



ONVU™

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Does an invitation fill you with dread? Do you have hundreds of clothes and nothing to wear? We have all watched Trinny and Susannah, admired Gok and his 'Girl Friends', but how many of us actually adhere to their rules and advice?

We know that most of us only wear 20% of our wardrobe 80% of the time, but do we take action? Help is now at hand. Follow the Style Clinic articles every other month and discover how to dress stylishly every day for all occasions. Imagine getting dressed in

The Style Clinic

To keep things fresh for our readers, Live 24-Seven has introduced a second style writer, each month one of our two experts will keep you on the right style road for the season, occasion, your shape and size!

Enjoy the first feature from Rosanagh Wilson of 'ONVU'

the morning and knowing what you are wearing is great and is a true reflection of your personality and lifestyle. No more wardrobe crises, because your clothes suit you, are wearable and your cupboard is easy to navigate.

The first step is to detox your wardrobe. This always seems a daunting task, but it needn't be. Rope in a friend who you trust to be truthful (but kind!) or a professional (like me). You need to set aside a day and empty all your cupboards. Begin by putting away the out of season stuff – deal with one project at a time and it will seem less overwhelming.

Start the day of your wardrobe

organisation by wearing great underwear – it will be uplifting in more ways than one. A well fitting bra and matching knickers will make you feel better and it is an every day habit I really recommend. You will need to try everything on and really analyse each item.

Discover why some clothes work and some don't. You are trying to establish your own unique and individual style and discover which clothes give you a feel good factor.

Is it the shape? Are you curvy or more angular? Curvy girls look better in fitted or semi-fitted clothes in a soft and drapery style that enhances their femininity; angular girls can wear stiffer, starchier fabrics that follow the sharper lines of their bodies.

Is it the style? Classic dressers prefer tailored, simple looks that are neat and co-ordinated (a big look this autumn), whereas natural dressers prefer the comfort of linen, suede and silk and are more casual and unstructured. You might be very feminine and love all things romantic – this style is ultra girly. You may, of course, be a dramatic dresser and love to be noticed. This is not about categorising, but recognising which clothes make you feel fabulous and which are not quite right. It is the first step to establishing your own style preference and to understanding how to enhance your individuality.

It may be that you love the colour of an item, that it suits your own natural colouring and enhances your complexion. Try to work out whether you suit blue based colours or colours that are mixed with yellow. You should also look at whether deep or lighter colours are more flattering. You do not want to be overwhelmed by a colour or





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for it to look drab either. Building a wardrobe around the right colour palette makes shopping and dressing a pleasure.

You need to discard any clothes that are tired, the wrong size or simply don’t give you the feel-good factor that they should. Have a bin bag for the charity shop, one for the ‘for sale’ items and put aside any for the cleaners or alterations. Only keep the things that you love and make a list of essential items that will really give your wardrobe a lift.

Most importantly, have fun with your clothes. Being organised is the first step in the right direction and the Style Clinic will advise on some great buys and tips over the coming months. You deserve to look and feel your very best.



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