

# style step

## *What's your style? Part two*

Last month we looked at two different clothing styles (classic and dramatic), in a bid to help you discover your own best looks. This month I will describe the remaining styles so that you can decide which make you look and feel great.

Most of us can wear two, three or even all four styles but in different proportions and there is often at least one style that you ought to stay away from because it will never look quite right. It can be difficult to look at ourselves objectively, so you may find it easier to work this out with a trusted friend! Alternatively treat yourself to a consultation and receive some expert advice and inspiration to try new styles that are perfect for you and for your lifestyle.

If you missed part one of this newsletter you can find it on [www.stylestep.co.uk/newsletters](http://www.stylestep.co.uk/newsletters) "What's Your Style".

### *Girly style*

This is a soft and pretty look. Hair may be long and may be curled (but not always!). Make up will be soft and pretty and pink lipstick will suit.



People that wear this style well, love to wear softer colours such

as pink and lilac and are attracted to things that sparkle. They suit delicate embroidery and details on clothes such as sequins, lace or broderie anglaise. Floral patterns look great, as do polka dots.

Jewellery and handbags tend to be small scale and delicate. Holly Willoughby does this style well.

### *Natural style*

Many people wish they could carry off this casual style, but if it is done incorrectly or if it is not a look that works well for you it is simply scruffy! Getting it right can make you look casual and sexy but it is a fine line!

Natural hair is no fuss, easy to maintain and low maintenance, basically wash and go! A natural would not want to wear make-up every day and when they do it is minimal, a gentle

enhancement of their features. A person that suits this style would put comfort before everything else. The feel of their clothing is very important and they prefer natural fabrics to man made. Ideally nothing would need ironing and if the label asks for hand washing or dry cleaning it would not get a look in!



They prefer neutral colours and don't like to wear much pattern except perhaps paisley.

Shoes will be flat and comfortable and they would not carry a handbag. They are happiest without jewellery but wooden beads or a pendant on a leather strap may be worn in a thrown on way.

If you suit a natural look it is vital that you wear the right colours for your skin tone and in the right shape for your body to avoid looking scruffy.

Kate Moss and Sienna Miller do this style brilliantly.

If you would like more help in identifying which styles suit you, please call me to discuss your options. I run regular style workshops and one-to-one sessions during which you will discover how much of each of the styles you can wear and which to avoid. For workshop details visit [www.stylestep.co.uk/workshops](http://www.stylestep.co.uk/workshops) and for one-to-one sessions visit <http://www.stylestep.co.uk/image.htm>

### *Gift idea*

Christmas is just around the corner and StyleStep gift vouchers make a wonderfully unique gift starting from just £10. You could even add a voucher to your own wish list!

### *Help please!*

**I am busy planning workshops for 2012 and would be very interested to hear from you. What sort of advice would help you to increase confidence in the way you dress? My website gives the list of topics covered so far and I am happy to cover new topics so please send me your ideas ([helen@stylestep.co.uk](mailto:helen@stylestep.co.uk)).**

**Next month:** Christmas special!

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