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The Basics of Fashion

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Description

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In a world where Lady Gaga strolls through New York in a furry white face mask and Rihanna shows up to accept a fashion award in little more than wisps of sheer material, it can be hard to figure out what's fashionable for those of us who *aren't* aiming to end up on the cover of next week's tabloids. There's a difference between style and fashion - the former being a personal expression using clothes and accessories, rather than playing with interchangeable pieces.

Luckily, while trends come and go (and then come back again) some items of clothing are always in style. Attaining personal style is the aim rather than just following trend, and clothes are meant to let your true personality shine through. Here are some basic tips to help you get your wardrobe in top shape.

Fit first: If you don't take the time to try on your purchases, you're setting yourself up for a world of heartache when you get home and slip on that gorgeous new top only to discover that it just doesn't work. Don't be fooled by eager sales associates or sizing labels; rather, focus on what actually fits you and what makes you feel confident. Remember, hems can be altered and sleeves shortened, but once the fit is achieved, that's the most important part. **Forget the trends. Buy what you like:** Skinny jeans, harem pants, wide-leg trousers, and yes, high-waisted jeans have all been in style at one time or another in the past few years. How many of those styles *really* flatter you? If you focus only on trends, you're going to end up with a wardrobe full of things you don't want to wear next season. If you buy what you like, you'll end up with tons of outfits that make you feel good. That doesn't mean you shouldn't invest in a few trendy pieces, just that they should be pieces you actually love. That way, when the fashion-powers-that-be declare that something's gone out of style, you can feel confident about ignoring them and wearing it anyway.

Comfort and confidence matter: When you look good, you feel good. When you feel good, the whole world knows it. Regardless of how much you spent on that incredibly gorgeous outfit, you're going to look and feel miserable if it pinches in the wrong places. The same applies to those killer heels. If they're killing your feet, there's no way you'll be able to think about anything else. Opt for sexy AND comfy so you can focus on your date instead of your new blisters.

Putting it all Together: When choosing your outfit du jour, choose your pieces based on how you feel and what you want to accomplish in your day. If you're aiming to wow your colleagues with that presentation, or make your date/significant other catch your breath, then pick your armour accordingly. The key thing to remember is to feel confident so that no matter how your day begins, you'll feel like a million bucks.

Show Something, Not Everything: The general rule is, if you show a little cleavage need to show some leg. Choose one feature to highlight at a time rather than leave hanging out. In the era of butt cleavage, it's still sexy to leave a little something to imagination.

It's All In the Details: Spice up a plain outfit with interesting accessories, or just add a dab of red lipstick for a more polished look. Belts also add an extra added touch sophisticated. When choosing your accessories, keep in mind the late, great Coco Chanel style rule, "Before leaving the house, a lady should look in the mirror and remove one accessory." Try it; you won't regret it.

Confidence is the one accessory in fashion that never goes out of style. Whatever you choose, make sure you wear it like you mean it. If you own every piece of your ensemble you step out the door, you'll definitely have something in common with your favourite icons.



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