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2011 Spring Trends

Men

Military inspired- looks which have been in vogue for several seasons are still in hot demand for men. This includes not just jackets but other garments that have a military look such as shirts, and even pants (think camouflage). For spring keep your fabrics light or you'll be sweating like you're on an all day hike.

Flared Jeans- are now on trend, which is a relief from the skinny pants that have been popular for a few seasons. Besides the usual blue denim, try colors such as black or brown.

Linen-is another hot trend for men. If you love to iron, this is the look for you. There's nothing like a crisp linen shirt and pants, with the important word being crisp. Unless you want the sloppy look, keep it ironed. Try a colored t-shirt underneath of an open linen shirt for a more casual look.

Women

Lace-is hot for spring and will be hot again for fall so if you see a piece you really love, get it because you'll be able to wear it many times. Lace is seen in everything from tops to skirts to even shoes. Lace, of course, needs to be worn over another layer. Even if you're a material girl, don't show everything you own.

Long Skirts- are another hot look which are so comfortable yet stylish. No worries about bending over or kicking up your heels. They're also a great way to cover up legs you're not excited about. If you're petite, select more fitted ones. You don't want both volume and length.

Wide Leg Trousers- are a hot item this season which is awesome because they look great on just about any body type. They're especially attractive on voluptuous women. The eye sees a straight, long line instead of focusing on your hips. Wear a shorter jacket with these or you'll look too bulky.

Ladylike Full Skirts and dresses-are in vogue with gathers, to give more volume. If extra volume isn't your thing, you may want to find ones without as many gathers or pleats. This is a great look for any situation including work so if you're wearing it for work, pair with a shorter jacket or all of the fabric will overwhelm you.

Last but not least, bright colors will liven up your life this spring. Try the color of the year, Honeysuckle for fun. Whatever your favorite color, if it's bright, it'll do you right. Have fun but don't mix more than 2 bright colors at one time or you'll look like a clown.



Image by kim gee illustration



Image by Art Institute of Portland



Image by the president wears prada

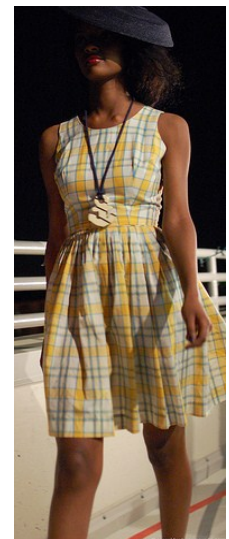


Image by the president wears prada

Men: The Importance of Proper Fit

Contrary to belief, men's dress clothes should always be comfortable. Suffering for "beauty's" sake does not do a man any good. If the fit of your garment makes you uncomfortable, you will look it, and that does not exude confidence.

A confident man buys clothes that are right for him and his lifestyle. He doesn't get caught up or swayed by every fashion trend that comes along.

A man looks his best when his clothes fit, and he barely notices them. Your clothes send a message to the world about you and if they fit you well, you will always make a good impression.

The rule of thumb is when you buy clothes they should fit your body type now. Don't buy them one size smaller, hoping you will lose 10 pounds in a couple of weeks. There are few things more unsightly than a man wearing an ill fitted suit or too tight or loose pants or shirt.

We all should strive to look our best at all times. In order to do that, we need to buy clothing that is proportionate to our height and weight.

A nicely fitted dress shirt and pants along with a tailored sports coat will go a long way towards ensuring your status as an Impeccably Dressed Man.



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Great Skin in Cold Weather

Yes, Spring is getting closer but in my region, we still have a good amount of cold weather still ahead of us. These skin tips are great for cold weather, but most work all year.

Hydrate from the inside out by drinking at least 3 liters of water daily. This doesn't include soda, coffee or any other liquid (except flavored water). If you drink alcohol, you need to up the amount of daily water.

Really hot water dries your skin out so when showering or taking a bath, use as cool of water as you can muster. If you add something to the bath water, add a small amount of natural oil which won't dry your skin out.

Before you go to bed, slather your feet with a heavier lotion and put on some

comfy socks. The heat of being under the covers will melt the lotion into your skin and you'll wake up with softer, supple feet.

Make supple skin food choices by eating food with a high water content such as fruits and vegetables-oranges, apples, berries, watermelon, cucumbers, tomatoes, avocados and carrots.

Keep some inexpensive lip balms in the different places you are, such as purse, car, side table, desk and briefcase so you can apply it frequently and liberally. Every time, you think of it, apply it.

Cold weather is hard on skin but using these tips will help produce softer, hydrated skin which means less tight, itchy and uncomfortable patches.

