

IMPECCABLY STYLED

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image consulting & fashion styling

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7 Wardrobe Essentials for Summer (both genders)

It's finally summer (or almost)! Is your wardrobe changed over, clean, pressed and ready? Are you ready for the work week, weekends, events, networking, picnics and other fun summer activities?

If you're not quite sure, or you know for sure you're not, here are 7 wardrobe essentials that will give you a great foundation for everything you need to do this summer.

1. **Crisp white shirt/blouse**-caveat: if your coloring dictates off white or cream, substitute the correct shade. There's nothing like a crisp white shirt/blouse for all things professional. You can also dress it down and wear it with jeans on the weekend. Depending on the quality of garment you invest in, it may last for a few seasons or just one. Once it gets dingy or starts to lose its shape, get a new one.

2. **Trench coat**-instead of a garish raincoat, invest in a quality trench coat that you can wear on rainy days or chilly mornings. You will get a lot of wear out of it and it will protect your clothing underneath. Women, you can find trench coats in many different colors so pick one you can live with for the life of the coat.

3. **Lightweight cashmere cardigan (neutral color)**-think of all the ways you can wear this. You can dress it up with a dress shirt or blouse for the office. You can also wear it over a dress or cute top and skirt. Easy! Afterhours you can throw on a t-shirt underneath and rock it with some jeans and sneakers. In a pinch, you can even use it as a swimsuit cover up (just don't get it wet).

4. **Swimsuit**-yes, this does strike horror in many hearts but if you're going anywhere near a pool, lake or other body of water, you need one. Look for one

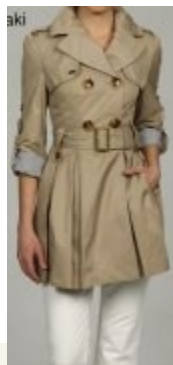
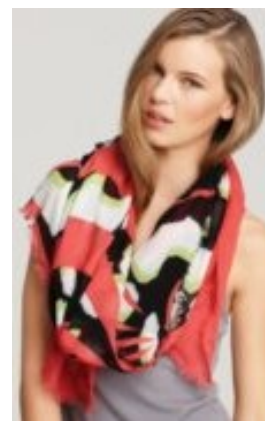
that's appropriate for many occasions (actual swimming, pool party, boating), which usually means skip the skimpy, barely there one that will probably end up embarrassing you with a malfunction. Men, I beg you, leave the speedo-like ones for underwear models. Make sure, no matter what your gender, you get one that works well with your figure type and coloring.

5. **Light, neutral colored no iron pant**-okay, there may be minimal ironing but it's better than slaving away for hours during the hot days of summer. Light colors reflect light which means they'll be cooler than dark colors. Idea: pair them with your white shirt/blouse and cardigan.

6. **Scarf**-yes, men wear scarves and look very handsome doing so. Your scarf will be different than women's-no floral. Pick either a cotton solid or geometric print that is in colors you feel comfortable with. Hang it around your neck on cool days. Ladies, pick the type of fabric, color and pattern that moves you.

7. **Well fitting bra**-men, you can skip this one. Women, this is the most important item of the whole list. If you don't have the correct foundation, your look, no matter what you're wearing, will be off. A correctly fitting bra will make you look thinner, younger and maybe even taller. It lifts your chest and gives you more room between your chest and waist which makes you look thinner. There are many department stores that do it for no charge. Go do it today!

These essentials will get your summer off to a great start!



Tips for Becoming a Stylish Man

With Father's Day rapidly approaching, let's review some tips and ideas that you as a husband, father, brother, uncle or son can use in every area of your life.

Let's start with one of the most important items in your ensemble, your shoes. Every man should own a pair of dress shoes in both brown and black. These two colors cover you for the large majority of professional clothes you will wear.

Spice up your wardrobe with splashes of color. Whether you choose a colorful shirt or a brightly patterned tie, you'll be noticed for your style and admired for your creativity.

A great idea for spring is to have a suit that is different than your dark winter suits to wear to all of the events in the next few months. Choose a light color such as tan, blue or gray. To think even more outside of the box, pick some shoes that are different than your

normal, conservative, everyday ones. People will notice; you will get compliments!

The proper fit of your clothes is just as important as their color or designer. Too often we see men in tight, ill fitting garments. Remember that when you're purchasing clothes to buy them for your current body type, not the one you're wishing for (after losing 20 pounds).

Last but not least is your personal hygiene. Before you leave the house in the morning, look carefully in the mirror to check for nose and ear hair, junk in your facial hair and crust in the corners of your eyes. Also, make sure you brush your teeth after drinking coffee. Coffee breath stinks and you don't want to subject anyone to that.

These are all simple, practical tips that can help you succeed on your journey to becoming an Impeccably Styled Man.

Written by: A Fashionable Gentleman



Clothes from Nordstrom



Need a Gift for Dad?

What are you getting for your beloved father, husband, son, grandson, brother, friend or other man in your life for their special day?

Sometimes you just run out of ideas. I've got the perfect one for you! Why don't you give him the gifts of success and confidence in himself? You can when you give him the gift

of time with his image coach, me.

I will work with him in creating the perfect image that works in every area of his life, including professional and personal. This will create a confident man who has a healthy self love and self respect, which propagates success.

After you and I consult as to what you want his experience to be, I will create a customized gift certificate for you to present to him, based on your specifications.

This is a perfect gift for all occasions including Father's Day, birthdays, graduation, prom, wedding, or a new job.

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