

SEPTEMBER/OCTOBER 2009

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FOR GUYS & GIRLS
SEPT/OCT 2009

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THE FAST ISSUE

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WIN: AN AT-HOME DINNER PARTY WITH CELEBRITY CHEF, ED HALMAGYI

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HOW TO CREATE A MIX AND MATCH WARDROBE FOR ALL OCCASIONS, WHICH WILL LAST FOREVER!

FAST FASHION

for her

Get out of the cycle of wearing 20 per cent of your wardrobe 80 per cent of the time, by 'shopping in your own wardrobe' before hitting the shops. This way you'll find out what works and what doesn't, to help you determine what's missing and what needs replacing.

Think about your lifestyle and choose your core pieces accordingly. For example, if you have a corporate job and an often-busy social life with dinner and drinks out, you should choose dressier tops, pants, shoes and accessories. If, however, your social life revolves more around the home and kids with casual get-togethers, you should choose more casual core pieces that are comfortable and easy.

ACCESSORISING

Accessories are the key to making your core pieces work on every occasion. Invest about 30 per cent of your shopping budget in accessories like bags, shoes, jewellery and scarves. Choose pieces for both day and evening, so you are ready for any event. Remember, the more trans-seasonal your wardrobe, the more wear you will get out of all of your pieces. Use layers, cardigans, tights and scarves to make it work.

WHAT CORE PIECES DO YOU REALLY NEED?

Keep in mind that quality materials will stand the test of time. Colours and fabrics that work well together will create an abundance of outfits and remember that less is often more! Here are some suggestions:

1. Classic well cut pair of pin-stripe bootleg pants in charcoal or black
2. Straight skirt black or charcoal pinstripe

3. A pair of pants in dark denim or other dark finish and bootleg cut.
4. Four classic work shirts in neutral colours that suit you.
5. Two dressy tops for going out. A satin and chiffon finish instantly creates the dressy look
6. One LBD
7. Two casual tops or t-shirts
8. A black jacket with two buttons and well tailored to suit your shape
9. A cardigan
10. One winter coat

Now believe it or not, with just these 15 items, by adding in appropriate accessories or other clothing items (e.g., belts, scarves, shoes, singlets, stockings) you can create over 85 different outfits appropriate for the office, social, casual and evening events! Check out pages 96 to 101 for some visual examples.

for him

How you present yourself affects how people perceive you, trust you, want to give you their business, want to date you. So the small details of the way you take pride in finishing off a look can go a long way.

HERE ARE SOME SIMPLE STYLE TIPS TO MAKE YOUR LOOK SHARP

- ✦ Invest in a good suit so the jacket can be worn on jeans and other pants, the pants can be dressed up or down. Make sure the sleeves of your suit finish at the base of the thumb to leave room for a great looking shirt with cuffs to finish off a sharp look.



quick TIPS

Tip 1: Invest in classic pieces rather than fashion fads and you'll get years of wear out of them.

Tip 2: Use the latest fashion accessories to update your core pieces.



ANGELA BARBAGALLO AND SUELLEN HUGHES

Over the last 9 years, Personal Stylist Angela Barbagallo from Style Angel Corporation (www.styleangel.com) has assisted over 1,000 women and men from Sydney, the rest of Australia as well as international clients, regain their style and improve their overall look.

Suellen Hughes is the managing director of Transformé – Total Image Consultants (www.transforme.com.au). Transformé delivers high-quality image transformation programs covering the whole spectrum of non-surgical image makeover services from fitness and weight loss through to hair, makeup, fashion styling and success coaching.

- ✦ A rule of thumb in choosing the correct buttoning is that the middle button of a three button jacket or the top button of a two button jacket is positioned at your navel. Always leave your bottom button undone!
- ✦ When it comes to matching suit, tie and shirt remember the two out of three rule; two of the three can have a stripe but not all three.
- ✦ A guy's choice of accessories is not as vast as the choice the girls have, but a watch will be noticed so look out for a nice one and make sure it fits when you wear a business shirt. Your watch and cufflinks are crucial to a smart look so make sure they are up to date and fit the dress code of your job.
- ✦ If you wear ties, go through your collection every six months and recycle what you don't wear so you only ever have a selection you love. Go with colours that you are attracted to (even if you don't know why) and learn from your mistakes.
- ✦ Get a great 'man-bag' to carry your things in instead of stuffing them in your pockets!
- ✦ Update your socks and belts every six months, as they will show the daily wear and can kill your look. A great tip is to get a reversible belt that has brown and black so you can mix and match.

WHAT ARE THE CORE PIECES?

Keep in mind that quality materials will stand the test of time, colours and fabrics that work well together will create an abundance of outfits and, like for the ladies, less is more! Here are some suggestions:

1. **Two suits** in charcoal, blue, black and/or pinstripe. Make sure the fit is great with no gaping at the chest, and ensure the arm and leg length is not too short or too long. Flat fronted pants without cuffs are the trendiest, which creates an easy 'going out' look.
2. **Five business shirts** in a variety of classic colours, fits and collars; blue, white, pink, striped, herringbone pattern with a cut away collar all make a very professional look.
3. **Two 'going out' shirts** make sure they work with your suit so you can mix and match outfits with your suit pants or with your jacket on top of some cool jeans.
4. **Four t-shirts** to relax in over the weekend and at night.
5. **One pair of jeans**, a good fit, colour and wash are all important.
6. **One cardigan** to wear with your jeans, t-shirts and on top of your suit pants.

With these 17 items, you can create more than 100 different outfit combinations, covering work, social, casual and smart occasions. Enjoy!

To these basics, you can mix and match essential accessories, such as cufflinks, belts, ties and shoes, to create a range of outfits that will take you seamlessly from the boardroom to the bar and back again! For example:

- ✦ Replace your suit pants with your jeans, change your business shirt for a t-shirt and wear your suit jacket with your dress shoes for a funky yet stylish look.
- ✦ Wear a nice 'going out' shirt on your jeans with sneakers for a night in the pub, or replace your jeans and sneakers with your suit pants and dress shoes for a night in the club.
- ✦ Wear a t-shirt with your jeans and sneakers for a late breakfast on Saturday morning or afternoon BBQ with your friends.
- ✦ Wear your cardigan on your dress pants and shoes for an afternoon at the museum, or your cardigan and jeans and sneakers on your Sunday afternoon date.

Head to pages 96 to 101 for some visual examples.



Tailoring and length of shirts is crucial. Make sure you can tuck in and wear out for versatility.

HIRE YOUR STYLE

Have you ever wanted to spend a month with Jimmy, Chloe, Roberto, Chanel or Louis Vuitton? Style 4 Hire can make this dream come true! Australia's newest Designer Handbag Hire website – www.style4hire.com – offers a wide range of high-end designer handbags for hire at a price that is easy to afford. Keep up with all the latest fashion trends straight from the European catwalks by hiring several different looks instead of putting all your money into one piece! Style 4 Hire caters to anyone with a passion for designer fashion.

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