

MAKE-OVER



DIANA SIMMONS

BACKGROUND

Occupation: medical investigations field
 "For the last few years I have been feeling the need to reinvent my look", Diana says. "Especially now, as I adjust my career path. The old *me* was stuck in habit and a spit-and-polish skin-care regime, but at this stage of my life journey, I need a new and improved image. I seem to have many individual pieces of clothing which don't match, so I end up with a full closet, but nothing to wear!"

We are starting Diana's makeover this month by talking about styles of clothing best suited for her body type. We're looking for silhouettes that will give an impression of authority in the workplace, age appropriateness on the weekend, and sophistication for evenings.

STRATEGY

- Height: 5 feet, 5 inches
- Form: straight hips, round tummy
- Body Shape: H
- Keep details on top
- Wear straight skirts. Avoid pleats on bottom.
- Wear jacket or top below the waist



Before

Weekend



Evening

◀ EVENING

A bicolour construction gives the legs and the top part of the body their own emphases and therefore a longer silhouette. The top accentuates Diana's slim torso and creates a visual focus near the face. The cap sleeves broaden the shoulder – they help create a more womanly silhouette. If you have a curvier frame or larger arms, you may want to avoid this style so as not to create an illusion of having even more mass in your body.

Straight skirts create curves, especially when they narrow at the hem by accenting the curve of the hip and thigh to the knee. Oodles of accessories are unnecessary when there is much going on in the outfit. A small pearl stud doesn't compete with the beauty of bare arms and legs.

WORK ▶

For Diana's work look, I have chosen an outfit that would be appropriate for the corporate culture and would give an impression of authority. A suit will always lend more of an authoritative air than would separates, especially in the case of small-framed women in the workplace. Plus, if you buy a suit, you can always break it up and use the individual garments with different articles of clothing to create new looks.

I chose white and a light grey, because lighter colours create more physical presence (this is the opposite of "Black is slimming!"). The lighter the colour, the more it reflects the light and the person wearing it. Another reason for choosing a grey is that Diana's skin has a cool undertone.

Note the shoes: modern, stylish, and comfortable – and age-appropriate! Don't go too high with the heels at work if you want to make a great impression.



Work

◀ WEEKEND

At forty-eight, you don't want to dress like your daughter but you don't want to dress like your mother, either. Clothes that are too conservative and that have no shape will look like you borrowed them from your mom. And clothes that are too trendy or show too much skin will make you look like an aging teenybopper.

Diana's weekend outfit is a perfect example of the solution to this dilemma. While I recommend a fitted blazer for almost anyone, this item is particularly important for those looking for a more sophisticated style. The structure of a blazer implies authority, and is always fashionable.

The focal point is the patterned bag, which adds texture to the entire outfit, making it fun and stylish. The outfit's monochromatic colour scheme also contributes to the elegance and style of this weekend look.

Read our next month's issue to see Diana's dramatic makeover results!

Clothing, shoes and bag for this column provided by Zara.

Photo credit:

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