

DRESS TO EMPRESS

WHAT ARE SOME RULES OF THUMB TO KEEP IN MIND WHEN STYLING YOUR ENSEMBLE?

Styling is personal. It's a connection to your inner self. I like to say the clothes you choose to wear is like your spirit living on the outside of your body. It's how you feel, how you interact, how you present. Whether it's leading with love, being free, or wanting to be taken more seriously, the way you style yourself is a reflection of your being. When people ask me to style them, sometimes it's not always about the lack of time or showing up in new spaces. It's about the inner work that needs to be done so one can choose pieces that feel more true to who they are. As a rule of thumb, it's important not to wear a costume but to really embody the fashion choices you make. You can only do that by knowing who you are and what feels good to you. Of course there are basic styling guidelines according to the look or occasion.



Denim Striped Top and Denim Skirt
Designed by Lana Meyon

Here I am referring to proper undergarments that add structure, color contrast instead of matchy-matchy, creating balance to make the body look more proportioned or choosing looks that communicate without words. But even with all the rules, the inner you is key. Some people can rock a brown paper bag and turn heads, feeling alive brings a look alive. If you are having trouble choosing clothes or just don't know what to wear, I recommend journaling or mood boarding. I recommend journaling or mood boarding. Set a timer for 10 minutes and free write non-stop to prompts. For example, "What do I need to do to show up as my best self?" "How can I translate that to the clothes I wear?" You would be surprised by what you discover. Lastly, create a Pinterest board or a mood board on Canva. Find the looks that interest you and begin building your wardrobe from there.