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Beauty



HAIR/SKIN

Look Radiant This Season



Style and colour consultant, Michaela Jedinak shares her golden rules on looking and feeling radiant over the festive period.

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Fashion and style is not matter of age but a question of how to balance your personal colouring with the clothes you wear. When we reach our fifties, we feel more confident in our skin and with ourselves than we did in our twenties or thirties, so let it shine through with an elegant and self assured style.



Michaela Jedinak
from Joy Of Colour

When it comes to looking good, it is not your size or shape that matters. It is about the fit of your clothes, wearing the right colours for your colouring, and putting colours together so that they complement you.

Here some golden rules for the festive season.

1. Wear The Right Colours

Dressing in the right colours is an ideal way to look younger, healthier, groomed and more energised without having to resort to drastic measures. Your personal colouring is based on your dominant colour, which is based on your skin, hair and eye colour. So, each time you alter your hair colour with highlights or lowlights it changes the colours you can wear near your face.

Before wearing anything close to your face, drape the garment around your neck and study yourself in the mirror. Does that particular colour brighten your complexion or wash you out completely? Does it accentuate blemishes or tones of uneven colour in your skin? Do this with different coloured items from your wardrobe to discover which colours really complement your natural colouring.

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Make The Most Of It

In general, a man's hair grows more quickly than a woman's hair.

2. Dress With The Right Style And Fit

To dress with the right fit you need to know your body shape, your proportion and scale. This will help find the right foundation for your clothes, underwear and accessories.

What matters is to work creatively with your body to maximise all your good points and minimize your bad ones. When choosing clothes, your aim is to create the illusion of having a balanced body. Do not try to copy a look you saw in a magazines or get side tracked what your friends are wearing because they might a different shape, but use it instead as an inspiration on how to update your look for the festive season.

Golden Rule: Never finish any part of a garment at the widest point of your body. For instance:

- Jackets that finish at the widest point on your hips
- Skirts that end at the fullest part of your legs
- Short sleeves if you have a full bust or big arms
- Short tops if you have a wide waist

Also:

- Wearing the right underwear means clothes will drape and move more easily and show you in a more flattering light. Make sure you wear a bra that fits properly, supports you and enhances your cleavage. Wear knickers that do not cut into the flesh and provides tummy support if need be.
- Make an entrance by wearing a bit of heel. This will enhance your festive look and make you look more glamorous.

- Focus on soft tailored jackets and pants with rich fabrics or ruffle details.

3. Style According To Your Life Style And Personality

Your wardrobe should reflect your lifestyle and, most importantly, your personality. Never try to dress like someone else. You want the clothes you are wearing to be an extension of yourself and garments which you feel great in.

4. Hair And Make Up Will Pull Your Look Together

Once you know your face shape you can decide on what haircut, make up, eye brow shape and ear rings to choose from.

Face shape:

The golden rule here is that you should think in opposites.

- Long Face: Shorten it by having layers near your face.
- Square Face: Soften it with a rounder look such as curls.
- Rounder Face: Thin it down with less volume near your face.

Make Up:

Nothing dates you more than wearing the same make up as you did twenty-five years ago. Your style of make up and the way you apply it should change as you mature. A good skin care regime and a healthy life style, together with the right clothes, colours and style are essential for looking good and feeling confident.

Here are some tips and tricks:

- Invest in a good haircut and highlights. If you allow your hair to grow without a cut or let the grey show through it just looks aging and frumpy.
- Eye brows frame the face and should be an important part of your beauty

regime. It costs around £10 to have them shaped professionally. Treat yourself once and then maintain the shape yourself if you do not want to go regularly.

- Always use a good quality anti-ageing moisturiser and remove all makeup before going to bed.
- Pay attention to your décolletage. Smooth face cream downwards and body cream up wards.
- Remember less is more when it comes to make up.
- To prevent your eye lids looking creased when wearing eye shadow, use an eye base.
- Wearing foundation or a tinted moisturiser is a must to hide blemishes and an uneven skin tone. If you even-out your skin colour by using foundation or a tinted moisturiser, your eyes will shine more and give you a sparkly look.
- A lip base will help prevent lipstick from bleeding. Alternatively wear a lip gloss instead.

5. Keep Your Look Current

It is crucial to have a workable wardrobe with timeless basics, so that you can update your clothes easily each season with nice accessories including shoes, bags, scarves or jewellery. Nothing is more aging than wearing items which were in fashion last season so always try to keep a current look.

Do not hide your best assets, but be careful how you show them off.

- Don't be afraid to show a little leg but not too much. Make sure your skirt or dress hits you right at your knee, which is one of the most flattering

points on most women.

- Don't try to go all mini even if you have the legs of a teenager - it just doesn't work. You achieve the opposite effect to the one you are longing for.
- Don't be shy about showing your décolleté but be sure it is not over the top - remember less is more. If you feel your neck and décolleté does not look as youthful as it once did, do not make a focus out of it. Instead, wear necklaces or scarves to give you a radiant and youthful look.

For further advice or a personal colour consultation you can contact Michaela Jedinak at Joy of Colour, the style and colour consultancy on 0207 431 6479 or by emailing michaela@joyofcolour.com.

You can also visit the website www.joyofcolour.com.