

# Make Over

## BACKGROUND

**D'Arcy Ziprick**  
Occupation: *Teacher*

D'Arcy Ziprick, our first male makeover participant, is ready for a whole new look.

"I find myself in a position where my appearance is important and my confidence needs a boost", he says. "I have not changed my look or taken much care in how I dressed for a long time. My wardrobe is limited, and finding clothes that fit me well is difficult. I have broad shoulders and a slim waist, so I required custom tailoring for a suit to fit well. I wanted a new look in regard to my color choices and style—something that fit my lifestyle and my personality".

Lets' start D'Arcy's first makeover episode by talking about styles of clothing best suited for his body type, different lifestyle outfits, and some of the best colors for his skin tone.

### STRATEGY

Height: 6 feet tall—Look for fabrics that cling to the body  
Size: Broad Shoulders—Avoid padded shoulders  
Narrow waist—Wear softly constructed jackets  
Full Bottom—Find a good tailor  
Body Shape:—V-shape



When in the classroom, D'Arcy needs to look professional but also approachable. A jacket is not necessary for his line of work, so I went for a softly constructed outfit that is also ideal for his body proportions. *Softly constructed* also refers to the fact that there is no padding added to the shoulder of the garment, so it lies flat against his own shoulders. With broad shoulders, care must be taken with styles that add too much bulk to that area.

The baby-blue sweater beautifully complements D'Arcy's cool complexion. The shirt and tie give the outfit a professional feel, without being overpowering.

If the glutes are worked a lot, off-the-rack trousers may not fit perfectly. They will either fit around the waist and be too tight on the butt, or they will fit the butt and be too loose on the waist. That's where a gentleman's best friend—the tailor—should step in. The lighter colored trousers not only add balance to D'Arcy's body, but it also makes him look very stylish.

## WEEKEND

D'Arcy loved this outfit. I guess there's no mystery as to why: comfort. My reason for choosing this outfit for him, however, was slightly different. I wanted to find something that would not be too sloppy or bulky, but something that would cling to his body and be comfortable at the same time—something appropriate for a Saturday afternoon walk in the park. The lightweight cotton T-shirt in a crew neck is perfect for D'Arcy. When worn on its own, it shows off his shape without being too tight. The sweater is light, in a semifitted style when worn zippered up. That emphasizes a small waist. The looser style in D'Arcy's jeans allowed for a great fit without the help of the tailor.

When jeans are worn, chunky white running shoes should be avoided—they look tacky. Sneakers in a current style will give a look that is put together well, even when walking the dog.



## EVENING



Finding the right suit for an athletic body type can be a challenge. The term *athletic suit* is generally used to define a suit with a drop of more than seven inches. The traditional drop is six inches. To determine a suit's drop, subtract the waist size from the jacket size. D'Arcy's drop is twelve inches, which mean that any suit off the rack will have to be altered considerably for a perfect fit. Suit separates may prove to be an easier option, and they are becoming more and more popular in department stores. That way, D'Arcy

could buy a size 44 jacket and size 32 trousers separately but in the same fabric. Staying relatively monochromatic will create a streamlined look. The dark color of the shirt does not break the eye line at the neck and cuff. I particularly like the "all-black" look for D'Arcy—it spells style and confidence.

Read our next month's issue to see D'Arcy's very dramatic makeover results, including hair, brows, nails and more!  
Clothing and accessories for this column provided by Zara.  
Photo credit Eydis S. Luna Einarsdottir, [www.eydis.com](http://www.eydis.com)

Produced by image consultant *Denisa Nica*  
[denisa@viewmagazine.ca](mailto:denisa@viewmagazine.ca)  
[www.dnimageconsulting.com](http://www.dnimageconsulting.com)

*Denisa brings her clients over five years of experience in image-related fields. Denisa appeared on Breakfast TV, Urban Rush and Shaw Express, as the expert in image related topics. Denisa was also quoted in The Province, Vancouver Sun, 24 Hours, and was a guest on BC Almanac at CBC Radio.*

