

style step

Declutter, reuse and recycle

It's that time of year again, the party is over, the decorations are down and we are all feeling a bit lighter in the pocket and a bit bigger around the middle! At StyleStep this is the time when I encourage my clients to declutter, reuse and recycle. This month I am giving you my tips for getting organised and staying stylish, without spending too much money.



Declutter

January is the perfect time to get a grip of what is lurking in the back of your wardrobe. Get everything out (a fold away clothes rail is handy here if you have access to one). Have a good look at all your clothes, from your tops and trousers to your shoes and jewellery and ask yourself three questions:

1. Has it been worn in the last 12 months?
2. Does it make me feel good?
3. What can I wear it with?

If you answer "no" to the first two questions, have a think about whether a spot of alteration could improve its suitability. Sometimes altering a hemline or removing shoulder pads can make all the difference to how an item looks on you. If an item needs taking in or more drastic changes I can wholly recommend Victoria Hackett of Partridge Green to any locals. She makes the process as simple as possible by visiting you at home and discussing your needs. Once she has seen the item on you and understands what needs to be done, she whisks your items away and works her magic. Everything is then brought back to you for a fitting to check that you are happy. Victoria has altered all sorts of items of clothing for me over the years and even created a copy of an Yves St Laurent dress for me! You can contact her on 07970 010357 or victoria@seasonalsisters.com.

If you haven't worn an item for more than 12 months, it doesn't suit you/fit you and cannot be altered, recycle it! Don't make the mistake of hanging on to it just because you spent a lot of money on it, let someone else benefit and make some space for newer items that you will wear and love!

And finally to question three. Make a list of anything that will help you to make more outfit combinations out of what you already have. It may be that you need a few new camisole tops to wear underneath a jacket or cardigan which will add a splash of colour to your outfit. Maybe you have hundreds of tops but no suitable skirts or trousers to pair them with.

Saving things for best?

I have lost track of how many times I hear this! How many lovely (and probably expensive) items of clothing do you have hidden away in the back of your wardrobe that you are "saving for best"? These poor items never get to see the light of day and when you do have a special occasion you end up buying something new anyway! I say wear your best every day. Well, maybe not every day but give these clothes an outing – they deserve it. It's ironic that we spend the most money on the items of clothing that we wear least, making cost per wear extortionate!

Worn out?

T-shirts, camisoles and your favourite old comfy tops will not last forever. I can always tell which items in a wardrobe are old favourites when they come out faded and bobbly yet the client still wants to hang onto them. This is where you should spend more money, updating t-shirts every year (or at least every other). Regular washing on top of daily wear and tear takes its toll on fabric and however much you love them, they will start to look tired and old.

Accessories

Having a good collection of accessories is a cost effective way of individualising an outfit and adding a splash of colour or interest. Costume jewellery is as cheap as chips and available all over the high street. Scarves are another useful accessory which can help to add colour and texture to your outfit.

If you feel that you need some inspiration when it comes to accessorising, look out for details of the next Accessories Workshop coming soon. Come and discover your best type of jewellery in terms of colour, size, shape and style. How to wear belts for your figure type, lots of new ways to tie scarves and even your best size, shape and style of handbag!



Workshops

Colour Analysis Tuesday 10th January 10 - 12pm

Clothing Styles Tuesday 7th February 10 - 12pm

Dressing for your Body Shape Tuesday 6th March 10 - 12pm

Clothing Prescription Tuesday 3rd April 10 - 12pm

There will be an additional colour analysis workshop on Tuesday 17th April at 10am-12pm.

Space is limited on my workshops so please book early.

For more information on StyleStep workshops please visit www.stylestep.co.uk/workshops

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