering shape for both the contoured and straighter figure, partly because it satisfies the rule about looking taller and slimmer – wear the same colour on your top half as on your lower half.

Accessories

Big statement bags are still the trend. So, too, are smart leather gloves and knee-length boots. Wide belts also feature, which can be worn with knitwear, coats and jackets, too.

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