

beauty THE PERFECT LOOK IS SKIN DEEP matters



Achieving harmony...

To test out the effectiveness of a colour analysis, I submitted details such as my eye and hair colour, age and skin tone.

Michaela said: "To achieve harmony and balance you need to use light to medium depth colours. Don't overpower your natural colouring with dark combinations and always wear the darker colours of your palette with lighter shades. Black is not in your palette, but it creates a striking contrast with your blonde hair. The secret is to keep black away from your face by choosing open necklines and wearing one of your key colours near your face."

My secondary characteristic is cool which includes icy and light tones. My third is soft, which includes soft muted shades. The results were a little unexpected as I often wear dark and more vibrant colours but I can see the logic as I am fair-haired and fairly pale.

The palette of my suggested colours also contains a bright green and varying shades of blue and purple, my favourite, so at least I don't have to throw away any of my clothes!

For your own colour analysis go to www.joyofcolour.com where Michaela offers an online service.

CHOICES, CHOICES: Marie Daniels models a selection of tops that have been selected by a top colour analyst. Pictures: Chris Vaughan. Picture reference: 6-5905_01;_02;_04.



LIVING COLOUR

Co-ordination is the key to style

by Marie Daniels

www.lincolnshireecho.co.uk

our, which is based on your skin, hair and eye colour."

Sales rep Natalie Briggs (26), of Yarborough Road, Lincoln, said: "I wear a lot of dark colours for work, such as black and brown, but when I go out I like to jazz it up a bit with colourful tops and accessories."

"I don't think I would change the way I dressed even if someone told me it didn't suit my complexion, because I think I have a good fashion sense."

Dressing in the right colours can improve your self-esteem and confidence but the style and fit of clothes is also important.

To dress with the right fit you need to know your body shape, your proportion and scale.

Michaela said: "What matters is to work

creatively with your body to maximise all your good points and minimise your bad ones."

"When choosing clothes, your aim is to create the illusion of having a balanced body."

"Don't try to copy a look you saw in a magazine or get sidetracked by what your friends are wearing, because they might be a different shape - use them instead as an inspiration on how to update your look for the festive season," she said.

Everyone has features which need to be accentuated more than others, but before you can follow fashion you need to understand what works best for you.

University of Lincoln student Sarah Reid (19) said: "I am quite short so I know not to wear cropped trousers as they end up looking half mast."

"I try to buy well-fitted clothes as baggy tops and trousers tend to make me look fatter than I actually am."

YOU can tone up, slim down and buy the most glitzy cocktail dress, but if the colour does not suit your complexion it could all be a waste of time and money.

According to style and colour consultant Michaela Jedinak, fashion and style is not a matter of age, size or shape.

When it comes to looking good it is about the fit of your clothes, wearing the right colours for your complexion and putting colours together so that they complement you.

Michaela, who set up the Joy of Colour consultancy in London,

said: "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 col-



Golden rules for the festive season...

■ 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?

■ 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 or short tops if you have a wide waist

■ Have the right hairstyle: 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.

■ 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.



WHAT MATTERS EVERY DAY...

MONDAY: Money
TUESDAY: Family
WEDNESDAY: Food
THURSDAY: Fashion
FRIDAY: Health
SATURDAY: Beauty

MONDAY: Why savings apathy costs us £1.7 billion a year