



5 Style Tips To Help You Stop Stressing About Dressing

Dear Style Seeker:

Having worked with so many women who were tired of being frustrated trying to figure out what to wear for their shape, age and size, I have developed many ways to create a fabulous and flattering wardrobe for my clients. The end result is an improved self-image, and far more self-esteem and confidence.

Use the tips in this document, so that you too can like what you see in the mirror and smile at your reflection.

I remember when I learned what did and didn't look good on me, I felt incredibly empowered as I could now make choices about what to wear in an informed and stylish manner. I stopped wasting money on the wrong clothes, standing in front of my closet getting frustrated trying to figure out what to wear, and always feeling less than the other women in the room. I hated those feelings, and now have made it my mission to show other women that they can love how they look and feel when they always know what to wear and no longer feel they don't look their best.



I want to share with you the big difference just a few changes can make for you and why you should know them.

If you ever wonder why some clothes look great on you, while others do not, please read 5 of my tips that you should know, but probably don't.

Best,

Scarlett

- I**nvestigate colors.
- M**ake fit, not size your priority
- A**void being trendy
- G**o for accessories
- E**mbrace a change

Tip #1: Discover Your Most Flattering Colors



Do you know your best colors?

Did you know that wearing the wrong colors could make:

- Your under-eye circles look darker.
- Your facial lines seem deeper.
- Your skin tone look yellow or red.
- Your eyes appear dull.
- Your hair appears dull and lifeless.
- People think you are not feeling well.
- Your nose look bigger.
- Horrors, worst of all, will make you look older.

When you know the right colors to wear, your:

- Under-eye circles look less pronounced.
- Facial lines seem to disappear.
- Skin tone has a healthy and radiant glow.
- Eyes are bigger, sparkling and clear looking.
- Your hair looks shinier and healthier.
- Appearance will look rested, instead of tired and/or stressed.
- Your nose will appear smaller.
- You will definitely look younger.

Take a look at one of my clients' makeover below to see the impact of wearing the wrong and right colors.



It clearly is very important to know which colors look best on you in your clothes, jewelry, scarves, etc. Read what one of my clients had to say about [color](#) and what a difference to her wardrobe and life it made when she learned which colors were right just for her.

Choosing the right color depends on many factors, like your skin color, eye color, hair color, etc., but if you still haven't found yours I'll be more than happy to help you discover them... just as I did for many of my clients.

Tip #2: Discover Your Perfect Neckline

Did you know that wearing the wrong neckline makes:

- Your face appears out of proportion to your body.
- A double chin more pronounced.
- Create a double chin without even having one.
- Can make a top look all wrong and you just don't know why.
- Your shoulders look droopy or too broad.
- You want to have plastic surgery.
- Your hips look wider.
- Your face may look too long, square or round.



When you wear your perfect neckline, you:

- Will see that your face looks in proportion to your body.
- Won't notice or have a double chin anymore.
- Will love how a top, dress or jacket looks on you.
- Will shoulders looking balanced.
- Will cancel your consultation with the plastic surgeon.
- Will have narrower looking hips.
- Will not notice your face shape only how much better you now look.

Take a look at these [Before & After's](#) and notice the impact of how changing their Clothes neckline shape, made on their overall appearance.

Tip #3: Discover Your Perfect Size and Style

Did you know when you wear the wrong size & styles, you:

- Look heavier than you really are.
- Look shorter than you really are.
- Have absolutely no visible waistline.
- Appear unhappy.
- Are always picking at or adjusting your clothes.
- Come across as less talented than you really are.
- Make a negative first impression.
- Are aware of every single physical flaw you can come up with.
- Do not have a professional image.
- Come across as self-conscious.

- Give the impression of having low self-esteem.
- Look non-authoritative.

This list could go on and on, but I'm pretty sure you can now see that wearing the wrong style of clothes has numerous impacts on your business and personal life.

When you wear the right size and style of clothes, you:

- Instantly look thinner.
- Easily look taller
- Have the illusion of a defined waistline, or can finally see the one you actually have.
- Look happy, because you have pride in your personal and professional image.
- Stop fidgeting with your clothes, because they now fit you properly and are flattering on you.
- Send the powerful message that you are a person to speak to and listen to.
- No longer see your perceived flaws as they are now immensely minimized or totally hidden
- Look professional, talented and important.
- Have total confidence in your appearance so you can now focus on your business and the message you want your image to send.
- Show people you are self-assured and ready to go.
- Clients and others will be attracted to you as your image now sends the message that you are the go -to person for them.



I have clients who are a size 4 to a size 20, and they ALL look great because they are wearing the correct size, colors and styles which are perfect just for them. There are many women who are wearing clothes too big or too small for them, and I want you to know that size doesn't matter!!

[Here](#) you can see my advice about weight and size and the way you should approach what size to wear.

Try these four steps to get closer to having your closet filled with correct fitting and looking clothes:

Step # 1: [Take out and donate all your tops that are too short.](#)

Step # 2: [Are your pants too short?](#)

Step # 3: [Your clothes are from more than one decade?](#)

Step # 4: [Review & respond to what your clothes need](#)

Check out [here](#) what one client's experience was when I showed her what to wear.

Tip #4: Organize Your Closet

Did you know that the way you have organized your closet could mean:

- You keep wearing the same few outfits over and over again.
- You no longer even know everything that is in it.
- Everything in it is starting to look all the same.
- You buy things, only to discover you already had something very similar.
- You have dust on your clothes, shoes and handbags.
- Looking into it makes you dread choosing what to wear.



Looks familiar?

When your closet is organized so as to create multiple outfits, you:

- Will no longer wear the same few outfits every single week.
- Will be able to create new and flattering outfits.
- Can have a variety of styles, colors and pieces in it.
- Easily know what you have because you can see it all.
- Won't have dusty clothes or accessories. No cobwebs either.
- Will find yourself feeling great when you open the closet door.

[Look how one of my clients refers to her organized closet after having worked with Scarlett.](#)

Tip #5: Discover Your Perfect Bra

Did you know that most likely, the bras you wear are:

- Making your tops, dresses and jackets fit you poorly.
- Are adding years to your image.
- Make your décolleté out of proportion to the rest of our body.
- Making your waistline disappear.
- Not to be worn two days in a row.
- Probably in the wrong size and it's way past due for you to get a professional fitting.
- Making you seem hunched over.



When you wear correct fitting and cared for bras, you:

- Will immediately notice how much better your clothes will now fit you.
- Will look younger as you are now happily defying aging gravity.
- Won't look off balanced anymore, which detracts from your positive features.
- Will love having a more defined waistline, as the space between your waist and chest is now much longer. You'll love seeing this!
- Will notice how the elastic lasts longer as they are no longer being worn two days in a row.
- Will be shocked to discover that the size you have been wearing all these years was wrong, and how much better you will look in a correct fitting bra.
- Will definitely be standing and/or appearing taller as you will love how much better you now look in the right bra(s).

For more tips on the importance of a well-fitted bra, read [here](#)

Let's keep this dress up party going on FaceBook when you join the fun in my private **Stop Stressing About Dressing Group**.

Please introduce yourself in the group and go ahead and share which tip you enjoyed or struggled with the most.

About the Scarlett



Scarlett De Bease, Image Consultant and Wardrobe Stylist, is the founder of “**The Always Know What To Wear Program™**”. As an Image Consultant, Speaker & Savvy Shopper, she shows women how to project confidence & success by always knowing what to wear.

Scarlett'd clients look younger, thinner and taller when wearing clothes that are perfect for their shape, age, career and lifestyle.

Scarlett is also the author of the fun and tips filled styling book, **Stop Stressing About Dressing**.

Since 2006, she has successfully changed the lives of many women, by showing them the correct clothes, colors, styles and accessories that will flatter them the most. If you keep buying clothes and still have nothing to wear, Scarlett will make it possible for you to always know what to wear.

Scarlett specializes in makeovers, which are fun and informative. She brings The What Not To Wear experience directly to your home or office, but without the tears, fears and trash can.

NOTE: Having a confident, professional and successful image has nothing to do with your income level, profession, or lifestyle. It's not about where you shop; it's about what you buy.

[To learn more about discovering what YOU should be wearing, please contact me at www.scarlettimage.com and I'll be more than happy to help.](#)

Have any questions? If so, please email me at Scarlett@ScarlettImage.com and I'll get in touch with you as soon as possible.

I can't wait to help you always know what to wear and love how you look.
