

## **Module 4: Decoding The Elite Woman's Style**

### **Revealing The Secret Formula To Elegant Style**

#### **Color Theory: How To Find Your Dominant Color**

### **Revealing The Secret Formula To Elegant Style**

We're now going to go through color theory and you will understand by the end of it, why choosing the right colors and wearing the right colors near your face is important. You will also leave this module and understand what color you should be wearing. Cause we are going to find out what's your dominant color in this video, but what if everybody in the world look like this? Well actually wait a second. Everybody in this world pretty much does look like this. The matter of our hair color complexion, somehow majority of us choose to wear black. Well, at least mostly black and it's pretty dull. Isn't it? I personally think it's because majority of us, we don't really understand what colors work best for us and how to use color in a wardrobe. But imagine if instead of this, we would look like this. What a difference?

Huh? I personally think that this is much more fun. Since I started to explore colors, I try to wear more vibrant colors than the typical block that I only used to wear it back in the days, color has the biggest impact on how a person looks. It has actually more of an impact than the overall style and fit of a clothing. Makeup is also important, but I would almost say that color is probably a little bit more important. So you should really think about the importance of color because what happens when we wear the wrong color while a lot of things can happen. And here we have a few examples in this images, the wrong color can make us look washed out. If we have wrinkles, our wrinkles might become emphasized. If we are tired or we have bags under our eyes, then that can come out.

If we wear the wrong colors, the wrong colors can also make us look more pale or it can contrast in the wrong way. With our skin tone, making us look ill, it can overall change our skin tone to the worst. It can also change our hair color to the worst. I've had many times where I wear a color and for some reason, my hair just looks so much more yellow when it's supposed to look ashy. But what happens when we're wearing the right color? Well, that's when we look awake, that's when we'll look vibrant, fresh imbalanced, it's almost like the right color makes us pop and gives us this touch of harmony and balance. I would also say that one of my personal favorites is that the right color can actually even out your skin tone and just give a nice tone to it. Same goes for, for your hair color.

But ladies, I need to admit to you, the color theory is actually a little bit complicated. That's why I spend a whole week in the image consulting training, just to study color theory. So let me just try and brief you in a very summarized version on how color theory works, the technical aspect. So when we work with color analysis in image consulting, we start by evaluating the person's dominant color. Then we evaluate the person's secondary color. And then we evaluate the person's third dominant color, but it's not necessarily a color that is dominant because each person may have one aspect of them that is more dominant. And that's what we based our color around. Now, the dominance can lay in three different aspects. The dominance might lay in your depth. If the dominance is regarding, if you are light or dark, the dominance might lay in your tone.

Maybe the dominance is the fact that you are a warm or the fact that you are cool. And lastly, the dominance might also signal of your clarity. Maybe your dominance is the fact that you are very bright or that you are very muted. And this is what we evaluate when we evaluate your dominant. So it's not just, what is your dominant color? It's a little bit more complex than that. However, we are going to find out in this video and actually you will realize that it's fairly simple to understand your dominant. What's a little bit more tricky, which we will not be doing in this program is to understand what's your secondary color and your third Sheree color. What you see on the right is an example of how you can go more in depth, finding out what's for example, your secondary color. I think some of you who have heard about color theory probably know about the different color seasons.

We have winter spring, summer, and autumn. I will not be talking in seasons in this video. I will be talking in a different format. And this is because we are going slightly more detailed than just dividing

us in four seasons. But we are not going as detailed as dividing us in 12 aspects, which is what you do when you included the secondary color. So we are going to focus on six different dominance. And when we evaluate our dominant, we always take our eyes, hair, and skin into account. There are color analysis companies who do not take the hair into account. I would personally avoid going to such companies because you are cutting out such an important aspect as your hair color. It takes up a lot of space around your face. For this reason it's important that it is included in the color analysis. Also, please understand that when we do a color analysis and we tell you what colors you should be wearing, we are only referring to the colors that you should be wearing close to your face.

Meaning if you wear a scarf on top of a top, we are focusing mainly on the scarf. If you're only wearing a top or a jacket, then we're only focusing on the jacket or the top. Anything that's close to your face is what you have to take into account when you choose the right color for you. So if, for example, one of your favorite colors is not going to be included on your color palette. Don't worry. You can still use that color on the accessories, on trousers, as a skirt, anything below your waist, really, and this way you won't feel too sad about letting go that color. Now, ladies, I'm now going to present the six different dominant colors. And I want you to really understand that I am going to make it as easy as possible for you to understand. I could go more in depth and I could tell you more and more about exceptions because there are exceptions, but I'm not going to do that because it's very easy then to get confused.

And this is how I see it is that if we find out our dominant color, we can pretty much evaluate 80% of our wardrobe, what color it should contain of. We can also more easily understand what colors to avoid and what color schemes to opt for. And if you feel like this is not enough for you, that you want to find out your secondary color and your third Sheree color, I really do recommend everybody to do it because you are going to have even more colors in your color palette to choose from. And to also understand what colors work for you and what don't for this. I do recommend that you do an in person, call it color analysis because it's not possible to really do with virtually. You need to have daylight. You need to have a professional and you actually need to be testing colors and next to your face to really understand what your secondary and tertiary colors are.

Now, let's find out our dominant color. And I'm going to begin with going through who the light is. The light is as the name, the type of women that are very light and fair in their complexion, their hair and their eyes. The color of their eyes is usually blue or light of some sort. They have oftentimes pale skin and light hair. Usually down to medium blonde in darkness. They are always Caucasian, so they can never be Oriental. They can never be African. They are usually either Scandinavian Anglo-Saxon or any other fare types. So naturally they're blonde, regardless if they're a light blonde or medium blonde, but their natural hair color is blonde. They also have this kind of delicacy around their skin tone. It can be quite pale or they might be able to catch a bit of tan, but they're not the ones who tan really, really dark.

I am myself, am a light. That's my dominant color. And we have also some celebrities for also light as a dominant color, such as Gwyneth Paltrow, Cate Blanchett, Reese Witherspoon, Michelle Pfeiffer, Paris Hilton, Kate boss, sports, Heather LA clear Naomi Watts. So the person who is light has a dominant, that is the depth and the depth is the light. Now let's talk about the soft. So if the dominant for the ladies who are light was their dept, the soft, their dominance, is there clarity, meaning that they are overall very muted in their colors. So they are almost like a darker version of blonde. They are usually either light Brown in their hair or dark blonde. You can oftentimes see that they are a bit warm, toned their skin, their hair, and their eye color kind of blends in effortlessly with one and another meaning that none of their eyes, hair or skin really stands out, meaning that their overall appearance ended up looking very blended, which is why we call them a muted color and muted colors work really well on them.

Ladies who are soft are actually quite neutral. Ladies. They will look good in most colors and the soft color palettes actually doesn't look bad on the most people. Even if those people do not carry the soft as their dominant color. So we have ladies who are naturally soft. Then we have ladies who colored their hair and they therefore end up being soft. And what I mean with that is basically that if a lady has darker hair, but she belongs her hair and makes it lighter, she oftentimes become a soft, we have a really good example here on the right side, we have Nicki Minaj, they're in this blue color. And then on top of her, we have another lady, a woman of color who have colored her hair blonde. And

we have also Lucy Lou there who natural hair color is black, but she has colored herself blonde.

So these three ladies are a great examples of what we call an unrelated soft, meaning that the blonde color is a big contrast from your natural color and ladies who have naturally almost black hair, but this size to go blonde always ends up as being soft. So this is something you must take into account that you can be a natural soft, or you can be an unrelated soft. And this is what sometimes confuses us people. But just think about this way. If somebody who has dark ever made their hair blonder than they are automatically a soft. So some celebrities that are soft, we have Jennifer Aniston, Ashley Olson. We have Kylie Minogue, Lucy, Lou, we have [inaudible] Dotson Cruz, Kate Winslet, and there Nicki Minaj. And please note with Nicki Minaj, as she changes hair colors a lot, she might not stay as a soft and this actually relates to general color theory.

If you change her color at any point, you might not stay in the element that you are now. Let's move on to the ladies that are warm. And when I say warm, I mean that the dominant in the person is their tone, meaning that they are dominant in their warmer tone. And you probably think that, Oh, okay. But it's just about being redhead while yes. Sexually more about being very warm as a person. Yes. Red will definitely play an important role. As you can see, all of these ladies have some form of redness in their hair. I could also have included a picture of a lady who was a strawberry blonde and the strawberry blonde actually qualifies as a warm, even though it's a blonde color, but there is redness in that color, meaning that it still comes across as a warm, these ladies might be Caucasian or they might be Oriental.

They might have a golden or yellow skin tone. Oftentimes they have pale skin tone. They might burn or freckle in the sun. Darker skin might have more of a yellow hue in their complexion. And we really go in all kinds of red hair tones here. Like I said, anything from strawberry blonde until Orban, their eyes might be of any color. They might be green, Brown, clear blue eyes. Their eyelashes might be blonde, or it might darker, but usually a little bit lighter, darker warm ladies will also have a golden glow and the really warm tone to their eyebrows. No song celebrities that are warm. We have Nicole Kidman. We have Julian Moore. We have Christina Hendricks. We have Geri Halliwell. We have Marcia cross who plays breathe under camping, desperate Housewives. We have Isla Fisher and we have Miranda and sex in the city. Let's talk about the ladies who are deep here.

You probably understand that majority of ladies who have dark hair, dark eyes, and very rich in their coloring, very strong colors. They all have dark eyebrows, dark eyelashes. And they usually have either black dark porcelain or all that skin. If you remember, I mentioned that for the ladies who are light in their dominant, they are light because the dominance is the depth of their color. Meaning that they're very light here with the ladies who are deep is exactly the same thing. But the opposite, the dominant for the deep ladies is their depth. Meaning that the darkness of them is what becomes the most dominant. I would say many ladies belong to this category of women. We have, of course the typical Caucasian Brown hair, Brown eyes lady. We have many black ladies. We have many Indian ladies. We have many Asian ladies. And also we have many Latinas who are in the deep bracket.

So for this reason, I would say that majority of you who feel like this could be you, you're not going to go wrong with the color palette of ladies who are deep. However, there are a few exceptions and I do want to mention that not all ladies who are black or Asian might necessarily belong to the category of deep as their dominance. However, this is when I will overcomplicate it. So I will refer back to this a bit later, but I just want to say this as a disclaimer, let's talk about the ladies who are clear and what do I mean by that? Well, the clear are the ones who actually don't lead with their hair color, necessarily as their dominant, they lead more with their eyes as a dominant, which basically signals their clarity. Their eyes might be very popping in their appearance and become the kind of dominant aspect that we draw our eyes to.

One thing though, that you have to understand is that all ladies who are clear are dark in their hair, a lady who is blonde or a red head can not have clear as their dominant color. They might have it as their secondary color, but not as their dominant color. So what do I mean with the eye? Let's start with the most simple and straightforward way of understanding this. Anybody who has dark hair, but has another color, then the color of Brown or black as their eyes will most likely be. You're clear. You can see here on the bottom row, you have four ladies who have blue as their eye color, and then they match it up with our dark hair, giving it a very nice contrast. This is definitely the easiest way to

understand the clear, but you can also have a clear with a different type of color of the eye.

And like we have Kate Middleton and Angelina Jolie they're in the right corner. Their eyes are not blue, but there are still clear enough and kind of popping enough and giving them this type of contrast that I'm talking about to qualify them as a clear, a little bit more advanced than the two ladies in the room left corner. Now you can see that their eyes are dark. It's either a black or dark Brown pupil. However, how come they are qualified as clear if a woman has, let's say quite big eyes, let's say she has big guys. And then she also has, in this case with these two ladies, you can really see a lot of their eye whites. It's like their eye whites are brightening up their entire face and stands out and draws the focus to their eyes. For this reason, they qualify as a clear, even though they don't belong to the first example, like I told you about where we talking about the light colored eyes contrasting with the dark hair.

For this reason, we have many women of color who can actually belong to the category of being a clear. The lady in the left is a such a great example of how a woman of color would look as a clear, please note, you can also have Asian women or Indian women or middle Eastern women who can also qualify as a clear, depending on how their eyes are. Some celebrities that are clear. We have Courtney Cox, Kate Middleton, Angelina Jolie, Elizabeth Taylor, Emma Willis, Liz Hurley, Dita Von Teese, Katie Perry, Olivia Wilde, and Megan Fox. Now, lastly, let's talk about the ladies. There are categorized as cool. So immediately you probably understand what's cool. Actually stands for we're talking gray hair, white hair. We talking blue undertone. We're talking perhaps almost violet hair. Something that is very ashy. A blonde would not go in this category. However, if you have colored your hair to an artificial gray, then that would qualify.

You can also be a salt and pepper lady. As we see there in the middle, the Asian lady, a salt and pepper qualifies as a cool. Now you probably wonder what the black lady in the lower right corner, how come she is qualified as a cool. So this is where we would go a little bit at the vanced. And this is why I don't really want to touch upon such things because it might overcomplicate things for you. And I don't want to confuse you. So the black lady actually has the dominance that her skin tone has a very cool tone. You probably don't see it very well on this picture, but you would see it better in reality. And this is actually an image that my color teacher provided me of a person that they know in real life. So this is verified with this person that we have included here in this image.

Now, this is what I mean, why it's important to actually do your colors in real life. The lady in the blue, she has a dominant as being a cool, however, we would probably think that she's a deep, she can still use the colors of a deep, but if we're going to be a hundred percent correct that she belongs to the ladies that are cool. But again, this is something that is a little bit too advanced. I don't want to confuse you ladies. Please bear this in mind. Some celebrities that are cool. We have queen of England. We have Jamie Lee Curtis. We have Judy Dench, Helen Mirren. We have Keller aspirin there on top. We have Iris fell and we have also Camilla Parker Bowles. Now I want you to do a little exercise for yourself to try and place in your mind. Picture number one, picture number two, picture number three, four, five six, who is soft, who is clear, who is deep, who is light, who is cool and who is warm. Test yourself to see if you have understood the dominant colors. Pause this video. If you still haven't finished this little exercise, because in the next slide, I'm going to give you the answers.

Not really. It is a think about what's your dominance. I know for some ladies, you might be a little bit tricky depending. Let's say if you're unsure, if you belong to the ladies of deep or clear, if you might be a cool, or if you are a soft or a light, I don't want you to overcomplicate things. So go with your intuition. If you need some second opinion, then use the student community chat to check with the other students. What they think that you are. If you are really unsure, then I definitely recommend that you go and find and color analysis image consultant in your town so that you can do a proper color analysis. That's going to give you a lot of support, especially when you are going to curate your wardrobe. So now you know what your dominant color is, but what happens next?

How do you know what colors you should be wearing under this video? I have attached six different color palettes, depending if your dominant is light soft, warm, deep, clear, or cool, these people, that's our only meant for guidance. I want you to actually look through all of them, even those who do not belong to your color, to kind of try and understand what are the differences, because you are going to see and spot for your own eyes. What kind of colors belong to certain types of people? It's

going to be much more clear for you, why your colors are this and why somebody else's colors are that. Please note the palettes that I've created for you. I have taken a picture of these real life color swatches, and I did it in daylight, right? So I would say, depending on your screen coloring, the color should be quite true to the real color of how they are.

In reality. If you would go to a color consultant, you would most likely receive a swatch like this to keep and to use. When you go shopping, it's very useful. I recommend however, this virtual color, Colette that I have created for you, to be honest with you, it's going to help you dramatically anyway. And like I said, these colors are simply for indication. They are not going to be your entire color palette because we have only understood your dominant color. We haven't figured out your secondary or your third Sheree color. Once you will understand those color, you will have some additional colors included in your color palettes, but these five swatches are only for your dominant color. And I would personally say that would these five swatches that you will receive, you will actually see that it will help you. It pointing you in the right direction of what colors to kind of aim for, but it doesn't mean that you should now go and buy a whole new wardrobe or that you should throw out all the other colors that are not included in this color.

Please, ladies do not do that. Of course you can start trying now to me be primarily sharp in these color schemes, but there will be colors that are not included in this palette that you can still wear as much as there will be colors included in this color palette that you shouldn't be wearing. This is why I believe it could be quite interesting for you to have a look at the other ladies, color palettes, the ones that are the opposite of your complexion. Let's say you are a lady who it has warm as your color palette, have a look at the colors of the ladies who are cool or clear. And you're going to notice that those colors might not be necessarily the best colors for you. And this is how you can try and understand a little bit what colors wouldn't work for. You.

## **Body Type: Dress For Your Body Shape**

### **Revealing The Secret Formula To Elegant Style**

We have reached the body shape stage because now we have to find out what's body shape. Are you my dear elegant ladies? So there is a big reason too, why we have to find out if we are a triangle inverted triangle, if we're an oval or, or a glass or a rectangle, because one of the most important thing, things, if you want to look your best in clothing is if your clothes actually fits your properly, we have different types of bodies, meaning that not all clothing is going to fit equally on us, but if you get to know your body and you get to know what is actually flattering on you and what actually does not work on you very well, then that's going to help you look better. And of course, feel better in your clothing. But most importantly, the garment will actually fit properly.

Yeah. Which is really important. If you want to look more expensive. And of course, if you also want to look elegant now, how do you measure yourself? Well, the most important is actually to measure the width of your shoulders and the width of your hips. And then you measure your waist. The bust is actually not that important. It is just to see if you have a, a flat chest or a full chest. Okay, really? You don't have to actually measure your chest. Why we have to measure our shoulders and hips is to understand, is there one that is more dominant than the other mini meaning is one wider than the other. And then we also want to understand how is our waist in relation to our hip and our shoulders? Do we have a ways definition or are we more straight as you can see, I have a ride line on the picture, and this is quite interesting.

If you actually would do this on a picture of yourself, you draw a straight line nine where you can see if your shoulders and your hips are aligned with each other, because if they are, and you also have a waist of finishing them, that signals that you are an hour glass, but if the line is not straight for some reason, or doesn't reach the other parts, then you can clearly see that one aspect is going to be more dominant than the other. Anyway, ladies, I'm not going to spend too much time here. I think this part is pretty straight forward. Make sure you do actually measure yourself and find out what body shape you are. Just make sure that you do this when you are without any clothes. Just some simple underwear is fine to do this exercise. Let's start with the hourglass body shape.

And I'm sure many of you are familiar with this body shape because it's known for having balanced proportions, meaning that the shoulders are equally aligned with the hips. So if you would draw a line from one shoulder down to one of the hips, you will have a straight line down. You would also have a very defined waist, which is very significant for the hourglass. If there is no waste, then you are not qualified as an hourglass. It is essential that you have sound formal waste definition and our glass can be full hour glass or a need our glass. I myself, Amanita our glass. And usually ladies who wear size excess S or M qualify as a needs, our glass ladies who were large or above our plus size ladies. And they can also be our glass, but they would then be a full hour glass.

So some celebrities that are our glass, we have myself, we have a Scarlet Johanson, Marilyn Monroe, and so feel around. We have Selma Hayek and we also have Nigella Lawson who would be a full hour glass. Also a note on our glass because oftentimes people think that you, you need to have a big bust in order to qualify as an hourglass, but it's actually more that alignment between the shoulders and the hips that we're looking into. And they'll our glass can the full Chester, or she can be flat chest. That doesn't really matter. So I want you to do just pay attention to this so that you are not thinking that you are not an or glass, just because you don't have a full bust. Now let's look into what the hourglass should and shouldn't be wearing. Now, the good thing about being an hourglass is that actually you will look good in most clothing, but what our glass really needs to think about is that she has to wear fitted clothes, clothes that are tailored for her body and really shows her silhouette always emphasis on the waist definition, because that's going to be a slimming effect on the hour glass.

Whenever you hide your body line and your waist, you will end up adding about three or four kilos to your, to your size, meaning that you will look bigger than you actually are. Therefore you should always create a shape rather than conceal or hide. This is why our glass should never wear anything baggy or oversized because it does not look good. Anything unfitted around structure just makes them look bigger. Plus the hourglass is blessed by having a very balanced silhouette. So it's truly important that you have clothes that actually follow your body line, because it's going to be a slimming effect on you. But it's also going to be a very feminine and beautiful look, definitely enhance your bust. If you have 'em, if you have a bus, because that will also be very flattering for the curve and the silhouette of the hour glass.

So let's talk about some garments that you should and be wearing when it comes to jackets and coats always think tailored and fitted, but to be quite fair, you should be thinking like this for all of your clothing in particularly for everything that is on your upper body. And also try and purchase single breasted instead of double breasted, avoid any coats or jackets that are straight boxy and loose. I would also suggest to have coats or jackets that have a belt because that would, that will help you with your waist definition. When it comes to skirts, the pencil skirt is incredibly flattering on an hour glass because it follows the natural curve of the woman, but it also gives her that feminine look, others skirts that are nice are the flip skirt, the bias cut. You also have the straight skirt that will work well.

The panel, the pleat, the wrap, and the sarong, just be aware that the skirt that you wearing is not too stiff, that the material is somehow fluid and follows your curve. Because if it's too stiff, it will be difficult with your curvy hip. When it comes to trousers, you can actually wear pretty much anything. I think the boot cut, the flared type of trouser is a little bit more flattering because it has a little bit of a curve, meaning that you keep following the natural shape of your silhouette because it's already curved avoid low rise at trousers. Ladies, this is a big, no, no, because you have quite wide hips. It's not a good look and it's not comfortable for ladies who are our glass. Also, you should not have any big belts on the hip. It will look very bulky and make you look bigger.

Also avoid flap side pockets, meaning pockets that kind of stand out and poke out from the hips. This will make your hips look even bigger. Also jumpsuits are not going to be favorable for our glass simply because you will always feel some form of discomfort with the groin area. We are too curvy for the jumpsuits. So I would just skip them all together. It's very difficult to find jumpsuits that are going to feel comfortable on an hourglass. When it comes to dresses. Again, here you have a lot to choose from. I would definitely go for something like a wrap dress. Whenever you get the opportunity to put the belt onto your dress, or if you're wearing a top and a skirt and you can add a belt beautiful on an hour glass, the empire cuts is also very flattering. And so is the princess cuts.

And also you have some nice shirts, dresses that look flattering and believe it or not, but bodycon is very nice on an hourglass. As long as the body can't dress does not look cheap dresses to avoid. Definitely things are very straight like shift dresses or Shimizu dresses where you don't have any waste definition, baby doll, dresses, or tunics. It's actually the same principle there. Now for tops. We have, it's also the same for tops. I would say fine tops that are shaped. Maybe a wrap top. Maybe it's the top. You can have some nice SME stretch shirts, tops that are really nice. Avoid again, baby doll, and straight to next because they will make you look bigger for fabrics. You should be wearing something that is a little bit more light to medium in the weight and texture. As an example, Josie, Lycra, spandex, silk chiffon, et cetera.

When you wear thicker materials, it will be harder for you to, first of all, feel that you're getting a nice shape into these garments because they're usually more flattering for women who are a little bit more straight and not so curved plus 15 materials will easily make you look bigger. So it's just very important to pay attention to this up next is the rectangle. And here we have more of a straight body line. So we don't really have a waste of finishing. You might have a little bit of waste definition. Usually it's max one or three inches smaller than your hips or shoulder area, but shoulders and hips are actually the same width. So that's the same as for the hour glass, but typical characteristics for the rectangle is that you might have a more athletic built body. You are like I said, more straight.

You have often acquired good legs. You might even have some long legs and your arms oftentimes may or may not have a good bottom, but oftentimes there is some bottom there. If you are on the plus size, you will still be qualified as the rectangle, but sometimes the plus size can also identify as being more of square. But the principles are usually the same. And you have some celebrities that are rectangle. We have Cameron Diaz, Gwyneth Paltrow, Quinlan, TCO of Spain, Nicole Kidman, Keira Knightley. And as you can see, and next to Gwyneth Paltrow's name, I have written lean column and that's because the rectangle could actually be divided into two types of categories. Like I said, the plus size could be called square. But then if you are more on the slimmer side, like you are tall, long leg and slim, then you would actually be called a lean column.

And Gwyneth Paltrow is a great example of that, but everybody else is the regular rectangle just to kind of keep in mind. So what should the rectangle wearing while the good news is that the rectangle can actually wear majority of things. Fun fact, ladies are most fashion models and catwalk models. They are actually rectangle as their body shape because the designers find it much easier to create clothing where the proportions are balanced and there isn't too much curve going on. So for this reason, a majority of models will be rectangle. And majority of patterns for clothing are actually made for the rectangle body shape. So it's good news for them because they will actually fit into all kinds of clothes that can easily go to fast fashion stores and field. They are able to fit into a lot of affordable clothing in particular. They look really good in trousers because usually they have the legs for trousers.

They might also even have the bottom for trousers. I would also say that dresses look really good on the rectangle, but here the rectangle has a little bit of, um, something to be cautious about and that's, and that's what's happening with the waist because the rectangles weakness is the fact that they don't really have much waste definition. And sometimes you have dresses or tops that really emphasize on your waist. You might also have some trousers or some skirts that have a waist band emphasizes on the waist in a way that is not beneficial for the rectangle because you end up seeing that aha, there is no waste here and this way, this garment end up highlighting the waste. When the rectangle really wants to create an optical illusion as if they have a waste. And this is where the rectangle needs to understand that, okay, we have to be careful with garments where it's too much focus on the waste.

However, there are ways how to go around it because there are, for instance like wrap dresses, the rectangles can definitely wear, even though that's emphasizing on, on the waist. But when there is a little bit of volume around the belt, a little bit of movement, draping volume, et cetera, that usually works absolutely fine to create an optical illusion thinking as if you would have a waste. The problem is let's say it's a body con dress that would be immediately emphasis the fact that there is not really a much waste or let's say if it's a body can dress with the belt, then again, it would be an emphasis that there is no waste. But if there is a little bit of movement in the fabrics, I think this picture of Cameron Diaz is such a great example because she is a rectangle. She really does not have much waste

definition, but she has many times really good who create optical illusions.

Like in this case, you can see that there is a lot of draping going on there. There's also volume happening above the belt. And they have put a belt in there while working with volume and draping and symmetrical lines, creating this optical illusion of our waste. And this is how the rectangle have to be strategizing whenever they are dressing themselves, same goes for wearing a lot of blazers or volume on kind of the upper body to illustrates a waist. I think blazers are absolutely great because you can get a lot of nice blazers who have actually almost like tailored in an illusion of a waist. If that makes sense. Um, blazers also tend to cover up the waist. So you can actually, sometimes let's say wear something a little bit more fitted on the upper body and then wear a blazer on top that kind of covers up the fact that you don't really have too much waste definition.

So this is kind of how you have to play around to create this optical illusion. But please ladies do not talk in your garments into your waist. That will just draw the attention to the fact that there is no waste and it's really bad. Also don't wear androgynous clothing. This is for the reason that because there is a lack of waste on the rectangle body shape that that already gives a bit of masculine energy. And if you add even more ask you, if you add even more masculine energy, then it becomes a little bit much the rectangles should definitely try and adopt a more elegant, feminine style personality, because it will balance out the kind of athletic appearance of this body type or even the lack of waste. Geometric patterns work really well on the rectangle because there are quite straight in their body meaning that anything geometrical will just kind of lay, um, proportionally on them as a general rule, you can work clothing that is kind of straight and some effected, unless you are able to create that optical illusion with a waist.

So when it comes to jackets and coats definitely wear something single or double breasted, but it has to be shaped and structured, meaning that there has to be already some form of illusion, preferably. But if the jacket is straight, it's absolutely fine for jackets and coats. There is actually, yeah, lots of flexibility there because for you, it would work either single or double breasts. Ideally you would have, I have something that has already a bit of waist definition, a bit of shape in the jacket or coat, but you can also have something that is a little bit more straight and structured having a belt, a jacket or coat is going to help you with optical illusion unless the jacket and coat is very figure fitted, meaning that the emphasis will be on the fact that you don't have a waste. As a side note, you can also find a coat or a jacket where you have pockets on the side, because that creates a little bit of curb to your silhouette.

When it comes to skirt a line always look really good on rectangles. And so does straight skirt paneled crossover narrow pleats, make sure there is no waist band. Also bias cuts tend not to really work on rectangles. So avoid that. But again, do not wear a highway skirts where you have tucked in your top, that is fitted, and then you have a waistband emphasizing on your waist. You could do this type of look only if you have a little bit of volume in your tops that it creates an optical illusion. And there is also a little bit of volume in the skirt. Therefore I would say skater, dresses, skater, skirts also work fine for trousers. Like I mentioned, all the trousers really look nice besides the drawstring waist. Because again, you tuck in your top into the drawstring waist trouser, and you emphasize on the waste.

I would say the rectangles are probably one of the very few who can wear skinny, skinny jeans or skinny trousers usually, but you do need long and slender legs for that. I would also say jumpsuits look really nice on the rectangles. So do invest in those. Lastly, when it comes to dresses, actually a majority of dresses work absolutely fine. As an example, shift dresses, princess empire wraps, dresses, coat dresses, shirt, dresses, et cetera. But again, avoid the bodycon avoid where there is too much waste definition. And there is a lack of volume in the dress for tops. I would say also a lot of tops work, absolutely fine. Something maybe off the shoulder, maybe something as symmetric loose fitted definitely works. Peplum works too, but be cautious about crop tops. Because again, then we're going to have emphasis on the waste. Let's talk about the triangle body shape here.

The hips are wider than the shoulders making the shoulders to be more narrow. So if you would draw a line from the shoulder to the hip, you wouldn't be a straight line on the country. It would be a more diagonal line because the, um, the hips are the widest parts of the body. Sometimes the person might even have a sloping shoulders. Usually the triangle can be quite heavy on the bottom,

meaning they might have sick thighs, but they can also be more slimmer and just have saddlebags. Ultimately, the triangle has a small waist or some form of waist definition. Occasionally the triangle can be mistaken for the hour glass due to the waste. But if you measure the, uh, the hip and the shoulder, you will then see that the hip are the widest part, which is what defines the triangle as a triangle, some famous people who are triangle.

We have Jennifer Lopez, Kim Kardashian reads with a spoon beyond say Kristin Davis and a, this plus size model on the left. Ashley, I don't remember her surname, unfortunately. So what should the triangle be aware of? Well, at here, we need to balance out the proportion by emphasize the focus on the upper body, because here the person is heavy on the lower body, meaning that we would like to reduce the focus on the lower body. So create more balanced proportions. We will do it by keeping the bottom neutral. We will be adding all the accents and focus on top, meaning that we might assess arise with chunky necklaces or large earrings. We might have bold patterns or bold colors on the upper body, even embellishment work fine. Anything that draws attention to the upper body rather than drawing attention to the lower body on the lower body.

On the contrary, you would have the opposite effect. So no prints, no loud colors, only neutral and discreet colors. You need to keep it simple on the lower parts of the body, not to drag anymore attention there. We can also add volume to the upper body. So here you can definitely add a little, a little bit of oversize, assymetry, et cetera, to create volume, to balance out the proportion. Currently, we have a trend with puff sleeves that would be very much suitable for triangle. I would actually say it's the only body shape that this trend is actually flattering too. It's still important to keep the definition of the waist because usually the triangle has suffered my waist definition or can even have a small waist. And it would be a shame to neglect that because if we still emphasize on the body line and define the ways the person will appear slimmer.

And also that will add for a minute to you. Now let's talk a little bit about jackets, coats. First of all, if you're wearing a jacket, you better choose a jacket that better fit in the shoulder area rather than the hip area, because oftentimes what will happen with people who are triangle, especially if they have thicker bottom apart, is that it not lay nicely the jacket from shoulder to hip area. But if you have to choose, make sure that you choose that it's more fitted in the shoulders rather than it's fitted on them a hip area, because you can always leave it undone. And it just gives a better look. If it's fitted in the shoulder area, also be aware that Jack has cannot finish on the widest part of the hip because that's going to elongate the hip and put emphasize there even more.

We also don't want any Ragland sleeves. That's the same for dresses, tops and jackets, Raglan sleeves, make your shoulders appear even smaller, which is why we want to avoid them. I would also say they avoid the double breasted jackets and coats. If you are on the chunkier side, on your bottom part, go instead for single breasts that go for a trench coat, maybe something that has padding in the shoulders, definitely anything belted so that you can create a little bit of volume on the upper part. When it comes to skirts, keep it simple a line or any other simple lines, avoid anything that is bulky or straight. When you have like a very wide a skirt, think about a vintage skirt with a lot of volume that might cover up a bit of a chunkiness on the lower body, but actually is going to make you look even bigger, which is why it's better to avoid trousers wise, avoid anything that's skinny, anything that side pocket, because the side pocket is going to elongate your hips even more.

And skinnier trousers are just going to make your legs look even bulkier instead of go for pallets. So go for boots. Could trouser something that Ellen Gates your leg when it comes to dresses. So dresses are a struggle because the top part never matches the bottom part, meaning that on some level, the dress will feel either too big on the top part or too small on the lower part. And that's why you better invest in separates rather than go for dresses. Surely there are some dresses that you can still go buy wraps are certainly fine. There are a little bit more fluid and soft. So those type of dresses absolutely can work for you when it comes to tops. So I want you to be cautious about halter next. If you have sloping shoulders again, avoid Raglan sleeves and avoids any of them tops that are too simple, meaning that it's a dark top.

It's a neutral top. It's a very simple top that has no accessorizing. Um, nothing allows about it. It's just very, very simple. That's going to minimize your upper body even more. Instead, we want to add volume on your upper body. We want to add something oversized, maybe patterns, maybe stripes,

even if the stripes are horizontal, that's absolutely fine. There's not many bodies yet. They can pull that off, but the truth I can definitely do that you can also, or shirts ruffles, puff sleeves. Yeah, both next would be really nice for your body shape and also let loose with layering last notes, especially when it comes to accessories. So definitely invest in the chunky necklaces, chunky earrings, uh, anything chunky on your upper body, but be careful with handbags that are hanging on the hip. Because if the handbag is literally on the widest part of your hip, this is going to put emphasis on the hip and make the hip look even wider.

Also avoid shoe who's with ankle straps, because you have a little bit of bulkiness in your thigh or leg area. You are going to cut off your leg, meaning that your legs are going to look shorter and even more bulkier. As we just spoke about the triangle, I want to jump straight into the inverted triangle because here it's quite interesting as everything will kind of work the opposite for the inverted triangle. So the inverted triangle can be recognized because the shoulders are wider better than the hips. So the shoulder line will be the widest part of the body, giving them a very dominant shoulder. Look, sometimes it can look quite a theoretic and quite muscular on the upper body and in the shoulder area. Usually the shoulder line is quite straight and square on top, and there is very little emphasis on the hips where the hips are quite narrow and quite straight.

And on top of it, there is also quite a little way based definition, meaning that, um, the waist is quite straight, just like it was for the rectangle body shape. So some celebrities that have the inverted triangle body shape, we have Naomi Campbell, Serena Williams, Angelina Jolie, and we have Kate Middleton and Meghan Markle. So like I mentioned for the triangle, now we will talk about the total opposite. So here, instead we want to bring the attention to the lower parts of the body. We want to minimize the attention of the upper body. And I also want to add some form of definition to the waste here. What we'll be working by adding volume color and patterns on the lower body. We have to be very careful not to add any form of volume or attention or color or pattern to the upper body, same goals for, we cannot layer the upper body either or wear chunky necklaces or big earrings.

Basically keep the accessories to a minimum. I would also be careful with certain waistbands where there isn't enough volume to create an optical illusion of a waist. Instead it's really puts focus on the fact that there is no waste and where the waistband just draws the attention to the waste area. Remember what we spoke about for the rectangle. It's pretty much the same concept here and also a similar thing, androgynous style that should be avoided for the inverted triangle. Since they have already a bit of masculine touch to their body shape since their shoulders are so dominant and a threat. Now, when it comes to jackets and coats, again, avoid anything allowed the bolder pattern, keep it simple, especially if it's a jacket or a blazer. I think single breasted would do best. And if you are going to wear a blazer or a jacket, make sure that it's quite tailored so that it can create a nice figure, flattering illusion of a waist, but also go out in the hip area, adding your little bits of volume.

This would actually work quite nicely with a coat. If you have a really nice tailored coat, the kind of gives an illusion that you have a little bit of volume in the, in the lower part when it comes to so skirt, we need to have volume. So here we definitely want to have the vintage fifties, big skirt with loads of volume. We also want to do skater, skirts or dresses we want to depleted or paneled. We also would like to do pencil because it just gives a little bit of a shape and defines the shape of making the hip area appear a little bit bigger. However, avoid bias cut, or tiered skirts. When it comes to trousers, same principle. We want to add color. We want to add volume. We want to add prints. Work with patterns, work with volume in terms of having a flared cut a boot cut can even do a crop cut.

Actually with trousers. You can pretty much do any form of cuts. I could also advise you to wear a low rise trouser cause that will elongate the waist area. Palazzo trousers are also great. Any form of wide trousers, just make sure you stay away from anything dark, neutral or simple wear the trousers, do not drag any attention. We want to drag all the focus on your lower body, meaning that working with skirts and trousers is beneficial to you. So for you, definitely invest in a lot of separates, when it comes to dresses, it's same principle as for the rectangle, make sure that you are careful around anything that can showcase your waist in the, and put it in the bad light. Let's say there is a body con dress with a waistband giving a lot of emphasis on your body line and on the waist.

So that has to be avoided instead where something like a princess dress where a shape has been added naturally to the dress or like an empire dress as well would work other dresses, a shift dress,

a coat dress shirt dress. And of course the wrap dress that usually works for most body types. Now, when it comes to tops, because this is the area where you should really be careful as you do not want to emphasize. Plus there's a lot of tops and their clients that you can't really wear. So this is an area where you really have to be very cautious. Now, some net clients that you should be cautious of is halter neck it's the West neck line is a strapless and neckline client scoop neckline, both neck, no puff shoulders, please. No horizontal lines, no patterns, no padding in your shoulders, no volume, no loud colors, really important.

And even avoid the three quarter sleeves. Yes, there will be unfortunately, a lot of restrictions, but this is why you should be playing around on your bottom part. Instead, some tops you can wear do get some Raglan sleeves or some drop sleeves because they will diminish the appearance of your sleeves. You can also wear a v-neck v-neck will engage your upper body, making it look a little bit more, um, balanced than wide. And Pierre plum also works fine as you add volume on the lower part, the last body shape. But of course not the least. So this is the ladies who have roundness in their midriff, meaning that their stomach area is pretty much the widest parts of their body. They gain all their weight and put it on the stomach area whenever they gain weight. And they have a very round shoulder line. Oftentimes they also have quite good legs, but it's not necessarily a rule, but it does happen now just for your information.

Oftentimes a true oval is in the plus sized woman or in older woman who has paused the past menopause. You will have some slim of oval, but that's usually a very light oval. A true oval has a distinct, uh, roundness in the midriff, which usually comes either by age or if you are plus size. So how should oval dress? Because of course her issue is the fact that there is a lot of roundness in the stomach area and there is no waste definition. So we need to be really cautious about what we put emphasize on. It's quite important that the clothes kind of hang from the shoulders. So they're not really showcasing the waist. Therefore clothing lines need to be straight and the fabrics need to be soft. We want to keep the details above the bust and below the hip. Okay. Meaning that in the stomach area, we want try not to draw any attention.

Definitely no better L's accessories though. However, let loose with that because chunking necklaces and earrings, of course, in a tasteful way, especially if the person is older, because what happens is that when you have a lot of straight and simple clothing lines, you need to add some interesting details to the outfit. Thanks to the help of accessories. Be aware of putting any pockets on the stomach area, no way spans either also careful with stiff fabrics because the roundness of the person needs to have a fabric that actually follows the body line. The only times a stiff fabrics would do is if it's a more constructed garment, meaning that it's a straight jacket that kind of covers up the lack of shape, or perhaps a very straight to address a shift dress, et cetera, be careful with monochrome or dressing yourself in one color, not a rule that says that you are not allowed to do with ever, but you need to be careful because if you are on the bigger side, then monochrome will make you look like one big whole piece, meaning that it will make you look bigger.

So actually when you do color blocking and you break up and the look in the multiple pieces, let's say in two parts, three parts, you will actually end up looking slimmer this way now what to wear so long jackets. Definitely. And they can absolutely be straight to kind of hide the fact that there is no waste definition going on there and say goals for coats or straight cuts would do. Just make sure that you don't have any belts because we need to be really careful with that for the oval shape, when it comes to skirts, there's a lot that you can do with skirts. Just make sure that there are no waistbands that emphasize on the lack of waste. And, uh, the fact that the stomach is quite round, you can do something like a wrap skirt, a flip abayas, a paneled, and even a pencil skirt.

If the fabric is soft, when it comes to trousers, go a little bit more towards the wider side. So you add some volume like with culottes or pallets or trousers, just make sure that you do not wear any short trousers that cut off your leg because that's going to make you look shorter and wider. And then also of course, do not wear anything with high waist where you emphasize on the waist. And when you put a belt on it on top of it, we do not want to have any formal waistbands showing. We want to really come a flush of that area. When it comes to dresses, a line are probably one of the better dresses, as well as tunics and straight dresses, empire and shift dresses. Make sure you avoid anything that is figure fitted, no body con dresses, unless you have an optical illusion, um, kind of, um, geometry or pattern going on, but still be very careful with that.

Now, lastly, tops here, you can definitely do a lot of tunics and cuff tops, something that is straight, very simple lines can also do some form of loose shirts, longer versions of shirts to kind of shirt dresses. Almost can also do a little bit longer card. Again, something that kind of covers you, or maybe add a beautiful big shawl around. V-neck always Ellen Gates, the person and makes the upper body or looks slimmer. Just make sure you don't finish on the widest part of the stomach with a top because that's going to make you look wider. And please ladies, even though it's tempting avoid that the tight tops we want to have as straight line as possible, where we don't see necessarily the fact that the widest part is the stomach. Now, ladies, we have now gone through all the body shapes. There are five of them.

And I think keeping it simple at this stage is going to be very beneficial to you because I really want you to understand your body shape and kind of how to think. Primarily when you look at clothing, of course you can go much more detailed and in depth on the subject, but with all the things that I have covered in this video, you are going to be able to curate a really good wardrobe and a really good base for you to work with. Now, make sure you do the exercise where you find out your body shape because without knowing your body shape, it will be impossible for you to move forward when you're going to be curating your new wardrobe.

## **Style Personality: Understand Your Style Personality**

### **Revealing The Secret Formula To Elegant Style**

Let's find out what's your style personality. And first of all, what is a style personality? Well, when I started image consulting, I found out that there is a method of dividing styles and into archetypes, basically archetypes that will help us understand who we are and who we want to be, basically, who wants to dress like, and like what matches our own personality, because what happens when we are doing this, um, transformation in our style, some of us might want to go in a very dramatic change and truly transform our style to something, something completely different from what we are today. And that's absolutely fine. There are no rules or restrictions to what you should or shouldn't be doing. You can become whoever you want to be and dress, however you want to dress like, but when we develop personality, it will be easier for us to just understand in what direction we want to go and how we want to look like so that it also reflects our interstates, our personality, et cetera.

So in my image, consulting training, I learned at the classic style personalities, that's probably, it really would apply for the job general people, but as you know, we are focused on elegance and femininity, of course. So I went back to the drawing board after my image consulting training, and I actually developed myself four style personalities that I want to share with you. All of them are under the elegance bracket because there isn't just one elegance style. There are multiple, and you're going to get to know the four archetypes of elegant stiler. So let's find out what they are. So can be, he can be a classic elegant, you can be a flamboyant, elegant, you can be an elegant fashiony star, or you can be an elegant feminine lady. I'm going to go through each and every one of them. So that you start thinking which one resonates with you the most, which one reflects your personality, reflects your goals, which one do you like the most?

And then you can just go for that one and decided, okay, this is my style personality. I choose that I want to be an elegant classic or an elegant flamboyant, because that's basically what suits me. If you can decide on just one, then be aware that you can have a hybrid. You can mix and match. I personally have days when I am elegant flamboyance on the days when I feel a little bit more spicy in my mood, then there are of course, other days when I feel much more elegant, feminine, and of course, majority of the time. So my style personality elegant classic. So I would say I am myself. Most of the time, some elegant, classic weird and the influence of elegant feminine. But then I have days when I really want to be elegant, flamboyant, or just be elegant feminine. So this is kind of how a hybrid would work and it's fully normal, but it's just important that you understand which one is your dominant.

And in my case, it's elegant classic. So let's get to know the elegant classic, because I believe that when people think about elegant style, this is exactly the type of persona. They're thinking about somebody who is a little bit more conservative. Maybe you have classic cuts of your clothing. You

have like simple cuts of clothing. You have simple lines, nothing too distracting. And there is this conservative element of, um, the elegant classic style. Actually, sometimes people consider elegant style as being conservative and they therefore shy away from developing an elegant style and fashion because they think that while elegant fashion is only going to be conservative, there's no other ways. And that's actually not true. We are going to get to know the other style personalities under the elegance bracket. And believe me, they're not always conservative. Then we have some examples. I believe discretion is very important in the elegant classic wardrobe.

We do not flaunt with big labels. We try and keep things, things simple. We are not following trends. We are not really trying to communicate a creativity in our clothing. We are simply more discreet and perhaps formal. Some people think that, uh, elegant classic people can sometimes be a little bit overdressed, but for us it's just a normal way of being, because majority of our clothes would be suitable for a formal occasion. That's just kind of the nature of the style. We also like to dress in very classic colors, nothing that is too crazy. You wouldn't see us in the neon pink or neon green or yellow or things like that. Also we like oftentimes certain styles such as preppy fashion, or like a more old money look. Some other examples that you can spot that is very typical for an elegant classic style personality is let's say you're choosing between a Hermes Birkin or Ermez Kelly.

Then of course, the elegant classic lady she would go for for an Hermes Kelly bag, Tweed and Chanel jackets are very common in the elegant classic wardrobe and are pearls as well. Modesty in fashion is fairly common for the elegant classic. Of course, we can show a little bit of skinny here and there, but modesty is quite important. And the big part of a wardrobe, we don't feel oftentimes comfortable showing a lot of skin and we like to cover up and be, yeah, very traditional in our appearance. We also like to wear quality fabrics where the emphasis emphasis is on natural fibers. Kashmir is a very common, elegant, classic peat, a fabric in the wardrobe. You can also see that and they'll get a classic wood, therefore, where a lot of Loro Piana, which is known for their delicate Kashmir here, we also have an example of a preppy look, which I already mentioned is very common for the elegant classic.

So here's a little mood board just for you to have an understanding, as you can see, there's a very light color scheme. Certainly the elegant classic can wear darker colors, such as black and Navy, but you would actually see them wear a bit lighter color scheme as a general rule. The ladies are feminine, but in a very subtle way, you will have a tops in bolt, neck cuts, which is very common for the elegant classic. Whenever she wants to show a little bit of skin, other details and the accessories that you might spot are a nice pair of sunglasses and nice hat, sobers shoes, and discreet jewelry. There is no flash in this, going around with the elegant classic, the screech and truly is valued here. And as you can see here on the other mood boarder, even the lady in the red who is wearing a very significant diamond necklace is still at very discreet with the rest of her look.

So this doesn't mean that you would never wear a big jewelry piece, but it's about how you combine it with the rest. If the elegant classic would be wearing colors, those colors are usually more classic looking colors rather than some artificial crazy colors. And when it comes to prints, because you can see that there are not really many prints besides this shirt, which is a stripey shirt. Yes. Same principle goes there for Prince, not so much, unless it's something classic like, um, like this blue and white striped print, I would say the people who feel drawn to being an elegant classic are probably so because our democracy of it, they like the conservative feeling. They're also probably quite traditional and they want to appear serious and professional at all times. I think the aspect looking formal is important, meaning that you never actually end up feeling underdressed, which is one of the perks of being an elegant classic.

You simply do fit in, in any social settings with any types of people. Surely some disadvantages can be that people think that you are a little bit stuck up because you are a formal, which is why, if you are an elegant classic, it's really important to shine with the warmth in your personality, because otherwise it's easy that people think that you are snobbish or that you've, you fit into the stereotype that may, that they may have of you. Another disadvantage is that of course, elegant classic can be a little bit of an aging style because it makes you look much more serious and mature now, depending on how you want to appear. I think that you can also keep it young. If you focus more on just looking preppy. And also if you combine elegant classic with another style personality going a bit too conservative.

My tab, also this advantage, if your entire style personality is about being very conservative, then it can sometimes become a little bit too much, which is why it's important to also take into account your style personality, that it balances out your natural energy so that you kind of become the person that you want to become. However, if your mission is that even with your character, your natural energy and what your sense of fashion, you want to be more conservative, more serious and so on, then that's absolutely fine. But it's more, if you find that your conservativeness, you want to spice it up a bit, that perhaps it's not ideal to then go all in with the elegant classic style personality. Now let's talk about the elegant feminine. And I personally would say that I think many times ladies who want to become more elegance in their fashion usually ends up mixing the elegant classic with the elegance of feminine.

They are usually quite aligned with each other. And you will also understand in a second, why, because there are actually three different elegant, feminine subgroups that I'm going to also mention. You see them actually already here on the slide in the middle, we have the, the lady in the black dress. She is what we call a feminine seductive type. Then we have the lady on the left in the, in that girly dress with the frills, we would qualify her as a feminine, girly style personality. Then we have the lady on the right, in the white dress, or if it's a skirt and the top, she would qualify as the feminine general type, as you can probably see, there are all of them, all of them three are the same, but different. They're all feminine, but they just have a little different touch to it. And we are going to talk about that in a second.

As we get to know the elegant feminine overall kind of type. So here we go, here is another example of the three different types. We have the seductive that we have the romantic, or we can also call her the girly. And then we have the general one. And you can see that one is a little bit more young. The other one is a little bit more towards the sex appeal. And then the third one is a little bit more towards being elegant classic. So the general one, the general feminine one would be more towards being elegant, classic slash feminine. The middle one would be elegant, feminine, kind of young and romantic girly, if that makes sense. And then the elegance feminine seductive would be more towards the little bit more provocative spicy side with a little bit of flavor and a bit of sex appeal.

All of these energies are very feminine, but in its own unique way, but at no times do we go in full, extreme, such as if we want to be seductive, we're now going to be Ron sham, or if we want to be romantic, we are now going to almost be like teenagers. No, there are balances that we strike, and this is kind of the balance. We also have a very common thing with the general feminine, elegant personality is that she's very neutral and there's a lot of simplicity. Just the way the elegant classic is. You can see here, we have simple cuts. We have a nothing that is too short or too revealing, very kind of straight lines, but still with that feminine definition, also, the pieces are very timeless, which is just something that is incredibly common for elegant style personalities in general, because we don't really follow too much trends unless we are the fashionista, a style personality, and some specificness on the elegant feminine style is that oftentimes we define the waist because we believe that the female curves should be embraced and should be shown.

We don't necessarily have to put our bottom or our breasts on display, but defining other aspects of our bodies, such as the waist, such as collarbones, neck wrists, et cetera, are very feminine ways of showing feminine it's him. We can absolutely add a bit of a provocative touch. As you can see here with these sexy stockings, that line that goes behind surely it's still covered, but it is a bit of a provocative touch that will be definitely suitable for the more feminine seductive type frills is a common thing that you will see in feminine fashion in particularly for the feminine, romantic, girly type frills and ruffles. They just add femininity. And here is a good example of a such outfit. However, I just actually notice now that she has a bit of too much cleavage going on there, the lady in the middle. So I wouldn't really use that as a, as a good example, but, um, to showcase frills, that is a good example.

Lastly, wrap dresses, as you can see, this is a beautiful wrap dress. This could be a staple piece in any elegant woman's wardrobe to be quite honest, and for most types of body types, as well, wrap dresses are always very feminine because you are defining the waist in this, in this picture. We can also see that she, um, she has a silk wrap dress. The silk is definitely a very flattering, um, material, especially if you want to be feminine because it kind of lays very nicely on the female body and kind of follow the curves. Anything that is figure flattering is very much the feminine style. It doesn't have

to be, like I said, you show a lot of skin in the most common departments such as breast and bottom, or you can like you see here on the left, she's showing a lot of legs, but the rest is quite covered.

And this is what's very common and very typical for the elegant feminine style is that yes, we do show skin, but we're showing it with the right balance of everything else. We're not going to walk around semi naked or really showing a bit too much of the most kind of cliché types of showing skin. We do know that we need to focus on our assets, which is again, another common feminine traits. If we know that we have a flattering waste, if we have a flattering bottom or chest, we are going to show it off, but in a very tasteful way, never Ron shit, never when it's too much, but always enough so that you leave more for the imagination. Here is an example of the romantic girly type. As you can see it, the color palettes again goes oftentimes in more lighter colors, more feminine colors, such as pink and pastels and so on.

You also see that there's a lot of prints for the romantic indeed, especially floral print prints or polka dots. You have also a lot of ruffles. You might have a lot of bows, a lot of detailing that's yeah. Again, very typical for the romantic Dan, we have versa doctor, and as you can see here, we can already go in the, in the little bit more darker color scheme, or we may be where a very strong pop color here coloring is more towards the bold rather than to the, to the discreet. We also like to show off our assets. We are going to show a little bit of cleavage, but of course not, when it becomes too much, we are going to show our curves, our shoulders, our legs, et cetera. It's common that we have a little bit more of a kind of femme fatale look, but overall it's more towards the sex appeal rather towards the innocence style that we had with the romantic.

I would say, ladies who feel like they have naturally a very strong masculine energy should definitely consider adopting an elegant, feminine style personality. It is going to help you dramatically to help you balance out your natural energy, which might be more towards the masculine. Surely in the beginning, ladies who do this transition might feel a little bit awkward wearing clothing that simply feels like this is a bit too foreign for me. That's why I usually say that maybe going to a seductive style personality feels a little bit too much of a jump. You can start by doing the feminine general style personality or the feminine romantic, which, which are usually more easy to wear for most people, the seductive type. You need to have a certain characteristic for it. You need to definitely have confidence to be able to pull it off. But of course it's important that you don't overdo it because it's easy to become Ron sheer with this style personality.

Now let's talk about the elegance fashionista. And as the name describes, we are talking about somebody who is into fashion and trends, but still can be considered as an elegant lady. As I've spoken about many times, I do not teach fashion and trends. I teach style, which is classic and timeless. However, the elegant style can definitely be applicable to the trends that we have and the kind of high fashion world. So if you are more interested in fashion and high fashion, then you can definitely have this style personality as for myself, you know, that I enjoy classic timeless pieces. So I actually never really have days when I am considered an elegance fashionista just as a little FYI, but I'm happy now to introduce you the elegant fashionista style personality, because I think this one will be applicable for some of you. So there are also different types of elegance fashionistas.

You don't only have one particular type you have, for example, the more edgy one who liked to wear more dark colors, more like leather jacket style. Then you have the more sleek one who likes to mix a androgynous clothing, or you have the contemporary one who likes to be a little bit more of a guard, more high-fashion in the styling, or you can be the type on the right who just simply likes to coordinate the outfits and have a certain theme. Every time you dress yourself. I think being interested in high fashion is definitely a common trait. You have certain catwalk pieces or catwalk inspired pieces that are perhaps a little bit more artistic and creative. You're also into prints and you're into colors and you are doing a coordinated looks coordination, and kind of expressing yourself. Three outfits is really important for the elegance fashionista step.

This has, because traditionally speaking the fashion East that she sees clothes as art, and she sees this as her way of expressing herself. Plus she enjoys, um, the high fashion world and being part of that creativity and therefore want to add that in her own wardrobe and in her own expression, definitely latest trends will be incorporated in her wardrobe. She will be purchasing certain it pieces that even though many fashionistas around the world are purchasing it it's almost becomes like a

status symbol of being in the know when you're carrying around the latest, hottest catwalk piece. She's also very creative in her looks meaning that she can definitely create interesting outfits outfits that are very themed, but not to the point that you are going towards the flamboyant mode, which I will shortly described to you. She can also be very cool, very edgy, very avant garde, et cetera.

But again, never to the point where it becomes a bit too creative, there's always this kind of a modesty involved in the fashion East does wardrobe. Yes, she will be wearing colorful clothing and prints, but you are going to see it in the next slides. When I will be talking about the flamboyant personality, because the fashionista is almost neighboring, the flamboyant personality, but she just never goes to the very extreme she's a little bit more reserved, but still creative and artistic. I would say she does add some form of seriousness to her, which is why I would say that if we would mix the Flamboyan style personality or would the elegant classic, you would probably get something like the elegant fashion use them. She does appreciate details. So there has to be some interesting creative touch to the details of the clothing that she wears.

She appreciates the fact that her clothing are different. They're not just the very traditional that the elegant classic is wearing. She likes to have a little bit of a twist to the things that she wear. And again, I spoke already about feminine and masculine and the fashion East that likes to, to create androgynous outfits or to mix half man, half woman. That type of looks here is a little mood board. We can see that there is color involved. There is Prince involved, but not to the point where it becomes a little bit too much. We can also see androgynous is very popular, especially I think because it's kind of a common trend, but you still incorporate a little bit of femininity here and there in order not to go full on masculinity. Some color is of course common, but it's really about having those unique looks.

It's really about looking like you are from the catwalk yourself. Interesting pieces is in focus here, but it doesn't mean that you are not elegant. You can very much be elegant. Look at the Olivia Palermo and Victoria Beckham. They're in the right. I think they are such great. It's a role models for the elegance fashiony style. And I mean, so is actually Anna Winter there in the bottom right corner. It's really all about expressing yourself creatively in fashion, but without overdoing it. And we are going now to compare with the flamboyant, which as you can see, it takes it a little bit to the next level. But again, it doesn't mean that she's not elegant. This can definitely be a very elegant person, but she just likes to be very bold and loud. And that's okay. So here we can see how she communicates her artistic creativity.

Avant garde is very common with flamboyant. They like the different shapes that unusual constructions. They're the one, the pieces that are really standing out in one way or another. And actually it does make these pieces appear very expensive, which is why if you dress avant garde, you will actually rarely look cheap. Now then we have the boldness and the, which I would say is very common for flamboyant. This is probably the basics for them. They love the prints. They love the strong colors they are going to be seen, and they probably want to be seen as well. They also really pay attention to their own detailing. This is where their artistic creativity really comes in because they want to show you how much thought has been put in behind an outfit. They really go into the details and you will probably notice it here. It's almost like it becomes like they become a piece of art.

Almost patterns is incredibly common. And we're really speaking about all kinds of patterns. We also see that they like to be a little bit over the top. They like to have volume and the player would volume and kind of think more is more the bigger, the better also they really liked to dress up and they often comes across as overly dressed up because they are just so much more brighter and shinier and louder than everybody else in the room, which is why they sometimes can appear a little bit too over dressed, but they don't care. They enjoy it because they enjoy having all eyes on them. Here is a mood board that we can see that there are of course, a little bit of [inaudible].

Yeah. Then the Flamboyan style. Not always do you have to be like this because this is quite loud. You can be a little bit more as we can see here, let's say the lady in the left upper corner, she's wearing a very colorful outfit, but it doesn't. I mean that she is crazily dressed of any sort. She might not have too many heads turning when she walks into a room compared to some other flamboyant outfits being colorful. It's definitely one of the key elements. As you can see, we have yellow orange,

pink Turk was in this image, but you can also be kind of colorful in another way. As you can see here in the middle, in the monochrome gray outfit of the Ralph Lauren advert, we can see that this woman comes across as very bold, even though she's wearing full neutral look outfit, I would say she almost comes across a little bit, more a reach, which is very common for newborn reach trials actually be quite flamboyant cause you don't always have to do the whole color and pattern thing.

You can also be very flamboyant just by wearing neutrals here. We have different variations of one person who is a clear flamboyant in the middle. Look, we can see this is her chill outfit. This is her on a relaxed day yet. She's very bright, very colorful, very flamboyant because that's how flamboyant always. I, even on days when they're casual, they're still going to be loud on the right side is her more kind of feminine approach, but that is still very loud, very colorful using patterns, using bold colors on the left hand side, this is more of her coordinated look and flamboyant ladies. They love coordinating outfits because just like the fashion East that's who also like to coordinate their outfits, they take coordination a little bit to the next level because now we're truly wanting to express ourselves and maybe go into a particular style.

I would say here is a good example of the kind of three different levels of flamboyance because on the left, we would probably say we have somebody who is just a little bit flamboyant, kind of flamboyant, modest. Like you have an outfit that is not too loud. It wouldn't be turning too many heads inside a room, but it's still a little bit more flamboyant than kind of the other style personalities that we spoke about. Then on the right hand side, we have a typical example of a flamboyant coordinated outfit because he or she's taking on the whole kind of sixties, fifties type of vintage theme and the flamboyant ladies, they love to dress in themes. This is their way of looking coordinated of expressing themselves and how they can sometimes translate their flamboyance. Then in the middle, we have the very typical allowed bold flamboyance when we play with colors patterns, et cetera.

So if we would say on a degree of a one, not being very flamboyant versus 10, which is very flamboyant, then the lady in the green on the left would be a one, which is not very flamboyant. And the lady on the right would be somewhere in the middle of being a little bit flamboyant and a lot of flamboyance. And then the lady in the middle would be a kind of maximum level of flamboyance. So I hope you understand that the flamboyant lady can express her flamboyance in different levels. Here. We have just a few more examples of flamboyance, meaning that we use colors patterns. We use coordinated looks, we use avant garde as style, and we can even be flamboyant on the beach. It's all about adding that color and print combinations to us and not being afraid of wearing color. I'm sure you have also noticed that so far, we haven't seen much black and wardrobe and then indeed they don't.

They tend not to wear too much black or conservative colors if they do, they make sure that they add their own touch to it, but they certainly do appreciate color and prints. Now ask yourself, who did you feel that resonated with you? Who do you want to be? Who do you think would work for your personal lifestyle goals? Whoever you want to be? You can become, we don't have to be born to be a certain way, but naturally we do have some characteristics within ourselves that makes us inclined towards becoming a certain style personality. This is why I personally am more drawn towards the classic with the rare, occasional flamboyant, if my mood allows it. But I personally like to shift myself between the classic feminine, but by all means, do I not say that that is the norm and that you should be doing that as well?

Absolutely not. There is no style personnel that is better than the other. So really wants you to just let loose, choose freely. Who do you want to be here? Who resonates with you view? And then Joe's go for that one. And ladies, when you have figured this out, you are going to have such an easier time to actually start thinking about what type of clothing to purchase. And if certain garment is aligned with your style personality or not, doesn't mean that if you find the garment and it happens to be a very fashionista garment, but you are an elegant classic that you can't buy that garment. No, you can still buy that garment. That is not a problem. The reason why we want to find out what's our style personality is so that it will be come easier for us when we curate looks. And when we go shopping so that we don't have to waste time in certain areas of the store when we know that, okay, those type of clothes are just not aligned with our style personality. Let's not waste our money and energy. There let's focus on the style personality that we actually want to develop. So this is why we are

developing the style personality, because it's simply going to make your wardrobe life so much easier in the future.

## **Curating An Elegant Capsule Wardrobe**

### **Introduction To Your New Wardrobe Strategy**

#### **Curating An Elegant Capsule Wardrobe**

Ladies welcome to the capsule wardrobe strategy slash priority list. I'm going to go through in priority order. What I personally think that you should invest in and some thoughts around those items and a little bit of those end zones. Now this priority list that I've created for you, it is not set in stone. You don't have to go in this particular order. I have just tried to create a plan for you so that you kinda know in what direction to go and this way, you also get to understand how I reason whenever I have been building my wardrobe and how I personally have strategized in the past and how I think you should be strategizing. I also want you to really, you know, get the hang of how to think cleverly when it comes to your wardrobe. Because of course there are times when we have to invest money in garments, in accessories and in bags and shoes and so on.

And then there are times when we can actually save a little bit. And I feel like this priority list is really going to help sourcing out some question marks that you might have. And some of that confusion, perhaps as well. Now I know that the Sirius is called how to basically build a capsule wardrobe. I am not a hundred percent sure it will be a cap fill wardrobe because if I not mistaken, a capsule wardrobe is when you maximum have, I don't know, X amount of items in this case, I want to religiously transmit kind of in what order you should start and what are the most important aspect in the last video, we will actually be talking about all the things that I didn't mention and how to kind of go about them and how to kind of prioritize with them. Okay, ladies. So we have loads to cover. I will be seeing you in video. Number one, see you there.

#### **Priority #1: Grooming**

#### **Curating An Elegant Capsule Wardrobe**

Video one grooming. Okay. Okay. Okay. I know that we are starting this priority list serious by actually not mentioning a tangible item. The reason for that is ladies probably you've heard me say this many times before, but I personally think that the most important in a person's appearance is actually the grooming over fashion. And this is why I wanted to put it as a number one, because if you have very limited amount of money, I want you to prioritize grooming, spend your money on grooming, spend your money on having beautiful hair, good fresh skin, good base of makeup, clean nails, nice teeth, and all of those basics that kind of creates the perfect canvas for us to work with in our overall look and appearance. Because if the canvas is kind of perfected, then it's going to be so much easier for you to look your best in the clothes that you will be wearing and purchasing as well.

I mean, I have met many ladies who have very expensive items. They were Birkins and they were this and that. And indeed they have somehow kind of made it, but they still look really plain. They look like a very basic plain Jane and there is a big reason for that. No matter what items they're wearing, their canvas is not good enough. Their canvas has not been invested in and their canvas is actually pretty basic. And when I say basic, I am not talking about that. You have to be a supermodel or anything like that. I am talking about the fact that you have not really invested much time or effort in your grooming, meaning that your hair is neglected. Your skin is also neglected. Your makeup is not good. And so, and so, and so, and as you know, we have spoken so much about the details in this program, and we are going to continue to talk about the details because the grooming that's where we really perfect the details.

And even though I told you that we shouldn't strive for perfection, the fact that we are human and we can't really be perfect. So I'm not expecting you to be picture perfect. And you can't even have a little hair straw that points in the wrong direction, or God forbid, if you, I dunno, something is imperfect in

your grooming. Of course not. We are human after all. There are days when my nail chip and my appointment is not in the next few days and I can't get an appointment earlier. What am I going to? Well, unfortunately I have to walk around with a chip nail. Well, unless I cover it up a little bit of nail Polish, but I guess I'm just trying to visualize for you that you're not going to always be perfectly groomed. And sometimes actually it's impossible to be perfectly groomed. However, when I say perfect, you're grooming.

I mean that every day you should really pay attention to your grooming and really spend time on it and not be lazy and not think that, Oh, okay. But I've done that. Now, let me move on to fashion because that's more exciting. Um, and this is what I see ladies, I see this so much with, with women who are, they kind of get stuck in their transformation. They're not getting anywhere. And that's because they think that fashion or style is so much more fun to develop. So they put all their eggs in that basket and kind of don't leave many eggs for the grooming basket. It's that grooming sometimes gets forgotten by some people where it should be the most important part. Now, anyway, I want you to fully understand why grooming is important. This is why I keep going on and on and on about it.

If you tell yourself now that you have understood you, trust me what I'm telling you, then I want you to every day be taking care of your grooming and invest in your grooming and also prioritizing the finances that depending on what level you are, depending on how much it kind of needs to be done, prioritize, spending the money on, on grooming, unless you feel like that area has kind of been developed to a degree where you only kind of need regular maintenance. Cause this is a thing with grooming. There is kind of the investment parts of it, where we have to kind of create like create something. Let's say, when I'm putting in brand new hair, extensions, not having any hair extensions or when I decide to do my rhinoplasty or my veneers, all of this will of course require me investing my time, my energy, et cetera, and money of course, in that project.

But then once I have my extensions in, once I have my rhinoplasty, once on my eyelashes, my veneers, all of that, then I only need to do maintenance, right. And of course that's a total different subject, but maintenance is very important. Now I want you to, of course, with the work in the workbook, try and understand what exactly should be done from your end, when it comes to grooming, like what are the projects? Is there anything you feel really necessary for you to kind of elevate your appearance to the next level? Think about what that could be. I know that sometimes people have a little bit of unrealistic, almost thoughts about what they need when in reality, they don't need that. Me personally, I've reached a point now in my personal transformation where I feel well, you know, there isn't really anything that I need to kind of do.

I don't want to do any, any surgery and all I want to do. And right now it really is maintenance. So this is kind of the stage dad, maybe some of you have reached already, but many of you will reach a some point. So I hope it's clear on how to prioritize with finances, but that doesn't mean that you should not neglect the fashion and the clothes and all of that. Of course not. Otherwise this whole priority list would be a waste of time for me to create. We do have X amounts of videos after this video to look at. So I want you to still kind of take that into account. Now, I want to give you a few things that I want you to think about every day, because this is now part of your new elite lifestyle. Cause this is what elites women do.

They really take good care of their maintenance and they really invest both time, money, and energy into this. They're not lazy. They really go the extra mile for them. It's important because they know what, um, what's important is it carries in their personal brand. So skin the canvas, the phone D of our entire freshness, I want you to really pay attention to your skin. If you have any skin issues, please, please, please prioritize dealing with them. If you have good skin, then make sure you keep maintaining it to hair. Okay? Ladies, some of us, we don't have beautiful, perfect hair. Some of you do and lucky you, but regardless of who you are, you need to really also of course invest in your hair. Your hair should really try and look as good as possible. At most times, even when you're running that late night errand, don't be a Brittany Spears where you just put a button here up on your head and just walk down.

And your juicy couture said, that's not very elegant. We want to really invest in our hair for the simple reason that our hair takes up a lot of space, um, on our body. So you see it's the closest part to our face, meaning that is going to give a certain effect to you, right? And one of the things that will

elevate you the most and make you look the most expensive is when you have a good blow dry, I know that blow dries cost. And for some of you ladies who might maybe have hair like me, I would probably need three blowers dries or four blow dries a week. Yeah. To me to get my hair, to look on point all the time, because it all depends on your hair quality. Yeah. So if you have hair quality that it may last a week dry once a week and then your hair looks fantastic for the rest of the week.

Definitely prioritize that if you have hair like me, where your hair just doesn't last, then at least try and do it as often as your, your budget allows simpler. And as I always say, whatever you don't afford doing always try, see if you can replicate it somehow and do it yourself at home, you can be surprised would YouTube tutorials how much you can actually learn and try to develop a new skill by yourself at home hair is going to be one of the key things and so is skin. But then of course we have as well, teeth and nails, very important because both nails and the teeth really adds and kind of tells people about our overall freshness, because if we have perfect blow dry, perfect skin, but then, you know, we smile and we really don't have nice teeth or we have chip nails that just drags down our overall appearance.

So I want you to prioritize these four things, skin, hair, teeth, and nails. And then of course we have of makeup now, makeup. Yeah. He is a little bit more kind of flexible with, because depending on your features and coloring, you might need a little bit more of it or you might not need any of it. So it, all of the pens, however, here, it's really important not to go into the direction of bad makeup because that's where you starting to ruin in your appearance. I mean, these things, we all know they're not new to us, but I personally believe that it's really important to think about the fact that you have elegance makeup as minimal as possible, but enough to make you kind of stand out, look good, look, fresh, look, bright, vibrant, and so on. So that's important. Makeup can be developed at home.

You don't have to really spend too much money on makeup. You know, you can even go by with good drugstore makeup these days and make yourself look good. But of course, as we start becoming more elite, we want to also invest in the things that we put on our skin. And, um, makeup is one of those things. Okay, ladies, I'm not going to talk too much about the grooming. I think it's very straightforward as it is definitely catch some ideas with each other in the private student community, because this is one of those subjects that you really want to get different opinions on depending on procedures, products, maybe some feedback about your appearance and so on. And if you use the private student community to ask each other by posting pictures of yourself, of your own appearance and ask for constructive kind but constructive feedback about your appearance, it will be quite interesting for you to get strangers opinions about maybe some ideas of what you should do, who with your appearance and what you shouldn't do. That if you are brave enough, if you're not brave enough, then maybe you can ask some of your friends. So having said that, let's go to video. Number two, where we going to talk about actually the first item on this priority list.

## **Priority #2: The Everyday Bag**

### **Curating An Elegant Capsule Wardrobe**

So number two priority that I think, I think you should invest in, in this priority list. It is definitely only the handbag ladies. And I'm now talking specifically about the everyday handbag because let's face it. The handbag is the status symbol of a woman. So if we want to elevate our appearance, we have to have a bit of a rolls Royce, a type of status symbol that we decorate ourselves with. Plus, when we have, let's say an outfit from Zara and we match it up with an expensive handbag, we are just looking more expensive, right? And I think ultimately you're all wants to look more expensive. Of course, we also want to look elegant the feminine, but what else it's us. And that really makes us resemble elite women is when we look more expensive, which is why I think that in this priority, [inaudible] we really have to think about, okay, we want to look elegant and feminine.

Okay, that's the basics, but what is it actually that we want to achieve as the best investment as possible, right? That's why we're doing a priority list to really see, okay, where should I be spending my money? What should I prioritize? And what direction should I go? And I just personally feel that if you have a bag, that number one may you'll look Elliot, you look expensive. Of course also makes

you look feminine and elegant. But I personally feel like that's not the main priority of a bag. Also bag really helps to make you feel that you belong to the elite. Cause I know, I remember when I started this journey myself and in the beginning, like I did not have a designer handbag. And I did feel out of place in high society in the elite community whenever I was navigating there because everybody else had these bags and I didn't have.

And I felt like, okay, I'm wearing this kind of fast fashion Baggins. Probably the people are seeing that. And I stand out as a result. And even though I know it's a little bit strange for us to admit the fact that why we want to acquire, sorry, two things is because we ultimately want to blend in. And in this case with perhaps wants to blend in with the elite. And this is because like attracts, like when people see that we resist level them, they simply feel more at ease and they simply become more open. And that's what we want to achieve. And this has nothing to do with like trying to become somebody you're not or pretending to be somebody you're not, absolutely not. This is just human psychology. And we are just being honest and Frank about it instead of beating around the bush.

So let's go back to the handbag conversation because I do want you to start thinking about, if you don't know how to have a designer handbag, then you need to start thinking about saving up for one. You don't have to go full on designer. You can actually find the mid range, hand the bag that maybe costs, I don't know, a couple of hundred dollars, maybe three, four, \$500. And a, and you actually going to be quite fine, even with such kind of first time purchase. Now, if you are somebody who have already designed handbags, then it can be good for you to start thinking about and get some ideas of what bags to purchase next. So I will be kind of touching upon all of that as well. Now, I don't know if you see a few bags here in the background, I am going to talk about some pieces of mine and why I love them so much.

And maybe also give you some ideas about that. Um, first of all, I want to go back to the subject of what should be your first, first designer purchase bag. Let's say you are going to save up money and let's say, you're going to save up to around a thousand dollars, maybe \$1,500, and you're going to go all in. So what handbags should you be purchasing? Definitely purchase a bag that you can use every day, because of course you want to maximize what you invest in. You want to be able to use it all the time, not just go and buy an evening, ham buy, but you only use maybe once a week, that feels a bit like a waste. You want to make sure that you may get many uses out of it and that people see you often with it because of course it's going to help elevate your appearance.

So in everyday handbag is there for a must, a handbag that you perhaps can both take to work, run errands with and in an ideal world, also be able to use at night. Now that might be, become a little bit tricky, especially if you want to combine an evening bag work bag might be actually quite impossible, but let me just grab some of my bags and I will explain this a little bit better. So for me, this is a perfect work bag, a simple tote. And I mean, I've spoken about this bag in my YouTube videos, and you've seen me travel with this bag. You see me do a lot of things with this bag and that's because it's my favorite. Like it's one of my favorite everyday bags. It's an Alaya bag. And definitely one of my best purchases, even though I have been using it, it still looks pretty brand new still.

And this is what happens ladies, when you spend the extra money on designer items and you are clever with the kind of materials that you invest in a salon, they end up lasting for a long time. I am now I think as a work bag, definitely a tote get some form of high level tote like about this one is that it is a, as you can see, it's a little bit shiny and it's also kind of fake animal prints. How do you call it fake crocodile? And because of this fake crocodile, it really helps to keep this bag durable. And also it kind of elevates appearance of it. You can see it's also has a different color inside and this color helps to elevate this handbag too. So definitely a good purchase. I say Alaya is a great brand for tote bags, but you have many other designer brands that do tote bags, just please avoid going in the monogram direction.

I think all of these Louis Baton, these kind of good shear with a monogram it's so, so, so per se that you really don't want to go there because if you go there, I think then you definitely will achieve in your appearance. And we don't want that. Now this is another favorite everyday bag of mine. And this is also like a form of tote. So bag like this would be perfect for school, for work. I know this is Chanel and of course this was expensive. So expect to pay around 4,000 or 5,000 for a bag like this. However, I've used it so much. And it's one of my favorite bags and what w the reason why I'm

actually showing this one and why I was showing this one is that you see one is black and the one is light. And I do think that in your everyday wardrobe, you need to have a work bag or like a bigger bag in each color.

I don't think you only should go for one or the other. I mean, of course in the beginning go for whatever color would be most flattering with majority of your outfits. However, as soon as you can afford, try and get one in each color, because this is going to really open up the doors for you with styling of clothing. Because I mean, look at my wardrobe. I wear a lot of light clothes, which is actually why I wear this bag quite frequently as an everyday bag, but of course I also wear sometimes darker items. And then this bag works quite well. But to be honest with you, even if I would wear an entire white monochrome outfit, I could still wear this bag because matching black with white, they're both neutral colors. So you can definitely wear it because sometimes adding like a totally random color to an outfit is like adding a pop color to an outfit.

But I'll talk about that a bit later on as well. Okay. So that was the work back ladies, but I think majority of us still need a really good everyday bag that we can run errands with, that we can kind of throw on and go sightseeing way, or just walk around with, and also maybe convert this daytime bag into an evening bag. And this is why I love this bag. This is why I have many colors of this bag. This is the Sandler wrongs suck does your bag. And I've spoken about this bag many times. I love, love, love this bag, ladies, why do I love it? Perfect. Every day bag. This is how I look on a casual day. This is how I look when I need to run my errands, have my hands free and so on. So comfortable. And I have easy access here, meaning that I can put in my hand quickly, check my phone and put it back there.

If my bag is a little bit overloaded, there is space to, to, you know, there's space for renters room for movement. Um, what else? Ah, at night I can remove this strap and I can wear it as a cute little think. Like lady do your, that type of handbag. You just walking around with it like this, you know, and you can wear it even at night. It's such a great versatile bag. And I know that this bag might have a little bit of kind of bad reputation and that's because it has definitely been overused at some point, but I personally think that it's such a classic bag and it's so discreet. And you have only like a tiny little logo there saying San Laurent. It's such a great non showy bag. So I think if you want to be elegant and kind of sophisticated, you don't want to go into direction where they're just logos everywhere.

Right? So something like this would be really nice. Plus I love the fact that this has, so it's a leather bag, right? And it has fake crocodile finish. As you can see. Now, what I love about this fake crocodile finish is two things. So I don't care the fact that it's not real crocodile. Actually. I think it's a plus because like this, a crocodile did not suffer for this. It's after all an exotic animals. So it's a little bit like for, you know, killing exotic animals feels really, really wrong. I mean, killing all animals is wrong, but you see, you see my points. However, crocodile look makes it look more expensive. You have this bag also in just plain leather, but the crock effect kind of elevates at the bit to the croc effect also makes it much more durable. So it doesn't get scratched.

This bag is about four years old. And let me, let me see it's looks picture perfect. I don't know if you can see it looks picture perfect. There is not even a scratch and I've been using in the using it. It's just perfect. That's why I love it. So that's why I have so many of it. And then we'll probably get more. My favorite is by far this one in this color, because I wear a lot of light outfits and having a bag that is white or kind of off-white, it's perfect. I don't know with my type of outfits, it just works so much so well. Um, I would really recommend everybody to try and get. If you also wear a lot of lights, colors, then get a bag that is somehow white, like this. You're going to see how that bag is going to become very user friendly for you.

You're going to be using it a lot. This is at the moment, the bag I use the most, you know, then I have a neutral color and then I have kind of a pop color and pop color is basically what we do when we start advancing our outfits a little bit more because kind of the basics for fashion styling is for you to really have a good foundation, to have a good selection of neutral clothes, because those you can vary and so on, but then there comes a point where you have accumulated all of that and you want to start making your outfits kind of give a little extra touch to them and having bags like this in the pop color adds that certain little flavor to an outfit. Now, as we're talking about priority list, I don't want you to start thinking about pop colors just yet, unless you are somebody already who have

sorted out your basics, then definitely start thinking about pop colors.

I think pop colors are nice in the red purple green, maybe yellow, orange, that type of thing. So something very bright, maybe even pink, bright pink, um, etc. But for now ladies, you, those of you who have not sorted all that out, think about bags in neutral colors, black, white, beige, that type of thing. But please do not just limit yourself with a black bag. I don't think necessarily that's going to elevate you the most I know is going to be the most user friendly for you, but definitely think about having a white bag or a light, the bag of some sorts in your wardrobe. I want to talk a little bit to the budget ladies, because I know that maybe not everybody will be able to save up. I don't know, a thousand, 1,500 to get a bag like the sector's your bag there that I just showed.

That's approximately how much it costs. It's really not that expensive if you compare with other designer bugs. Okay. But what if you can't reach that level of a thousand something for a bag now think about, okay, what is the level below the level below is to get a handbag that is almost crafted as well. Yeah. As those designer handbags. But the only difference is that it's from an unknown brand. So you're not really carrying a logo, but you know what, for us as elegant ladies, I don't necessarily think that's a problem for the simple reason that we need to value description. I mean, unless some of you really want to be a little bit new broad reach, but I mean like elegance is about being discreet. It's about people not really knowing what logos you're wearing, et cetera. So he actually had a really good excuse to maybe get a handbag that costs much less, but actually looks as expensive as a designer here.

I have a good example. Now this one costs around maybe five, \$600, I think maybe a little bit more. I don't know, but something around that, but it's definitely not a thousand. Okay. It's half the price. So this brand is called Regina PO and this could be a designer handbag. Like people would not notice that this is not any particular designer. I mean, surely you have her name kind of written there as you can see, but Kimberly, see it again here we have the crock effect. It's real leather bag. It's very well made, really good quality. Like this is not some cheap wannabe bag. This is definitely on the same level as a designer handbag. But like I said, it's just not a particular designer, but because of the crock effect and because of the high quality of the bag, it still comes across as a designer handbag.

So if you cannot go a thousand, something, something yet go for something like this. And where do you find these type of bags? Um, this brand, you can actually find them on like my Teresa matches fashion at a Porter, those type of websites. You can also go to department stores and browse around. I would really recommend you ladies to go to websites. Like again, that a Porter, my Teresa fashion, maybe even Farfetch the Outnet York stock calm. And what you do on this website is that you go in their handbags department, you search for the cheapest handbags and you see everything that costs under kind of the thousand dollar bracket and see what bags are there and what could you potentially consider? Cause you would be surprised how many great purchases you can find there. If you feel like you can't spend more than a, than a thousand or even maybe maximum, I don't know, five, 600.

You can actually find some decent leather bags or some decent handbags for, for a cheaper price like that. And also, please, if you are considering purchasing like a more high quality handbag, try and buy during sale, I'm not going to promise you that perhaps the style that you're after will be available, but I'm telling you, ladies, I have seen so many handbags during sale at all these online stores that I told you about. And I always think about, Oh, my students could really grab a bargain right now. And I really want you to, um, to try and purchase a handbag during sale. If you don't afford to buy one, a full price. So we've spoken about the everyday bag. And I think you pretty much understand that. I think you should get like a form of bigger bag, a tote if your work or student life really requires that.

But I also think that you will need the type of sub digital bank that I just showed you so that you can use it to run your errands to, I don't know, walk around town with, and also maybe convert into an evening bag. So it actually serves two purposes and is a great investment. However, if you end up not going for a bag that you can convert into an evening bag, then you do have to get a clutch or an evening bag at some point, because how are you going to go out? [inaudible] if you don't have a bag for evening time, right? So this is also important. Now I do have a Bottega Veneta bag here. And of course they are a little bit pricey. I don't necessarily think you have to go and spend so much on a

clutch, but again, what I just told you about going during sale to websites like Yorks or the Outnet, they always have amazing discounts go there during sale and search for collections, you will be able to snap up some really good bargains, even though yes, it's going to cost the next amount of hundreds.

So be prepared for that. If you want to have something high quality, but you are definitely not going to have to spend as much as going to buy a bill, take a van antis, an example, and try and get a neutral color. Like this is a neutral color. Also black in this case really works. I think for evening, a black clutch would probably be the safest bet because that will just work with probably all of your outfits. So get a black clutch just to be safe. So that's kind of my tip. Then of course, once you have more money, you can start expanding your selection of clutches because of course you will have to have a little bit of variation since at night will be the time that you kind of go and show yourself in the lead community. And for that reason, you want to have a little bit of bags to alternate web Benza clutches or small handbags is definitely the only thing you can wear at night.

One more thing. Now what about handbags for investment? Like Hermes definitely yes, but I know this is not for the beginner ladies and it's normal. If you are somebody who already has elevated yourself to a level, and do you think that at some point you are going to afford a bag like this? My advice is to go and put yourself in the way waiting list already, because it is going to take you around 10 months a year to receive your handbag. So maybe it's better for you to start. Now. I personally think that these type of handbags are definitely a good investment. Not because you are planning on reselling them one day, I'm personally not planning to resell any on my hand bag, but you never know what happens in life. And I know that for instance, my collection of [inaudible] bags might not really give me a big return on investment.

If I in panic would have to sell them one day. But I know that these will definitely help me cash in. I have to cash in at some point. So for this reason, whenever, you know, we've gone to spend money on these types of items, it hasn't felt like, okay, like why are we spending so much on one handbag, but actually you're just putting money aside in the end of the day, because when you sell one of these, you're going to get more money back. Usually it's a 20% increase per bag. So that's really a good day. So if you ever get a gift, make sure it's one of these that have hi resale value in case you need it for a rainy day. But also I think that generally speaking these bags, they really make a statement. They're not many handbags that kind of screams Elliot's elegance more than MAs.

And I personally for the Kelly over Birkin, however, I will definitely get a Birkin at some point as well. I've just been prioritizing Kelly as I feel like much better, kind of my elegant classic style personality that I have. So that's why I liked them so much. Okay, ladies, that was it on handbag. I hope you understand. Yeah. That you do need to focus on getting your everyday handbag sorted first because you will be using it the most, uh, preferably you get a tote for work and then you get a smaller, versatile bag that you can use for daytime and also for evening. And of course, if you cannot have a versatile bag for evening, then go and get a separate clutch. I hope it's clear how you should be thinking in the handbag jungle. I know this was a little bit of a long video, but again, there's a little, lots of talk about when it comes to handbags. I hope you enjoy this video and I will see you now in the next one.

### **Priority #3: The Elegant Coat**

#### **Curating An Elegant Capsule Wardrobe**

Now the next thing that we must prioritize, and this would be, let me look at my cheating notes priority. Number three, it is the elegant coat. And that's why I have a coat hanging here, going to showcase that one in a second. So why a coat? Wow. First of all, I know that this might not be applicable for everybody because not everybody might be living in a country where a quote is necessary. I am aware of that. If that's the case for you, then please just ignore this advice. But I know that a lot of us, we do live in Northern countries or countries where it gets cold. So please do think about your outer and why is it so important? Well, because it takes up a lot of space on you and you're going to be using it a lot, even though this is not something you be using in doors, it's mainly for you to get yourself from point a to B.

You still need to, I have a very elegant, beautiful, feminine, high level looking coat. Your outer wear is so important. I don't want any of my elegant ladies throw on, let's say a beautiful dress and then okay. Because they have to go outside. They're going to put on like some really horrible jacket. It just makes no sense for me. I want you to think about that. This is a very important, yeah, the peace. It's not for no reason that I've put a such high on the priority list. I know for so many years of experience how a coat or a jacket, as you are aware, can really make or break an entire look. And also you will be using this a lot. So you're going to be spending a lot of time on this thing. So you better make sure that it's looking good on you and making you feel good.

So this is my favorite coat, by the way, uh, in this video series, I'm pretty much showing you my most favorite items for me. This coat is my favorite. And also the reason for that is I have tailored this coat. So we purchased this coat. Yeah, it's by a brand called sincere sincere Richie. I think, um, we purchased this code inside Harrods. I think it costs around 500 pounds. So surely yes, it was not cheap, but it wasn't a \$2,000 coat, which actually a lot of design and cost us how much they cost. But I was looking for something very specific because I really like a single breasted coats like this one. And I also like belted coats, single breasted coats. The thing I do recommend you to purchase because those type of coats, you can also easily wear, or even at night, they just look a little bit more formal.

You can also have a belted coat that also works at night, but you know, there are certain kind of blazer looking coats. And I really think you should getting those because you can wear them daytime and you can wear them at night. And at this stage, since we're prioritizing, I want you to really focus on buying a coat that works both day and night. So we are also going to look into buying a coat in the neutral color. So either a black coat, a white coat, or let's say gray, a camel or beige, I think black coat is definitely a safest bet. But again, if you were a lot of light outfits, like I do then get a white coat or a light coat of some sorts. It was by far one of the coats that I use the most, this is my kind of spring, fall coat.

And like I said, we got a tailored, um, inside Harrods, which is a department store in London to fit perfectly for my body. And that's why it also looks a little bit more high end, but you know, what's, what's so good about, oops. It turns out that didn't have the thing points though. Okay. Now maybe you see it a little bit better. It looks pretty much like a nice formal blazer, but it's a long coat. I want you to try and find a formal looking coat. There are many candies coats out there, but I want you to narrow down your search for formal codes, formal codes, because a formal looking code, you can wear the time. Nope problem. But it's really important that whatever you invest your money and you should also be able to well to wear at night because in this department, I do want you to spend a bit more if possible, do not just go and buy a cheap coat from Zara or mango or whatever, fast fashion store, because you can see the difference in quality, especially for such a big piece, such as coat or a outer piece.

I mean, okay, there are some exceptions with maybe a few jackets can look good from DOD or something like that, but bigger pieces like coats. No, you need to spend a little bit more money on that, but I am going to give you a little hack. So you know that I spoken a lot about the website [inaudible] dot com. If you go on that web, the sites and you search for codes in your price cap, I agree. You'd be surprised what kind of good coats you will be able to find. So that is my tip to you. If you are on a limited budget, go there and look because I know you will be able to find something, but if you're somebody who takes kind of all of these kinds of investments, suggestions, tips from me, the fact that you should be investing in certain pieces in your wardrobe, then definitely save up money so that you will afford spending around a thousand on the car.

Because trust me, you are going to be able to really elevate your look. And surely you will have some coats that are up around 2000 bracket. I think you don't necessarily have to go that far. You are done probably going to be looking into something a little bit more specific. Um, you be able to find a really nice coat around a thousand or below, even below a thousand. I would say, you know what? You will be able to find a really nice coat between 500 and the thousands. And I do think this is an investment. It's not going to be something you throw away the next season, especially in not if you are buying in the neutral color, you are going to be using it a lot. So please think about that now again, what I said earlier, preferably get a single breasted. Um, you can also get a belted coat.

Double breasted can actually also work fine. I do not dismiss double breasted. However, I think that single breasted can just look a little notch better, which is why I'm specifically recommending that. But ladies, on my YouTube channel, I do have three videos that really goes deep on two coats. So if you feel like, okay, I got a little bit of flavor for purchasing a coat, then go and watch my three parts, the video series on YouTube on coats, because that video series literally tells you everything you need to know about coats. However, now you know that you really need to invest in high quality ones. So I hope you follow my advice because this is going to really elevate you during winter.

## **Priority #4: The Elegant Trouser**

### **Curating An Elegant Capsule Wardrobe**

Priority number four, the elegant trouser. Of course you have to get the white trouser. Now, the reason why I am recommending you to purchase an elegant trouser on the fourth place on the priority list, believe me, it's for a reason that is because you really should be investing your money in the beginning into separates. Now, what do I mean by a separate, I'm talking about a trouser, a skirt, a short, a top, a sweater, et cetera, everything that is divided into covering your upper body or lower body, not talking about dresses here. So the reason why I want you to invest in separates, but okay, I'm not going to jump ahead. We are going to focus on trousers in this part right now, but overall, I want you to think about, to spend more money on separate, rather than spending money on one pieces. You're going to get more uses out of separates.

They're going to be more versatile. You will be able to mix and match more, and they're just so much more worth investing in because they will last you for longer and you will get more usages out of them rather than if you are spending, I don't know, \$500 on the dress address has a little bit limited shelf life or life, a life length. So, but we will, we can talk about dresses a little bit later in this video series, I do want to go back to the trouser conversation because I think trousers is one of those things that we simply just use the most in our wardrobe. I mean, maybe some of you really are very feminine and you only wear like skirts and dresses. That's absolutely fine. Then if that, that is your type and your style personality, then maybe this regard of putting trouser as number four on your priority list, maybe you can actually exchange a trouser to skirt and put skirt as your number four priority.

But for all of us rest who might be using a lot of trousers in general, I want you to start thinking about elevating your trouser. Okay? How do we do that? Number one, we start wearing less jeans. That's a really good way of elevating your trouser game. Number two, we try and reduce all the dark trousers there's that we always wear like the black and the boring ones. I'll explain the second. Number three. Yeah, we start going for the signature and a white trouser. Why? Because that's going to elevate you so much. Trust me. I have really noticed the difference. Now this is a disclaimer, though. If you are somebody who are a triangle, meaning you have a pair of shape body, your hips, and are kind of the biggest parts of your body and draws all the attention. Then you want to this regard, the white trouser advice, you should go for the more black trouser type of advice, because it's going to help reduce the focus of your hips and thighs.

Although I'm going to say hips, I mean, it's nothing wrong with having hips as you weight as part, but you know what I mean? When you are very much, uh, very heavy on the lower parts of your body, okay. Going back to an, a signature whites Chausser so I want you to go and buy and find a trouser that looks formal. Remember like the trouser that I always wear. And I'm deeply madly in love with that type of trouser, but you don't actually have to buy it in the same cuts as I do. Don't forget that the type of cut that I wear, the fact that it's a little bit shorter, it's a little bit flared. It's simply because it's suitable for my body shape. It will not be suitable for everybody. So you might have to try out some of you, it might really work to have just a very straight trouser for some, you might be able to have a more flared trouser.

Some might have a shorter. So I might have a longer, all of that find a white trouser that looks a bit more formal than casual. Think about the material. Think about the kind of presentation of it. As you can see on my signature wise, trouser, you have, this is, what's so difficult for me as a foreigner, speaking English. I don't know all the words for everything, but you can see that in the front. It's like,

actually, let me show you. So you see this as a trouser that I'm talking about. Do you see this line?

When a trouser has this type of line, it always looks more formal. So if you can try and see if you can get a trouser, well, how's this type of line. This is like in the middle of the leg, right? So if I wear it, it will be like that in the middle. I hope you can see, why do I want you to have more of a formal trouser? Well, first of all, I want this trouser to have a tailored look. That's a must, but it doesn't have to be tailored. The trouser that I love deeply deeply, it costs me around \$70. Okay? So that one was not expensive. But then again, I bought it in Milan, in an Italian store with, I don't know if this is an Italian brand and they just happen to create very high quality clothing without costing a fortune.

So it's very important that you find a very expensive looking trouser because an expressive looking trouser will take up half the amount of your body. And it's going to be noticeable, especially if it's white and it's going to lighten up your appearance, making you look more, I don't know, high end somehow. I don't know what it is with trousers ladies, but it just does. It just makes somebody look more elite expensive. And just high-end. I can't really tell why it is maybe because white is a color that is very delicate. That is kind of also a bit restricted that you have to take care of, et cetera. So it's probably a lot of like psychological things involved as well. Now, why trousers sorted? Good. If you're looking now for more casual trouser, let's say you are a university student and you feel that it's a little bit too formal for you to hang around like that.

I wouldn't say so. I would personally wear the white formal trousers even to university. But anyway, let's say for whatever reason, you need to be a little bit more casual, then go and buy a white jeans, not a skinny jeans though. Please ladies skinny jeans can only work for those ladies who have very slim and long legs on everybody else. It just does not look really good. So please, can we all just promise each other, not to buy any skinny pants unless we have like model looking legs. But anyway, back to the white jeans, I love my white jeans for when I am being very casual. So it's absolutely fine to wear jeans. I want you to reduce wearing jeans and I've spoken about it a lot. And the reason for that is because majority of people wear denim, blue jeans or black jeans, and those two kinds of colors and the appearance of the jeans just does not look very high end.

And it does not make you look very elite either. It just kind of adds a little bit of basicness to a person, which is why I want you to go cold Turkey and stop with those type of clothes. At least at this stage, when you are still figuring out your style and when you're tweaking yourself to become a little bit more elegant. So white, formal trousers, white, casual jeans. Okay. Put it on your purchasing list. Again, don't forget that Anna's signature pants costs around \$70. So this might not even have to cost you that much. And let me tell you one thing, I am going to actually give Zara a little bit of credit for once and tell you that you can actually get some nice trousers from there. So don't worry. Just go and get whatever you can. As long as it kind of looks a little bit tailored, that's kind of the directions.

I want you to go now trouser number two, because you do need some variation after all. And I also told you that investing in separates is important. So we do want to build our wardrobe in particularly around separates. So trouser number two, that you also need to get. However, it's secondary in priority. The white trouser is more urgent. The second priority is the black formal tailored looking trouser. And here, ladies, we do want to have something that looks really like really tailored, like really high end. You have, um, a lot of trousers that can look like that. Again, you can get also a pair from Zara, as long as they have a good fit, they fit nicely on your bottom. They, they look like they are, have a nice material, so they're not, they don't look cheap somehow or washed out after a few washes.

So that's really, really important. Try to spend a little bit extra if you can. Um, I D I did say that all these trousers, you can get on a budget, but honestly, if you're not able to find them, try and spend a little bit more and you will be able to find majority on my trousers, I buy them on actually York's dot com. And this is for a very specific reason. They simply have an amazing selection to choose from. And I feel like even if I would go to designers store, you would just not have the same variety of style of trousers. What do I mean by that? Well, once you start looking into trouser departments, you will see how there are so many different variations to something as simple as a pair of black trousers, you have the kind of long flared one. You have the long straight one, you have the crop one, you have the short one, you have the shorter flare one, you have the skinny one.

You have ladies, there are so many variations. And which one should you get? Well, this really

depends on your body type. And of course, if you have anything you want to camouflage or enhance and what you also feel the most comfortable in, I would definitely recommend to try and get one pair of trousers that you wear only with heels, a trouser that will engage your leg. And usually those are a little bit flared. They're not like seventies, style of flared. They're more, just a tiny bit flare, just so that they can nicely uncover a shoe that's important. Now, that's definitely a really nice trouser to invest in. You can wear it for work. You can also wear it at night, but I am a big lover for the shorter pants because they look really nice and heels. They look really nice with just simple ballerina shoes, flat shoes, even with sneakers.

And they just very comfortable. You can wear them with any shoes. And I think that's what I really like about them. Plus, if you find kind of the right cut and style for your type of legs, you will be able to look really good in them. And actually they will even engage your leg in some cases. So having said all of this ladies, a quick recap, priority one white trouser priority, two wise casual jeans. If, if you want to go that direction, priority three black formal trousers and priority. No, this is priority zero, avoid blue denim jeans and black jeans. Try and cut down on all jeans besides a white jeans.

## **Priority #5: Essential Tops**

### **Curating An Elegant Capsule Wardrobe**

Priority number five, essential tops. Again, I am going to continue the subject of separates with you. We just prioritize trousers because we are going to probably use them more than we will using the tops, the tops. We oftentimes alternate more frequently with meaningless. Like in one week we will maximum wear the same top ones versus a pair of trousers. We can actually wear them half the week if nobody notices. So we have a little bit longer shelf life with the trousers, but of course, with tops, we need to have more amount of tops than we need to have with trousers. So let me actually dig into immediately what type of tops I think you should be investing in the strategy is the same. We invest in separates. I do think that it's important to if necessary, spend a little bit extra on the top because it's otherwise easy to just get stuck in the Zara polyester section on tops.

And you're never really going to look high-end if you're always wearing kind of the fast fashion tops as your tops, and believe me, I have trained my eye and I can really see a difference now. And there is a difference, right? Surely there are times where you're lucky to find a top that just has a different touch and look to it, meaning that it looks less fast fashion and more high end, although it was fast fashion, but you're not always going to have fines like that. So I think for this reason, it's important that you mix up your fast fashion tops with some mid range priced tops. I think that's really important and also should be prioritized on your priority list. Okay. So what type of tops do we need? Well, no, I have spoken a lot about Kush smear and I do think that Kashmir elevates the appearance of anybody really.

And it does actually look a little bit different from, um, let's say a garment that is a sweater or cardigan of some sort, but that is not Kashmir Kashmir. Just how's that a little bit of extra luxurious touch to it. If you live in a country where you don't really wear cashmere, you might be able to get some nice Kush smear, blends, and wear like these type of short sleeve. I personally love combining my short sleeve Kashmir tops with my wife trousers. So I do recommend getting like different types like this, um, in different colors, obviously colors that are suitable for you, and you have a lot of mix and match variations. Really also very easy to style plus stop wearing t-shirts right, wear a short sleeve tops. Instead I think this is a must t-shirts really just drag down and appearance and does not look elegant and also adds very masculine touch.

But these type of tops, they are great elegant version of t-shirts basically. So I do recommend, uh, things like this. You might also want to get something sleepless like this. This is like a vest getting a color or a few colors that suits you. You might also want to get something that is a little bit more long sleeve for those of us who live in colder climates. So that's definitely a must. You need to really invest in clothes that is also suitable for the colder seasons. So in cardigans long sleeve, uh, jumpers sweaters, but make sure they are crushed me and make sure that they're elegant. Like I was telling your, if you haven't watched it yet, uh, you will see in the case study a video about my wardrobe. I spoke about this type of sweater and this is a boat neck, really casual sweater, cashmere as well.

And it just looks so flattering when you wear it. So I really recommend that you do invest in pieces like this because it's going to help you during the winter months and still make you look expensive. Now everybody should also have shirts and shirts. Luckily we can actually go buy on a budget. You can get multiple at Zara. Some of the shirts that I use a lot actually from Zara, but there is another brand that I like a lot that doesn't cost so much. And that's called it's a British brand called Haidas and the Curtis have a lot of shirts from them actually here to please ignore the fact that they are not, uh, steams. Um, I want you ladies to get shirts that are suitable for your complexion. See here that I have a pink, a white, a blue, I have some other colors too.

And I think this is really important wearing a nice shirt with your white trousers or with your black tailored trousers, or let's say, when you, when we start talking about the skirts, you are going to look high and it's something very elegant, very classic, and very sophisticated about a nice, crisp, perfectly Iron shirt. So I want you to stock up on a few because don't forget they are not necessarily going to cost you a lot. Now let's talk about silk, which is my favorite fabric. I know that not everybody can wear it. So if you are a big busted than tops, like this is definitely a no go for you. But if you have a small chest like me, then definitely go for something like this, but you don't only have to wear like camisoles. You can actually have sleeveless, silk tops. You can even have long sleeve silk tops.

Like you've seen me where you can also do a silk shirt or a silk shirt with a pussy bow. What are they called? Really nice. There's a lot of variations, but silk is one of those fabrics that just elevates a whole look and just looks more elegant. So definitely don't skip that. Or in the top departments, then also in an elegant wardrobe, we all should have at least one turtleneck. If your body type allows it again, if you have a big bust, avoid turtleneck, but everybody else, you can pretty much afford it unless you have a very short neck. Then also don't, don't do turtleneck, but turtleneck just looks very elite. Just very, it looks very much like old money. So I think it's one of those really classic things that everybody should have. I have at least one try and get one. You can actually do one in black if you're coloring allows that.

But otherwise, you know, I like white light colors. I think that makes you look expensive. Yeah. If your colors allow you to wear such color because don't forget what turtlenecks, because they are so high up here, it's very, very important that you are not cheating. The colors that you are wearing, a color that w that suits you otherwise, it's not going to be flattering. I'm not, they're very elegant in that climb that I think everybody besides the inverted triangle is, should purchase. And that's the boat neck. Both necks are very classic is definitely the neckline that we associate the most with elegance and also with femininity. And this is why I'm mentioning this neck line right now, because believe me, we could have hour long conversation about net clients only, but I'm not going to go in that direction. So I just want to mention that, try and get something in both neck, unless you are an inverted triangle.

If you have dominant shoulders, this is not a good look for you, but everybody else, yes. Get something like this. And you are going to look very feminine and very elegant. Now, ladies, just to summarize, we have spoken about the fact that you need to get something with Kashmir, different variations. We have spoken about, you need to get some shirts in different colors. You also need to get something in silk. If you bought a type allows it and you also need to get a boat, neck or a turtleneck. If you are your body type allows it hope that made it a little bit more easy for you to navigate in the separate departments. When we're talking about what tops are the most essential, believe me, when you have accumulated some of the pieces that I mentioned, you're going to see that you are now having a lot of ammunition in your wardrobe to alternate, between different types of looks. And the more you start expanding your separate section, you're going to have an unlimited amount of outfits, which is why I've put these two so high on the priority list. Because after all, we are supposed to be talking about the capsule wardrobe, and I know that separates are the basics for capsule wardrobe.

## **Priority #6: Essential Footwear**

### **Curating An Elegant Capsule Wardrobe**

Now let's talk about essential footwear. It is so, so important, but luckily, because they are located down there, we do not necessarily immediately pay attention to them. The same way we pay

attention to our upper body and our trousers and our outerwear, and kind of the bigger pieces that we have in our repertoire. Now, however, footwear should still be prioritized. Wow. Number one, our feet live in them. So we need to get something that is comfortable, which is actually why I recommend to spend a little bit extra on footwear, because it's going to really save your feet longterm instead of you having to suffer in something very uncomfortable, because it hasn't been constructed properly, or they used cheap materials. Number two, definitely your shoes will have to experience a lot of wear and tear. Yeah. And if you invest in your footwear, then of course they will last longer.

So it just kind of makes a little bit more sense. And then number three, people do actually look at your feet and they will judge you on your shoes. I know I personally do, and I know other people do. So it's one of those things. Like we think that maybe people don't look at, but actually people do. So we want to keep it also representative and not neglecting it. However, how should we prioritize footwear? Of course, yeah. We are prioritizing what we're using every day so that these items are as versatile as possible. Definitely. We need to have a pair of heels. Now, this is something okay. You might not be wearing heels every day. You might only be wearing heels at a special occasion or when you go out or, or something like that. But a lady it needs, I have a pair of heels in her household.

And I would definitely say that you need to have at least a pair of heels that you can wear both daytime and evening, because let's see, say you go and purchase a pair of stilettos. You're not going to be able to wear them during the daytime, but you will be perhaps be able to wear them at nighttime. It's a little bit more opiates, but they time will require you to, to where a bit of a lower heel and maybe a little bit more okay. Of a sandal or a pump, depending on what type of occasion it is. I'm going to show you a good daytime sandal that I'm personally obsessed with right now is my [inaudible] summer heels. I call them because these are just really cute sandals. And the heel is not very high. I think it's about seven centimeters and they also look very feminine.

They also look very kind of traditional. I would say, this is the type of style that they were using in the fifties and the sixties. So there's a little bit of a vintage feel to it, but like a modern version. And these are white cause I wear a lot of light clothes, right? So for me I feel like, okay, actually wearing like white shoes will make, I have a lot kind of, a lot of garments to match up with, but also white is a neutral color. So I can wear this with any color of my clothing. Now, if I am invited to a latest who lunch event or daytime picnic or a garden party or some afternoon tea, then that will be able to wear this. However, I might not be able to wear this rocking up like this at a ladies who lunch events or a garden party or something else that is day time, a little bit more kind of semi-formal you might feel a little bit awkward.

It just doesn't feel appropriate. This is probably the highest heels that I have. I think this is 11 centimeters. Usually what we call stilettos is from 12 centimeters. So they're pretty borderline there. Now. Stilettos is a no-no during daytime events, but I would say even coming in a really high heel might make you feel inappropriate. However, there are exceptions. Of course there are times where I have worn these daytime, but it depends on the occasion and also how you style it. So do not just like say that, Oh, banana said that no, there are exceptions. However, as a general rule, they time you want to wear a little bit lower heel, maybe around seven centimeters. I think that's pretty good, good height at nighttime wear something more like this, about 11 centimeters max, because I mean, you can wear higher if you really want to, but I personally, if you want to really focus on elegance and elegance tend to, we tend to draw the line around the 11 centimeters and heel Heights.

But I do think all ladies need a pair of evening heels. So unfortunately, even though I would love to tell you that you only need one pair of heels. You will probably need two pairs, one for daytime occasions and one for evening occasions. But if you really have to prioritize between those two, then go for the daytime heals because you can actually also wear them at night. Now, a good in between would be something like this. This is a quite a low heel, I would say it's what's five centimeters for, um, these are very trendy Chanel kind of grandma's shoes, but these are good for daytime. And also if you are maybe working in an office or you are running around a lot, a thick heel, it will definitely help you not get as tired and still feel like you have a little bit of a heel.

So that's also something to consider that if you have, maybe you have a job that requires you to wear a little bit of heel during daytime, the gets a thicker healed because you will be able to survive

then. Yeah, but I think if you're able to also at some points, invest a little bit in new footwear, then get something in the kind of in between bracket like this. This would work for a casual dinner at night, but I wouldn't go out and party in something like this. Now what about if we want to be comfortable? And we have to do a lot of walking. I definitely think there's a lot of different types of shoes. And this is really where you have to take into account. What type of comfortable shoes will you priority? If I probably would have to prioritize daytime shoes, it would probably take my, uh, sneaker in my leather sneaker.

And even though that sounds like very casual and non elegant decision by Anna Bay, I'm going to be honest with you because I match it up so nicely with my very formal white trousers. And I always look quite formal in the rest of my outfit. I actually make it work. The problem is when people were kind of, Jesus needs all the time. That's when it's not looking elegant anymore, but there are ways of how you can work things around. Now, if you do not want to wear sneakers. And when I say sneakers, I really mean more like a leather shoe. That is a hybrid between a leather shoe and the sneaker. I wouldn't include a Nike sneaker in this. I would not use Nike sneakers unless I am exercising or going for a power walk other times. So shoes that you can walk in a lot are loafers.

We have here, Gucci, the traditional loafers. Maybe you can get the more classic color. I got a little bit more flamboyant version here. There can also have this one. This is our, actually my favorite summer shoes. I'm currently living in them. I wear them with trousers. I wear them with dresses, with skirts. They're actually very versatile and very comfortable. So I love them to really recommend. And you can, I mean, surely you might not be able to sightseeing walk in them a whole day, but you can definitely walk in them a quite, quite a bit. Ballerina shoes are definitely popular. So I would definitely also get some from a ballerinas that are totally flat, can also get like semi flat ballerinas, which have a bit of a heel. These are kind of funky, but maybe you should focus on getting something a bit more black or in your skin color.

Now speaking about color on shoes, I haven't actually shown you probably the color that I use the most are shoes and that's this, the new shoe or the skin color shoe. Now for me, this is my skin color. If you have a black skin, then you will have probably a black shoe or a dark Brown shoe. So depending what your skin color is, make sure you get a shoe that blends in perfectly with your skin color, because this is actually the favorite color of mine to wear a shoe that draws very little attention to your foot. It doesn't cut off your leg blends in perfectly Ellen Gates, your leg as a result, it makes your legs look longer. So if you actually pay attention to what I usually wear on my feet in my Instagram photos, et cetera, you will see the majority. All my pictures are with skin color shoes and it's for a strategic reason.

So if you're going to be spending money and investing in shoes and heels, I would definitely recommend to start by investing in skin color and then the secondary goal, black or white, depending on the type of colors that you usually wear, but maybe more black than white. I think why does a little bit more specific black is a very classic, but just as a side note with shoes, keep them as neutral as possible. Only when you start becoming more of the balanced, the fashion styling, and you have a bigger budget only then start paying attention and really caring about investing a lot of money on different types of color, unless you are a natural flamboyant and you kind of know already how to style and sort all of that out. But yeah, in the beginning, keep it simple. When neutrals skin color black, maybe white, maybe even gold or silver, that's also cool as neutrals, but a little bit more funky.

## **Priority #7: The Blazer**

### **Curating An Elegant Capsule Wardrobe**

Number seven on the priority list. Ladies, what do you do? Let's say you're out for dinner at night. Let's say you're wearing this dress like I am. And all of a sudden you start getting cold. How are you going to cover up in an elegant way? I mean, surely you can throw a nice scarf around you. That's not too bad. However, I wouldn't say that would be the ideal way of covering up, but this is why everybody needs to invest in a formal looking elegant blazer. Now look at this. What a difference gets a little bit cold and I put on my blazer. I can even put it on in.

Okay.

Covered up. I still look elegance. I don't look like I'm have to put on like a sweater, a bulky sweater or a cardigan, or this is just makes me still look representable and elegant. Now this is how I want you to start reasoning. Okay. I want you to start investing in blazers, both formal blazers and both casual blazers. And I want you to invest in blazers in different color schemes. So we're not just going for the typical black blazer. That's very boring. And you're probably going to look as if you're working inside Zara. You want to actually have different colors. You want definitely to have a white blazer. Okay? You want to have a black as well. You want to have maybe a gray blazer. Oops. Here I have a gray one. You might want to have a longer blue blazer, which is kind of like a semi jacket.

You need a little bit of variations here. Again. Remember we are investing in separates. Okay. This is the type of thing we do want to put some extra money in. We don't want to go for the cheap Zara stuff. Occasionally you can't find actually a good one. I'm not going to lie, but I do want you to feel a little bit comfortable, maybe spending \$200 or \$150 at least on a blazer. I think this one that I'm wearing, let me just check which brand it is. Yeah. This brand is by milliion burger, burger burger. Sorry. Sometimes my pronunciations are a little bit wrong, but that's because I'm speaking under pressure in front of a camera. So I don't always realize how I pronounce things, but anyway, by Mylene burger. So she is, um, it's basically a Danish brand and this jacket I bought it from, I think, net a Porter and then costs at about \$200.

So it was a really great purchase because it's very classic. It has a really nice fit. And you can see, I don't know if you can really see cause it's white, but it has really nice tailoring without having to really cost like a robbery. You see what I mean? Also these things, you might be able to get them second hand in vintage stores. So definitely a look, I think buying pre loved is for sure a good strategy. You don't have to be ashamed of that. I personally did buy a lot of pre loved items in the beginning of my journey because I did not afford everything that I afford. Now. This is life, you know, we do what we can in the beginning. So I definitely recommend doing pre loved. And with blazers, you are going to find loads. So try that out. But yes, get blazers that you can also wear not only for evening, but that you also wear for daytime because even daytime, we want to look more elegant, more expensive, et cetera.

And how are we going to elevate our look if we just throw on the usual cardigan or sweater, because it's a little bit chilly, obviously it's not, but if we throw on a nice blazer, when we're doing our usual errands, we are going to look more expensive. And like I said, there are casual blazers and there are formal blazers, but the beauty, even with casual blazers is that they still look kind of formal enough simply because it's a blazer. So I would definitely get a few of those. The difference between them and the formal blazers are usually the fits of it. It might be a little bit more relaxed fit. And also sometimes the materials there might be a little bit more softer than the formal, which tends to be very, kind of nice and sharp and crisp type of materials. But yes, definitely start looking into getting both, but if you have to prioritize, start with a formal evening blazer because you can actually also worry that daytime.

## **Priority #8: Feminine Skirts**

### **Curating An Elegant Capsule Wardrobe**

Priority number eight ladies. So we have arrived to another separate and we are now covering the skirt. Now again, if your style personality is feminine, then this might be higher on your list. However, skirts are a separate and so important for us to invest in and actually to get different variations of, there are many interesting feminine, elegant variations, and I am actually going to showcase them, some of you from my own wardrobe. But before I do that, I want you to really think about a few things. Number one, what is your body shape and how does that allow you to style yourself in a flattering way? Cause not all, um, skirt types will be flattering on all body shapes. That's one number two. Is there anything in your lower body where you need to come a floss or emphasize on, maybe you have great legs, maybe you don't have great legs.

Maybe you have big calls like me and want to hide that. I don't know whatever it is. You have to think about kind of these elements. So I'm going to show you a few skirts to just to give you some ideas because there definitely are some staple pieces that I think everybody should have. I think the

number one that is very feminine and elegance is the pencil skirts. And preferably the one that is mid length, this one is mid length. You can also have a little bit shorter that finishes below the knee, but I think the mid length once that kind of finishes around the call area tend to look a little bit more flattering. You can also have a pencil skirts like here. I have actually one of my favorite pencil skirts, which is a czar, a pencil skirt in fake leather cheap as well.

I think it costs like \$15, but I've used it so much and it just looks really edgy, but still elegant and feminine definitely do invest in a pencil skirt ladies because pencil skirts really show off the curve of a woman. And it's really flattering even for the latest who are plus size. So do not shy away because this type of skirt, it really helps tuck everything in and create a silhouette while still covering yourself up. So as we might be a little bit sensitive for when it comes to mini skirts, a pencil skirt is always going to be a safe, safe, elegance bets. Now you probably know my love for mid length skirts, and I also have a love for mid length silk skirts like this one. Now this might not be applicable for all ladies, because if you are more on the plus size, a silk skirt might not be the most flattering for you.

But if you have pretty much my body shape, then this will definitely work. It doesn't have to be silk. However, I think mid length skirts in general are just really flattering, especially if they are like, they go out a little bit like this, right? So you also have skirts that go out more. That kind of go out like this. I think we call them flute, skirts or skirts with a ham. So look for those because those are really elegant. Okay. Those are very feminine as well. They really give you the feminine silhouette. And I really want you to pay attention because if you feel like you have a difficulty with adding feminine, feminine energy to your wardrobe, believe me, when I say that skirts are probably the biggest feminine boosters that you can find, they're all select skirts that are kind of, they can be high rise and then they go out a lot.

Can't remember the name of them right now, but you can have them that are like, they they're short kind of skater skirts. And then you have the ones that are long, like mid-length and almost like vintage fifties, sixties type of skirts. Now those skirts are also very flattering for plus size women or anybody who just really wants to maybe become a floss a little bit or feel like they afford to balance up. Let's say, if you have a dominant shoulder, then you can afford to balance out with your proportions below the waist. If you want to go a little bit shorter in the skirts department, then I personally like kind of tennis skirts imitations. Or if that makes sense, I have two different types here can see their pleats at skirts. And I wouldn't call them mini. They're not many, but they're of course shorter.

They're finished above the knee, but yeah, this one is actually from Zara. So again, you can find some really great materials. I don't know if you can see the fabric, but this is like a very flattering fabric and expensive looking fabric that I happen to find in Zara. Also again, costs like \$20, maybe \$30 and these type of skirts with these pleats, especially when they're a little bit shorter, they come across very preppy. So this is a must in anybody who has elegant classic as their style personality. I also think these are perfect for university. By the way, if we're going to talk more about Zara, then I want to show you these two skirts, very neutral and perfect for summer. Perfect for daytime pur like very neutral. Like you can do whatever activity you want in them. These were also cheap, probably \$20 each.

But if we go close so you can see that the way structured, the fabric of it, et cetera, it's just looks a little bit more high end than some of their other pieces. And I bought multiple of these because I knew that this is a great bargain. I can wear them a lot. People will not know how much this costs. Okay. And I have actually, you can mix and match these with all kinds of tops and you have different looks, multitude of looks. So this is definitely a must in the capsule wardrobe. Now, if you can find a skirt with a little bit of a ham with a flute, like I told you about, or a little bit of a frill, then here are two very feminine skirts. You have Zimmer men here, a little bit more expensive. It costs around \$500. And then you have a Karen Millen here that is a longer type of skirt, but it's very flattering and incredibly feminine cost probably around, I don't know, 70, \$80.

So think about these type of details to look for skirts that maybe go out a little bit like this, or have a little bit of flirtiness happening there. Again, only if your body type allows it, because if you have a lot of volume here under the belt already, you don't want to add even more volume by adding frills. So ladies, that was it on skirts. I think that when it comes to color of the skirts, it's again, the same

principle, go for neutral, go for black whites, go for, I dunno, beige camel gray, um, but also have some color. If you can find something that looks good, like the yellow skirt that I showed you, I think here in this department, you can definitely go a little bit more fast fashion. Like you saw. I showed you plenty of skirts that I bought from Zara.

So you can actually meet, get work something about the materials for skirts. They simply just tend to use a little bit better materials than for certain other garments, which is why I have found that finding skirts in fast fashion is just a little bit easier. However, it's not a rule it's just not salvation. So it might not happen like this for, for you, who knows, but definitely keeping that. Yeah. For, for skirts. Like I just mentioned, I think the type of styles that I are definitely a suitable in your elegant wardrobe and also in your feminine wardrobe.

## **Priority #9: Elegant Accessories**

### **Curating An Elegant Capsule Wardrobe**

Number nine on the priority list and yes, we're coming towards the end now, ladies, but we need to talk about the accessories because of course there are elegance accessories. And some that I definitely think that you, at this point in your priority list should start thinking about purchasing the reasons that is when we have access to a certain system assessors that I'm going to mention to you now what they are, first of all, they will act as instant elegance boosters. They will also give us some additional variations in our outfits. Okay, what am I talking about? Variations in outfits will definitely help you. If you have some belts as an example, this is a belt that you can put in your waist. So let's say you have a dress and, or a skirt, and then you want to maybe add a little bit of a touch to it.

You can give a, and that a variation to this outfit by adding about, right? And then you can wear that same outfit without a belt, and they will kind of appear as a different outfit then. So that's one belts are actually quite important. And a lot of people neglect. I would definitely tell you that starts investing in belts. And luckily it belts are one of those things that you actually can do on the budget. In the beginning, you don't have to go and spend on designer belts. Initially, I think that is a little bit of a waste of money, unless you have reached a level where you can afford that because when you afford spending more money on belts, you will have a bigger selection of belts open up for you. Like here, as an example, versus if you just buy and fast fashion stores, you will have similar looking belts majority of the time.

So you might not have the same amount of variation. However, you never know, in some seasons, Zahra might make something really interesting. So it also depends a little bit on luck and timing. A hat is an instant elegance booster, and I think you need to have one hat for fall and winter season. If you live in a country with seasons, and of course the must have summer hats. Now all of these things, they elevate a look instantly. Yeah. Which is why you must have a hat. I would say of all the accessories, probably get a hat as one of the most urgent things to get, because a hat actually does add a lot of glamour factor. And that's what I meant when I said it gives you that elegance. Boom, versus if you don't wear a hat and actually sometimes were really boring and the plain outfit.

Yeah. If you add a hat to it, all of a sudden you have wow outfit or you have a glamorous outfit or you stand out somehow, believe me a good hat will do that to you. But this is where a lot of women fail and they end up purchasing hats in fast fashion stores. And they think that they get away with it. And it works. No, I'm sorry to spill the beans to you, but this is a big wardrobe. Mistake belts. Yes. Go and buy belts in fast fashion stores that will work, but not a hat. I'm sorry to say. And I have really done my hat research and I can tell you that. And the expensive looking hats will cost you three, four or \$500. I am sorry to say that, but that's the reality. And there is a big difference between an expensive hats and the cheap hats.

You can see the difference. And I don't want you to shoot yourself in the foot by cutting corners and think that, okay. No, but you know what? I'm just going to go for a Zara. Hat is going to work. No, I'm sorry, but no, it won't be the only exception though, that I must say where you can potentially make it work. That is, if you are looking into summer hats, a summer straw hat, actually, you definitely can find cheaper versions. So you don't have to go and buy [inaudible]. Michelle had four or \$500. You can definitely get by with a hundred dollar hats, which is made out of straw. And actually can't really

tell much difference so that yes, that can work, but would fall. Hat's not the same. I'm afraid. Then we have the sunglasses and here ladies, I do think you should have designer. Although to be quite honest with you, majority of people cannot see the difference if it's designer or not.

However, you can hear the difference because designer sunglasses, they are not as plastic-y as the really cheap, fast fashion. Sunglasses are the cheap sunglasses. You can hear the plastic. And I don't know, it's not going to make you feel like an elite woman. And I think perhaps at some point, people might notice. So I would just try and save up \$200 and buy a pair of designer sunglasses. But at least it makes you look and feel like Jackie O and you will feel a really glamorous and you don't want the good thing. You don't have to buy many of these. You can actually get by with one pair and you'll be fine for a few years until you budget the Laos. Again, of course, to purchase more that lastly, on my accessory list, I do think that a scarf is definitely a must and you don't have to have many, one, even one is enough.

And then you simply learn how to, how to tie a scarf elegantly. And then you will instantly look very elegant and very old money and very kind of elegant classic, but you need to figure out how to, uh, how to tie these things. But luckily today we have a lot of YouTube tutorials for that. So that's easier. Um, these, you can actually buy them even pre loved. They sell them so much in second hand shops and all you do is to really wash it or clean it. And then you have a brand new scarf. So yeah. Get, get one or get a few in different color shades so that you can really match them with your outfits. Okay. But what is the most priority in the accessories department? Like I said, I think hats is by far the most important, because it just gives you a lot of glamour boost and elegance boost.

If you get a proper hat that looks expensive. So that's one number two. I would definitely say sunglasses because we use them so much. I think that's one of the, probably most used items in our wardrobe. So why not spend money and prioritize something that we use so much? So definitely as a number two there after sunglasses, I would definitely say the belt because it will give you a lot of options for outfit, creations and variations. And then lastly, I think the scarf is probably more optional. Not everybody might think that a scarf is their thing. Some might feel like it's a little bit old fashioned, but I still think that scarfs are one of those really essential elegance pieces in a wardrobe because they're going to stay with us for forever, probably.

## **Priority #10: The Rest?**

### **Curating An Elegant Capsule Wardrobe**

Ladies we have reached priority number 10, and this will actually be the last one on our list. And I've actually decided to call this video the rest. Okay. What do I mean by that? Well, I feel like we've gone through a really good list of the basics for an essential wardrobe, really an essential elegance of feminine wardrobe, but then kind of the rest is really up to your lifestyle. I would say, how do you live your life? How often are you doing sorts of things? And this is kind of what you need to think about when you prioritize the rest. Cause let's say you might be a really sporty girl. Now, then you might have to prioritize your active, aware as part of your wardrobe, because you're going to spend a lot of time in them. If you train, let's say Monday to Friday every day, if you're somebody and you travel a lot to exotic countries, or you spend a lot of time on the beach, the maybe you probably have to invest a lot in your beach.

Where in your resort, where, because that's a big part of your life, or let's say you are a person like me who works from home, then you probably will want to invest a lot in your lounge, wear the clothes that you wear at home because you spend a lot of hours at home, meaning you want to look and feel your best in that environment. So think a little bit about your lifestyle. What does your lifestyle require from you? And this is what I want you to prioritize a number 10 then of course you might be somebody who let's say you're a career woman and you making a lot of success business wise, you might then have to prioritize a lot of formal wear a lot of business wear because your office requires that from you. I know that I haven't spoken about dresses yet. And why is that?

Definitely dresses could be number 10. I am not against dresses. I love dresses. I wear a lot of dresses myself, but because it's not a separate item, I decided not to put it on the priority list. Definitely get dresses, but I don't think it's the top priority to invest. In, in the beginning, I feel like

dresses have a shorter shelf life meaning that there's just so many times we can wear a dress before it becomes too repetitive. And everybody has seen us wear it a hundred times whilst with separates. It's not the same thing. So we afford to wear separates kind of forever, really, but still do invest in dresses because they are important and they are going to make you feel like a lady they're going to make you feel like a goddess, like a woman. So I am not against dresses at all.

I just don't want to include them in this video series. Formal dresses is something that I need to warn you about unless your lifestyle is the fact that you go out every night and you're all the time in private events, black tie events, charity gala's evening dinners and galas and parties. And so on. Then yes, you might have to prioritize in your evening wardrobe and also investing in gowns. But for regular people who go out, I don't know, a few times per month, then this might not be a top priority. You only need a few just simple cocktail dresses, nightwear, meaning pajamas, camisoles that we sleep in are of course really important. This is very important for our femininity. The fact that our night wardrobe is also in order that we're not sleeping in some nasty old tee shirts, or I don't know what people might sleep in.

That is not very attractive, but it does happen unfortunately. And I really want you to throw out all those rags, if you don't afford to invest yet in the elegant nightwear, then maybe sleep naked until you can afford, but don't sleep in those nasty old tee shirts. Or I don't know what you might sleep in. That is not really pleasant. We need to have an activity where we just throw all of that out, but I hope you will do that in your closet cleanse, but definitely nightwear has to be prioritized at some point, but it's just not kind of the most urgent thing to do. The only time I would say there is more urgency in this is if you have a partner because somebody will actually have to see you wearing those things. So definitely try and invest in a few nice kind of silk pajamas, silk camisoles to sleep.

And so, so that you look, representable not lastly, I haven't really spoken about jewelry or watches and it is for a reason, there is a big reason to why. And that's because I am very biased. I am biased to my own upbringing because I was raised in a culture where these things don't matter, meaning that I have my view of looking at jewelry and watches. I personally don't care about these things to be quite honest with. You never been really that interested in, I don't know, jewelry, diamonds, watches, et cetera. And even though, you know, I live now a lifestyle where I can afford all these things, but I don't know. I still don't really seem to be bothered for some reason, but that's just the way I am. And it definitely is a lot because of my upbringing and the culture that I'm from.

However, I know that we have international ladies with us, and I know there are cultures where jewelry is really important, like really important. Like if you don't know where earrings you are considered a poor person, so you must wear earrings. So for this reason, I decided to just put the whole jewelry subject aside and only tell you that, okay, if your culture really demands this from you, then definitely put it on the priority list. Wherever you see its fit. It might be number two priority, who knows. But if you are in the culture where it is a little bit kind of, yeah. Maybe whatever, then you might not need to have certain urgency. I personally think a P a watch or jewelry. It's not necessarily going to make your outfit. If that makes sense. Maybe some people think so, so this is why I must say this is a matter preference, but I personally don't think so.

However, not every, but it sees it this way. So this one you will have to decide for yourself. But one thing that I do want to say is that if you are going to get a watch at some point, definitely just go for the high end stuff. Because I think at this point, if you are going to get certain jewelry pieces, like a watch, for example, then you don't want to go like with a Michael Kors, watch, you actually want to kind of get the real deal. Then with jewelry, you can actually have a little bit more flexibility. You can have a little bit more custom jewelry. Like this one is definitely not okay, very expensive pair of earrings. However, there are more kind of the creative. So I personally don't love them a lot because I just find them very really, so you can have jewelry pieces like that.

And then you can just simply go for the classic Pearl earring or Pearl neck class, or you can go like the diamond stud earring or the da also the diamonds necklace, the diamond bracelet, um, et cetera. It can also go bracelet wise, like the love bracelet that hombre bracelet, which, you know, these are typical popular bracelets today in the elite community, but it's really not a must to have these things. And sometimes they're also a little bit overly used. So I don't think that everybody needs to go and get a Cartier bracelet or a van Cleef bracelet. Not at all, to be honest with you, but if you get them

gifted, why not? This is what happened to me. So I'm not going to say no. So I hope ladies, you have now understood my way of thinking when it comes to building a capsule wardrobe.

And to be honest with you, I am confident that you are going to find this quite helpful because I have, we spent a lot of time thinking about it. Yeah. Very rational way of, okay, what is the most urgent and how can we kind of play it around? What are some options variations to plan a and then we have plan B, let's say, but of course, all of this is not set in stone, depending on your lifestyle, depending on your goals, depending on your style and your budget, you might have to tweak things around in this priority list. So please don't see this as a strict rule. This is more for guidance for you, so that hopefully you will be able to perfect your wardrobe strategy. And from now on really sharp, collaboratively, elegant fashion, and of course, feminine fashion. I know by the end of this program, you all are going to look amazing. And I look forward to that.

## **The Closet Cleanse**

### **How To Do The Closet Cleanse**

#### **The Closet Cleanse**

Ladies a big welcome to the closet cleanse. I am so excited about this part of the style module, because this is actually where we're going to be taking a lot of action. This is an exercise of video serious, and I want everybody to do this, but first I'm going to explain exactly what's going to happen in the closet. Cleanse a closet. Cleanse might be a very painful process for all my dear hoarders out there. And I know that hoarders as a word is a very harsh word, but let's be honest with ourselves. Some of us have a difficulty letting go of things, letting go of clothes. And we end up hoarding all these items in our home, actually cripple us and cripple our growth. I want to of course change that, which is why we're going to do a cold Turkey closet cleanse in this module.

Some of you might be just like me. I personally have a very easy time letting go of things. I actually enjoy this process a lot because it makes me feel almost clean after. I don't know. It's like a little high that you get after you get rid of items that you no longer need or use. I also believe that a lot of us, we do have a wardrobe that needs a regular closet clowns. I personally say that a closet cleanse should be done about twice a year, preferably before the warm season and the cold season. It must be a regular thing in your wardrobe, especially if you want to take your fashion and styling seriously, because what happens when we don't do a closet cleanse and what we don't stay regular with this practice? Well, number one, we start accumulating a lot of things. Some of them are good and some of them are bad and they're all in this kind of mishmash together in the wardrobe, making our wardrobe look overcrowded, overwhelming, ugly, perhaps difficult to navigate and just overall very messy.

Now, inelegant ladies' wardrobe is not messy and elegant lady doesn't live in a mess full stop. If we want to be able to style ourselves in the best possible way, in the most efficient way that we can't have a wardrobe that actually drains us and makes the whole decision process of what we're going to wear a really long process, because we can barely find anything in this mess. We don't know what's what we do. We don't like we don't have a structure. We need to have a structure in our things. And in particularly a wardrobe, because this is a very sensitive area where it's easy to not have any order where everything is just one whole big pile. And as a result, you're then going to have a much harder time understanding how to combine a garments, how to create a look and so on to make yourself a big favor by making this whole process as easy as possible for you.

I know that you ladies are not perhaps fashion stylist or some of you might be, but majority of you, you do not understand fashion styling to the degree where you can just walk in and then your wardrobe and create a magical lookout of it. So for this reason, we need to really prepare the basics for us to make the process as easy as possible. So like that you will actually be able to do the best you can of what you have. So what's going to happen by the end of this video series. Well, the good thing is that you're going to optimize your wardrobe to the fullest. Yes, ladies, you are going to focus on looking into your wardrobe and deciding, okay, what works here, okay? What works the best on me? What are my wow items? And then you're going to look into what are some pieces that needs

help.

Then you're going to look into what are some pieces that I like in my wardrobe, but that I don't use because these pieces, I need to fix them in one way or another. They're not fully usable at the stage. Then of course, we're going to do the very difficult parts I know for some at least is to get rid of things. And we need to be a little bit harsher, a little bit cold Turkey, but believe me, this is really good for your mental health of letting go. And if you struggle in this department, see this as an emotional exercise, this is going to be very therapeutical for you. So trust me on this one. You're not going to regret getting rid of things, even though you probably right now think, but what if one day I will want to wear this? Don't worry because that day is most likely, never going to happen. So ladies, I'm not going to continue talking anymore because I want to start this incredible project, but we are going to cure, rate and clean out your existing wardrobe and really just create a wardrobe for you that will optimize your life and make you look your best. I'm real excited. So let's do this.

## **Step 1: What Are Your "Yes-Items"?**

### **The Closet Cleanse**

All right. Are you ready to do the closet cleanse? I am so ready. And I'm going to guide you through this process right now. So pretend that we are in my closet. I have a bunch of things here, and I'm going to actually kind of just guide you through the process of how I personally do with and how I think would be a good way for you to also do it. So we're going to divide this closet. What I call also audit, going to audit our entire closet. And in this part, we are going to look at all the items that we have, literally one by one, every single piece in your wardrobe, you have to take it out. If you have to try it, that's even better. You have to really go through everything properly. And then you're going to say, yes, no, or fix it on this garment. And you're going to do this on each garment. So let's say I take a piece.

I have a little inspection, a proper inspection, especially if I haven't worn it in a time, in a long time, then I try it on and see for myself in the mirror. Maybe think a little bit about this garment. And basically this is what has to happen in this process. First, I need to feel okay, is this a yes item? We always start with a yes. Why? Because your immediate reaction has to be whether you love this or you hate it, literally speaking and only you will know what you feel about this garment. We definitely need to define what are our wow items. Meaning that whenever I take this garments out, do I feel like, Oh, this is one of my favorite garments or, Oh, I love this one. What emotions do you have when you take this garments out?

If you have one of those emotions, then you can definitely classify it as a wow item. If let's say you don't have immediately that emotion, you inspect this garment, you try it on. And then when you look at yourself in the mirror, you say, wow, I look pretty good in this thing. Now that's again another wow item. So of course all the wild items, we immediately put it away and keep. Then we might take the next garment and we see like, aha, this is a garment that I like it. And it's a really great and useful piece in my wardrobe. So I've spoken a lot about staples and separates and those really useful items that we get many usages off. You need to really acknowledge those items in your wardrobe because they might not be kind of the emotionally loaded, uh, items in your wardrobe.

Like you might not pull out this blazer and be like, Oh, I love this place. There's so much. Or you might, who knows, but oftentimes staples and some separates, they might not trigger a certain reaction us, but I don't want you to dismiss it as a kind of whatever item. No, it might still be one of your most important pieces in your wardrobe because of the high usage factor of this garment. So scan your wardrobe for all those items that are flattering for you have high quality with good color, et cetera, that you get very high use of. Those are also usually those items that you really should spend the money on because you're just going to have a lot of return on investment on the money that you have spent on this garment, because frankly you keep using it all the time. So that's kind of the second, wow item.

Now, other types of clothes that you definitely should keep, those are the clothes that look good on you that you like that do not need any alterations clothes that fit your style personality. Because remember we have developed your style personality by now, clothes that have a good fits on you,

clothes that are flattering in color for your color complexion clothing, in the good condition and clothing that okay, you worn it a lot, but it's a high quality piece. So you can actually afford to save it for another time in your life because it will kind of still last and maybe even qualify as a vintage piece. And perhaps it has a little bit of a sentimental value for you. So you can definitely save a few sentimental value pieces that maybe you put into storage or something like that. That is absolutely fine, but make sure you're not saving some random rubbish.

Just really be selective with the pieces that you put in storage and save for future. As you kind of qualify them as a vintage pieces. That enough now, overall, I want you to really focus on only keeping those items and label them as yes items. If this is a, an item that makes you feel your best, how you feel in each garment is incredibly important. And I don't want you to hang onto clothes that don't make you feel your best. Really. We are going to talk about that a little bit more in the next videos, but the wild items, they definitely will make you feel amazing. Like when you put on the garment and you just feel like, Oh, I feel like a million dollars in this address. Now those are going to be your wild items, but even the garments that are not your wild items, but are still eligible to stay in your life. They should still make you feel good about yourself. That is really important. All the clothes that make you feel bad about yourself, we need to get rid of, but I am going to talk about what to get rid of in the next video.

## **Step 1: What Are Your "No-Items"?**

### **The Closet Cleanse**

So as we're doing this closet cleanse, we are looking at a garment and we're deciding whether it's a yes item and no item or a fix it item. So what about how to define if a garment is a no item here? I have a jacket. I don't know if you've ever seen me wear it. Cause I personally haven't. Um,

Yeah,

This is a no item for me. Why? So this is how the process would work. You try it on, you look at the item and you just literally stay honest with yourself in this case. I know that. Okay. I really don't like this print. I also don't like the coloring. It has this kind of redness that is bothering me. I don't think it's very flattering on me. Like I don't know how I would personally style it. I feel a bit wide in this item. I don't feel like it's very flattering for my figure. And so and so, and that's how you start evaluating when things are going in the no direction. Cause here we need to identify. If the item has the wrong color, a poor fit looks cheap makes you look bigger, not aligned with your style. Personality makes you somehow feel masculine, ugly on attractive plain, like a plain Jane or a basic girl.

Then this is not a keeper. We also have changed size over the years. So it might be a little bit too big for you, or it might be a little bit too small for you. Don't hang on to items that you think that, but one day I'm going to lose weight. As an example, when that day comes, we'll be on a totally different level that we will be able to buy a new wardrobe like this without a problem, any clothes as well, that feels somehow out of date or maybe a clothing that you have worn so much. You feel like, Oh, I feel nothing. When I wear this thing or people have seen me wearing it so much, they probably think I don't own it. Any other garments than just this item? Or it can be the opposite. You haven't worn a piece of garment in maybe over two years, then why hang on to it.

If you haven't worn it for two years and you don't feel anything wow about it in terms of that, it could be saved as a vintage piece for the future. Then get rid of it. Also, anything that has broken to the point that it's unrepairable or if, or if it has changed color after many washes, which is also not repairable, any clothing that kind of looks a little bit dusty. If that makes sense, like it looks worn, it looks worn out. It just looks like it has had its cycle of life and there's just time to take it to the cemetery. I also think it's really important to think about. Does this piece of garment really fit with my lifestyle? If let's say you are somebody you never go out at night anymore. Well, do you need 50 party hanging in your wardrobe? That is kind of still there from your past.

And lastly, ladies get rid of everything that doesn't make you feel good in the garments. I want you to feel your best. Like I told you, I don't want you to put on a garment where you feel like you don't feel comfortable in your own skin when you wear it. Maybe you feel like you're showing too much skin in

those garments. Maybe you feel you're not showing enough skin in this garment. Maybe you feel like a grandma when you wear it. Maybe you feel like too provocative lady in the garment. I don't know what it is, but the feeling is not good. And this is what's really important. You need to have full on confidence and, and feel like you are proud of what you're wearing. Not that you feel like, Ugh, I always have to like adjust my clothing. I don't know if I like it. I don't know if people think that I look stupid in this, et cetera, et cetera. I don't want you to have any of those thoughts. We are now getting rid of those thoughts by getting rid of the garments.

## **Step 1: What Are Your "Fix-it-Items"?**

### **The Closet Cleanse**

So we are still in step one and we are looking into garments. If we need to keep them, get rid of them or fix them. And we're going to talk now about those items that we don't want to get rid of, but we want to still use them. However they need some repair work. Those items should definitely be flattering to you. And definitely tick the boxes that we spoke about in the yes items video. But these are the items that perhaps lost the button has some seams that needs some fixing, maybe something has broken, maybe a zipper needs to be changed. Maybe just needs some tailoring, like adjusting to your new body. Perhaps you might have lost weight or gain weight. So this garment needs adjustment because it doesn't fit as good anymore. As a use to perhaps maybe this garment is stained and needs a good run to the dry clean, or maybe it's a little bit smelly and also needs a good run to the dry clean.

Don't get rid of the garments that you love and enjoy wearing, but that needs some love and repair. Take the time to repair all those items and separate them from the bunch. When you do this closet cleanse also under this category, you will also put all those items that you enjoy wearing you love wearing. However, you do not really know how to style this item. Yet. Sometimes we have items in a wardrobe that simply needs a companion. What do I mean by that? Well, that means that this item really needs you to buy another type of item that will make this item work, because at the moment it doesn't work on its own and you just simply need to buy that other type of item before you can wear this item. Does that make sense? All those type of items also put them aside and label them as fix it because we are going to go back to this when we are curating our wardrobe plan.

## **Step 2: The Combination Check**

### **The Closet Cleanse**

Now we have reached step number two in your closet cleanse. And this is **the combination check**. This is actually a little bit of a long process, so I'm not sure you might be able to get it done in just a few hours. You might have to spread this out, but try and really do this properly from the beginning to the very end, because this is really going to expand your opportunities and your wardrobe dramatically, and you will be able to get a lot of aha moments and insights when you do the combination check process.

#### **So what do I mean with the combination check?**

Well, this is when we are going to try on all the garments that are left: under the yes bracket or the fixed it brackets. And we're going to try that on, on nude underwear in all possible combinations. So we are basically going to, let's say we're wearing a top.

We're going to try on this top with probably all the trousers and skirts that we have in our wardrobe left after the first step in the closet cleanse.

#### **So what's the mission here, ladies?**

Well, this is for you to understand what possible variations you have of each garment.

How you can style each garment that is now considered a yes garment or a fixed garment in your wardrobe.

We want to maximize the usages of each garment.

We want to really expand the styling opportunities.

And we also want to gain some insights to where do we have gaps in a wardrobe and how are we going to fill those gaps?

What I really love about this stage in the closet cleanse is the fact that we're really going to get to know your closet and really take that relationship to the next level. Me, it's a relationship and you're going to, I'd be so happy that you took the time to really do a proper combination check because you are going to actually have the spikes of dopamine and moments when you be like, Oh, I never thought about styling this garment in such and such way.

And it will be like a whole new world has opened up for you because you will be asking yourself, why did I know have a think about wearing that piece together with that piece.

Now, when you do this combination check, obviously you will still be using the same kind of thinking process as when we were evaluating each garment, meaning that does this work?

**Does this make me look my best?**

**Does it make me feel my best?**

**Is this a wow combination or is it only so, so?**

Really make your decision of whether you will be using this combination or not based on how amazing it makes you feel and how amazing it makes you look, be honest, there, you can trust your own judgment.

If you need somebody else's judgment, then get a friend or somebody that you know, who you can trust and you value their expertise and style and fashion, but ultimately you value their opinion. Anybody can actually do, however, it might be good to get a few different opinions because there are some people who have biased opinions.

So then when you have gathered all your, yes, looks you take a photo in the mirror for a selfie mirror, or you ask somebody to take a picture of you and you document all the yes, combination looks. If you want to document all your maybe combinations, then that's fine too.

But I would personally take a photo of each combination that, you know, you will be wearing in the future, the wow combination, make sure to Mark them. If you are able to Mark it somehow on your phone, or if you do this on the computer, add Mark where you no, that, okay. These are my extra special looks. That makes me feel the very best. And then these are kind of all the rest.

However you feel is better for you to organize this. That is really up to you.

You can create albums in your smartphone.

You can transfer all these pictures to your computer and organize them in folders in your computer.

So whenever you feel like you have no inspiration, what's aware you will now be able to go into your real looks of yourself and just actually kind of pick and choose. Okay, well, I remember this was a really great combination. Look of mine. Let me wear that today. By the end of this process, you might come across that there will be some garments that you, he said yes too, but then you notice that actually there is no great way for me to style this garment with my existing wardrobe. And that's when we moved that yes. Garment to the fix-it bracket because this garment probably needs a companion.

### **Step 3: Create Your Wardrobe Strategy**

#### **The Closet Cleanse**

So we have now reached the last step in our closet cleanse. And this is when we really go back to the drawing board because we are now going to create our wardrobe strategy based on everything that we found out during our closet cleanse. And then now we're going to build a strategy accordingly.

So when you did this closet cleanse, first of all, you definitely started noticing what are **the gaps in your closet?**

**What are some missing pieces that actually you really need?**

Because they will really complement a lot of existing pieces and make your wardrobe even more kind of user-friendly you might also have noticed.

And this is something I forgot to mention in the first videos, because we have a really bad habit as shoppers. And the humans in general is that oftentimes when we like something, we end up what we call, repeat buying it, meaning that without actually realizing it, we keep buying the same garment or the same style of garment over and over again.

**And that is called repeat buying.**

You might be feeling like, okay, but if I have a wall item in my, in my wardrobe, why do I not just buy different types of variations to it? Well, surely you can ladies. I don't, I'm not against that at all. But at some point you need to ask yourself, are you actually doing your wardrobe, a service here? Or are you just stuck in the repeated pattern where you look the same all the time? Because you just keep buying the same type of items all the time.

I have a really good example. I used to repeat buy black skater dresses. I don't know why these days, I never wear black skater dresses anymore, but there was a phase in my life, a phase that lasted, I don't know, X amount of years where I wasn't aware of that probably like 30% of my wardrobe consisted of these black skater dresses.

Sure. Some of them were in different materials and they maybe had a little bit of a difference to them, but they were pretty much the same. And that wasn't aware of the fact that, okay, well now I'm going into a store and I see a black skater dress. I need to buy it. And then I just kind of wasted my money. Once again, buying the same thing over again, that is called repeat buying. And I don't want you to do that because it's enough to have one black skater dress. You don't need a hundred of variations to it, right?

The exception would be if we're talking about staples, because let's say you're going to buy a white trouser that I've recommended you to do. Then of course you might want to have different variations of this wine trouser. You maybe want to have a cropped one, a long one, a flared, one, a slim cuts, one, et cetera.

That is different because we are investing in our basics. But when we are talking about like certain garments that you just like the style of it, and then you just buy it all the time. Like you have to put some to, to your spending and also like spend the cleverly don't go and like spend all your hard, earned money on things that you already have in your wardrobe. That's what I really want you to become aware of.

So when you're doing this closet cleanse, you are going to notice that actually I have already like five black skater dresses. Maybe I should cut down on them. Maybe I should not allow myself to buy anymore. As an example, during this whole closet cleanse process. And it might take you a few weeks, might take you. I don't know sometime I don't expect you to just do it all in one day.

I definitely don't think that would be a healthy way of doing it because I want you to really let some salts brew in your head and you really can brainstorm and take the time to think about sorts of things. And meanwhile, I actually want you to start collecting inspiring images of outfits that you like, and that fits your style personality from Instagram and Pinterest. I do this myself and I've been doing it for many years. I collect images of looks of other women who I personally feel like, Oh, this is an amazing look. I would love to recreate this. And we're not talking about you becoming a copycat because of course there are people who feel like, Oh no, but I can't copy what somebody else is wearing. I feel bad. And we're not really talking about you just going out and buy exactly the whole thing.

But even if you do, who cares, it's not like you were going to meet that person anyway, you might as well then take inspiration from them and just buy exactly what they were clearly works for them. So it might even work for you when you do these type of collecting images project. I want you to definitely organize it. Well, the good thing about Pinterest and Instagram is that you can actually save the

images already on the platform. You don't have to save them externally. I personally like saving my images externally because there are times that people need to remove certain images from their accounts. And then you have lost that inspirational image. And won't be able to find it again. During the wardrobe cleanse, we will also discover what do we actually use in our wardrobe? Because you will probably come across a lot of items that you haven't used for years. And I think it's really important that you ask yourself then

Why haven't I used this for years?

Look I mentioned in the previous videos, you might have been a party girl in the past, but now you are a quiet homemaker. Your life has changed. You've settled down. You have a family, you have kids, your lifestyle has changed. So your wardrobe needs to adapt to that, to that lifestyle. So during this closet cleanse, you might actually realize that a lot of the clothes that you have in your wardrobe, they don't fit with your current lifestyle anymore. So you need to ask yourself, what is my lifestyle and what are my kind of daily wardrobe needs. And that's when you start writing down the type of clothing that you actually need, because you, your lifestyle requires that from you. So in this process, we are now sitting at the drawing board and just writing down our wardrobe strategy, our wardrobe plan, call it maybe even a wishlist.

If you want, what items do I need items that are missing from your wardrobe items that are required because they need to compliment and be companions of existing items in your wardrobe items that are required for your lifestyle item that you need, because it fits your style personality that we have now defined. And so on. I will be of course, writing everything down in the workbook because in the workbook, we're going to have the full syllabus of how you do the closet cleanses. And it's really important that you do each and every single step properly, because believe me, your wardrobe situation is going to skyrocket after this. So when you have written down and you have this full list of all the items that you need to purchase, you are now going to have so much clarity. And you're also going to be able to start prioritizing which items to purchase first.

And from now on, when you go shopping, you are going to have the wishlist in the back of your mind, reminding you that, okay, maybe now is not the right time to just go and randomly shop and impulse shop and then come home with stuff that you probably don't need and not going to wear. That's not going to happen anymore because now you only shop for your wishlist ladies, because you have really made an audit of your entire wardrobe. You know, now the gaps, the missing bits and pieces, you know, now exactly what you need. You don't need to waste your money or even energy to look for stuff that are not necessary in your wardrobe. I am so excited ladies for your closet cleanse because I know how life changing it is. And I also know that you are going to feel much better, like as if a heavy weight has just left and released off your shoulders, this is going to really help you with your mental health as well.

And especially if you are a hoarder, if you are a hoarder, do not be afraid of this exercise because how I personally see it, when we let go of something, never be afraid of letting it go, because it is going to come back to you and multiply when it comes back, meaning that this thing is going to come back to you in the much better format in the future. So don't worry. Trust the process. Okay, ladies, I'm going to leave you there. Please let us know in the private student community, how your closet cleanses is going and maybe some thoughts around that. But until then, ladies, I wish you all a happy cleansing.