

Wonderful Every Day

Without buying more clothes or spending more time in front of the mirror



A STRESS-FREE GUIDE FOR SUPER-CHARGED LIVES by Rosemary Allan



Looking and Feeling Wonderful ...

When was the last time you felt confident and amazing?

Was it for a date night, a special birthday, or even your wedding day?

Has your lifestyle changed so much it's difficult to make an effort now? Do you feel you ought to lose a few kilos before investing in a new wardrobe? Perhaps feeling wonderful is such a distant memory your self-esteem is diminishing?

As women, it's important that we feel good about ourselves. For centuries we've been adorning our bodies with clothing, jewels and paint, for a simple reason – to look and feel wonderful and self-confident.

Unfortunately, we can be made to feel we should be ashamed of our bodies if they don't match up to the pictures in glossy fashion magazines.

However, the truth is your body shape or weight does NOT determine how good you look and feel, even if you think it does.

I'll dispel these myths with some simple insights that you can put to use immediately to easily and effortlessly transform the way you look. Getting dressed will be a joy. You'll feel wonderful, even if you don't leave the house!

I'm Rosemary Allan, and at my Paris apartment, and online, I help women just like you to look and feel better about themselves. I'd love to help you discover how to create a stylish wardrobe of clothes that represents every facet of your personality making you feel 100% confident in the way you look without spending a fortune on clothes.

If you'd like to have more personal help, why not start with a **FREE** 30 minute mini consultation, by [CLICKING HERE](#) or at the end of this guide.

SO, LET'S GET STARTED...



FINDING JEANS THAT ACTUALLY FIT

When you know your body shape, you can choose the styles of clothing that work for you and avoid those that don't. Jeans are a staple in almost every woman's wardrobe, and we want them to be flattering and fit in all the right places. Unfortunately, finding the right style for your body shape can be a nightmare.

Start with the fabric, denim tends to be hard-wearing and hold its shape, which is ideal for straighter body shapes. For curvier ladies opt for a softer, more fluid denim that will move with you rather than constrict and enlarge your fabulous figure.

BOOT CUT (we used to call them flares!)

The go-to easiest style for most people, curvy or not, to wear. They even out your shape if you have broad shoulders and they also look gorgeous if you have generous hips.

Wear heels to take advantage of the slimming and leg-lengthening effect of boot cut jeans.

However, this is still NOT a good style if you're very short!

Try brands like Citizens of Humanity (Buenos Aires & Black Lava), Gap (short & tall too), Levi's 715, M&S Roma, Next Lift & Sculpt.





BOYFRIEND / WIDE LEG

Even if personality-wise you like this more relaxed, mannish cut, they look more stylish if you have broad shoulders or slim hips and you're average - tall in height. For curvier ladies, this style can widen and square out your silhouette.

Play up the boyish vibes with a pair of funky trainers and a simple top, or offset with feminine details like heels, a fitted top or blazer. Great brand choices include Levi's 501, Zara, American Eagle, H&M.

SKINNY

This is a great style choice if you are petite or have few curves. Wear with ballet flats or ankle boots for an edgier look.

Skinnies are most flattering when you pair them with longer top. But beware Petites, make sure your top ends either above or below the widest point of your hips. Try Uniqlo stretch, M&S Sculpt & Lift, Mint Velvet, Boden.



GIRLFRIEND JEANS

A snuggier fit than the Boyfriend version, fitting closer on the hips and sitting higher on the waist. Uniqlo, Levi 501s, Not your Daughters Jeans.

WAISTBAND ISSUES

You find jeans tend to fit your hips but are too large on the waist? Try low-waist (rise) jeans. They're also great if you're still trying to lose baby fat. If your jeans don't sit on your waist you probably have longer body (rise) than average. Stop tugging and try Levi's Wedgie Fit, Urban Outfitters BDG or any saying 'long rise'.



SHOULD YOU WEAR BLACK?

Do you buy black because it's safe? Because it's everywhere in the shops? Because it goes with everything? Because it suits you?

Can everyone wear black? The short answer is "Yes" and the long answer is "YES, but...". It depends on how close it is to your face, what you co-ordinate it with and even what effect you want the outfit to have".

Just like holding a yellow buttercup under your chin to see its shining reflection, the colours of the clothes we wear closest to our faces also reflecting upwards.

That reflection can make you look gorgeous, fresh and youthful or tired, sallow or age you 10 years!

However, you can wear black skirts and trousers every day of your life and this will have no impact on how well you look!

HOW TO LOOK GREAT IN BLACK?

If you have dark features, you will look amazing in black. Darker colours will balance your strong, rich colouring. The effect is harmonious and we can see 'you' without being distracted by your clothing.

This might be why, wandering the streets of Paris, all you will see are young, French women wearing black on black on black!

However, what happens if you don't have a dark colouring and you want to, or have to, wear black?





You will need to consider which of your best colours you can co-ordinate black with, the fabric of your outfit, how much flesh you can show and how best to use accessories and make-up to make black work for you.

If you're a natural redhead, team your outfit with a scarf in one of your perfect colours. Yellows and corals will brighten your outfit and block those dark shadows as black would never be your best choice.

A gorgeous client with porcelain skin, spent years 'warming up' her hair with highlights but, by embracing her paleness and adding ash highlights, she now co-ordinates black with her favourite pinks or lighter, icy colours.

"I had never been very happy with my natural self. Seeing Rosemary helped identify where I was going wrong and how, by choosing colours (particularly hues) I would never have thought about. I now understand this is who I am!" - Kirsti

Black can overwhelm a pale complexion so combining it with mint, yellow or another favourite pastel colour will be a winner.

An English Rose complexion may look tired and pale against black and dark colours. Wider or more open necklines work wonders as your skin is always your perfect colouring.

The more distance between the clothes and your face, the better! Something as simple as wearing a V neck sweater instead of a crew neck will transform you.

Textured fabrics such as knits or linen will soften the effects of wearing black and sheer fabrics will 'lighten' them which is a great excuse on your next evening out to swathe yourself in gorgeous frills, a chiffon trim or even a feather boa!

Finally, choose make-up in your most wonderful colours; a warming blusher and a statement lipstick will take a girl anywhere!



HOW TO CHOOSE THE BEST SUNGLASSES

There are 3 things to think about when buying sunglasses (and reading glasses too) – whether the frames are right for your face shape and whether the frames and, just as importantly, the lenses, are the right colour.

Sunglasses are a fun style accessory but, perched on your nose, when they're wrong they're very wrong. We're aiming for a star status look!

YOUR FACE SHAPE

If your face shape is oval you're one of the lucky people and can choose any shape of frames. If it isn't, keep your look in balance by wearing frames that are **opposite** in shape to your face...



So, if you have a round face choose angular frames, narrower than your face, to make your face seem slimmer. I have a long, slim face so rounder frames give the impression of widening my face.

PERFECT COLOURS

Don't think that a suntan sufficiently changes your colouring so that colour norms don't apply! The colour of your frames and lenses still need to complement your skin tone and work with the rest of your wardrobe.

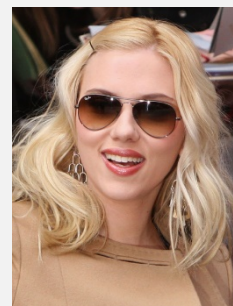
If you know whether you have a warm or a cool skin tone this will help when choosing between all the brown, black and tortoiseshell choices.

Blonds may love lighter coloured frames and lenses however someone with a cool complexion like me should **NOT** choose tortoiseshell frames with green lenses... (bought when I was 40, before I knew better).



There's no need to play safe.

The way you dress is an expression of who you are. A pair of sunglasses is the perfect opportunity to let your creative side take over, in a statement perfect colour, but at the very least buy a pair that makes you feel like a film star!



So now that you've discovered some simple insights into how to style yourself with self-confidence, I want to let you know how you can find out more about how easy it is to look and feel wonderful, whatever your lifestyle.

If you feel you want more personal help, or to know more, please [CLICK HERE](#) and book a **FREE**, no pressure chat, online or phone, with me.

Looking forward to witnessing your transformation.

Rosemary

"I spent a great afternoon with Rosemary, got tons of good advice which all made perfect sense and were really easy to apply on a daily basis with very little effort." – Stéphanie



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