

Style Tips

21 MISTAKES That Most People Make



By Moana Robinson

Moana Robinson Dip.B.Th. JP (Qual)

Address: PO Box 833, Browns Plains,
Queensland 4118, Australia

Phone: 1300 366675 or 0419 120087

Email: moana@beautyglow.com.au

Website: www.beautyglow.com.au



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1 Letting Imaginary Flaws Dictate What You Can and Cannot Wear!

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We ALL don't like certain parts of our bodies; otherwise we wouldn't be called women! Letting that little "muffin top", "saggy bottom", "crooked knee" or slight "double chin" stop us from wearing that fabulous outfit can be something that may be right or may be wrong - depending on whether your flaw is imagined or not. We are our own worst critics sometimes.

2 Thinking That Black is OK to Wear All the Time

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Well ladies, sorry to disappoint but there is only a small percentage who can actually wear black close to the face and get away with it, yet why do most of us women have so much of it in our wardrobes?

Black is naturally a very heavy colour, and it is great to highlight all the things you are probably trying to hide. Start experimenting with some colour and you will get some great reactions from people close to you – especially if it happens to be the “right” colour for you. You will feel more energised (If you aren’t sure... find out the right colours for YOU with a qualified consultant and get ready for the compliments!)

3 Creating Your Own Personal Uniform

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You know what I mean. You have a standard style of pants, tops and jackets and they are all in a similar colour. You start to mix and match these as it is easy for you in the morning and you feel comfortable in them.

Well, I will be honest, you are hiding away in this and when you start to experiment with colours and some different styles, you will feel much better and probably get better results in your work place because you can actually feel refreshed just by "tweaking" even what could be a great colour or style for you. You would be amazed at what a difference even subtle changes can make.

4 Leaving the House Without Cleaning Your Shoes!

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We all busy, but it really only takes a few minutes to give your shoes a polish or quick clean and it makes such a difference. You can be very well dressed but if your shoes are dirty or scuffed, people will judge you on that, so come on give them a quick shine in the morning you will feel better!

5 Trying to Squeeze into One of Your Favourite Outfits from Your 20'S!

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You know it doesn't fit you anymore or look as good as it did then, but you insist on hanging onto your youth and pouring yourself into it. You feel uncomfortable in it all day and can't sit down easily or cross your legs. Some clothes are best just left as good memories in the photographs.

6 Wearing Clothes That Make You Feel Uncomfortable!

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You know the ones – you keep pulling “up down, or out” of places that they shouldn’t be! Clothes that aren’t a good fit will be uncomfortable and if your insides are not happy with the way your outside looks, no-one is happy! There is nothing worse than a woman who goes out unhappy ... look out world! I heard a saying once (about shoes) .. “uncomfortable shoes – ugly face” ouch!

7 If You Cant do the Buttons Up – No the Outfit Will Not Go Up in Size When You Go Out!

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We start getting dressed and we have to suck in a little to do the buttons or zip up. We rationalise with ourselves that it will get better through the day as we eat more and sit down in cars, meetings and our boss's office – sorry ladies .. it wont! If it doesn't fit you properly now, its time to put it back in the top cupboard, or give it to someone who will appreciate it and who it will fit comfortably.

8 Thinking Accessories are Not Important!

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It is amazing the difference a necklace or a bangle can make. So many women say when shown this “Oh wow that makes a huge difference” – Accessories are paramount to the finishing of an outfit – Its like having chocolate sprinkles on ice-cream!

9 Wearing Clothes that are Loose and Baggy Because You are Trying to Hide the Tummy!

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This is a big mistake! If you are not currently your “perfect” shape, by wearing loose unfitted clothes you are actually making yourself look bigger and making your body less shapeful. By showing off your figure and your curves in a smart way people will automatically see you as slimmer and more shapely, so come on ladies – lets see what’s under that tent!

10 Waiting Until You Lose Weight to Buy Nice Clothes!

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People often say they will have a styling session done – “after they lose weight”. People who don’t wait and have a styling session done realise that friends, family and colleagues notice how fantastic they look in their new colours and styles. They are then motivated to lose the weight and they DO... so much faster. THEN they can get their clothes taken in... everyone is happy! This is a feel good situation straight away and gives a real sense of achievement if someone has a goal to lose weight, looks good while doing it but then can get their clothes taken in. It is so important that you raise your self esteem every single day by knowing that you look good.

11 Not Accepting Graciously When People Give You a Compliment on How Great Your Outfit is!

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I hear it all the time. Someone will comment on someone's outfit and they will reply with "Oh I bought it on sale, or "a friend gave it to me", or "oh this old thing I have had it for ages". As women sometimes we just cant accept a compliment when it is given to us. Lets practice... "You look lovely in that dress Ann" - and Ann says "Thank You".

12 Wearing the Wrong Bra!

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Maybe they are not in the same position they used to be – shock... horror... They may be “gravitating south”, so we need to secure them in place to ensure everything is kept in the right spot! It really does pay to get fitted for the correct undergarments for your body.

13 Wearing Pink Eyeshadow with Everything!



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This may have worked back in the 80s but unfortunately we are not in the 80s any more. Colour blending your makeup to your outfit is so important, as it harmonises with your overall look and will add much more class to your outfit – As your outfit should be in colours that really do your skin tone justice everything creates that good look.

14 Not Investing in Quality Pieces for Your Wardrobe!

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Just because the shirt is on sale for \$9.99 and it is such a bargain! ..It doesn't mean that you **have** to buy it. Is it the right size, colour, style for YOU? The quality of that garment may not be as good as something a little more expensive and it certainly will cheapen any good quality suits in your wardrobe. Remember how important first impressions are. Check for quality as well as size, colour and style.

15 Wearing the Wrong Underwear

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Know you are sitting there cringing, as you know what I mean. You have walked behind someone who has slipped on their nana panties and then slipped a dress over the top and all you can see are creases or a panty line. Always, always make sure that you wear underwear with a seamless panty line with any figure hugging outfit as if you notice it on other ladies - guess what they will notice it on you!

16 Saggy Baggy Bottoms!

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So you lost lots of weight recently, well we wouldn't have noticed until you turned around and realised that you have belted your size 16 jeans into a size 12 - You lost the weight now invest in a fab pair of denims to show it off.

17 Trying to Copy Your Favourite Star Who is a Size 4

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She looks fabulous in the magazines all airbrushed and photoshopped then we buy a similar outfit and wonder why it looks not quite the same. Leave the weird “out there” fashions to the experts and stick to outfits that flatter your shape, colour and style and you will look just as good or even better without the airbrushing!

18 Creating a Trademark Look but so Much so Where You Become Invisible!

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Have you ever felt that no one sees you anymore?.. or that you have become “part of the furniture”? Well that is probably because you have created a trademark look that most of us do at some point. We can get into a style rut and end up dressing the same every day because we are not sure how to change it. Its time to get out of your comfort zone. Ask some of your friends what they would like to see you in and just try it for one week. If you don't get positive comments, call a stylist for some ideas but I am sure you will get some positive feedback.

19 Mutton Dressed as Lamb? – How do You Know?

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Well the truth is sometimes you have an idea but normally we like to wear it until someone looks at us “funny” or your daughter says “Mum take my clothes off. Instinctively we know that the outfit does not represent our current age or lifestyle. Always dress for your age and you can still stay on trend and look very stylish with the right style advice.

20 Wearing too Many Accessories

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You have all seen someone who has every item of jewellery on and can hardly shake your hand as its so heavy with rings and bangles. The golden rule is get yourself ready and then just as you are about to leave turn and look in the mirror and take one piece of jewellery/accessory off and then the outfit will be perfect.

21 Wearing Skirts too Short

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If you are constantly pulling your skirt down then it is too short. There is an appropriate length and when we reach a certain age, or our legs start to change shape just above, just on or just below the knee is ideal. Now if you have fabulous pins and you are in your fifties its ok to show them off, however you can highlight them in other ways than by wearing a mini skirt. Team up a nice tunic with leggings so that people will still see your great pins but in a classier way.



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These are 21 Mistakes that anyone can make (and possibly we have all made them at some stage) BUT the right colour and style can make such a HUGE difference to our everyday lives and mistakes can be lessened or eliminated giving everyone the confidence to know that they look the best they can possibly look which leads to feeling great.

**Contact Moana today to enquire
about Colour and Style Sessions to suit your needs.**

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or moana@beautyglow.com.au

