



Styling Tips To Work WITH Compression Garments



What a stylist would look at...

Personality

Shape

Colouring



Getting dressed...

Working with compression garments

Necklines

Adding Colour

Patterns and Texture



Questions
in the break-out room
please.

1. Personality

The personality element is the most important, it is all about being our true selves. Our uniqueness is to be enjoyed and displayed. We need to express who we are through everything we wear. It will tell us whether we want to stick to or break any “rules”.

2. Defining Features and Face Shape

When we relate the shapes of the details in our clothing and accessories to our facial features, we create a harmony and resonance that is particularly pleasing.

3. Body Shapes

Knowing your body shape will tell you where to put the detail and interest in your clothing. Where you want to look for horizontal lines to balance, or add verticals to elongate.

4. Body Proportions

Proportions tell you where to end hems, lengths of skirts, jackets, tops, sleeves and jewellery . They also tell you more about where to add detail and where to keep clean and have minimal attention drawn to areas of your body.

5. Scale

Scale tells you how large or small your accessories and clothing elements need to be to create a harmony and balance.

6. Texture

The textures you choose will be influenced by your personality and your body shape, but also by your appearance.

7. Sheen

Another fabric element that reflects your personality as well as your natural appearance.

8. Somatype

Relates to how your flesh is arranged over your bones. Are you hard and muscly, bony or soft and cushioned? Your Somatype will tell you which will be the most flattering and comfortable fabrics, both weight and drape to choose.

9. Colour

An integral part of choosing a flattering garment for you. Colours either harmonize with your natural colouring, or they create a dissonance, which can be unpleasant, or even make you appear sickly.

Personality

1 Reliable
Trustworthy
Organised
Conscientious
Efficient
Responsible
Sensible
Mature
Conservative
Ordered

2 Relaxed
Approachable
Easygoing
Casual
Enthusiastic
Down-to-earth
Straightforward
Uncomplicated
Natural
Informal

3 Dramatic
Intense
Bold
Influential
Dynamic
Convincing
Assertive
Direct
Impressive
Demanding

4 Imaginative
Creative
Artistic
Spontaneous
Quirky
Unique
Avant-garde
Innovative
Original
Bohemian

5 Unconventional
Rebellious
Daring
Shocking
Sexy
Alluring
Defiant
Provocative
Unconstrained
Anti-establishment

6 Feminine
Romantic
Understanding
Gentle
Calm
Non-threatening
Caring
Warm
Nurturing
Tolerant

7 Established
Poised
Elegant
Gracious
Impeccable
Classy
Discerning
Refined
Cultured
Discriminating

Totals

Style 1 _____

Style 2 _____

Style 3 _____

Style 4 _____

Style 5 _____

Style 6 _____

Style 7 _____

Classic
Relaxed
Dramatic
Creative
Rebellious
Feminine/Masculine
Elegant Chic

1



Message: Organised, professional, conservative, trustworthy

Colours: Neutrals – black, grey, navy, white, taupe, burgundy

Textures : Smooth and crisp, structured, fine fabrics

Patterns: Solids or a fine pin stripe or chalk stripe

Accessories: Jewellery –real gems in traditional settings. Shoes: Court shoes, loafers, simple and classic. Handbags – structured leather
Glasses: rimless or semi-rimless

Grooming : Neat and tidy and conservative, light makeup

2



Message: Approachable, easy-going, relaxed, comfortable

Colours: Colours of nature – soft blues and greens, sage, rust, oatmeal, brown, grey,

Textures : some texture, knit and stretch fabrics, comfort is key

Patterns: stripes and checks with solids, or marled fabrics

Accessories: Jewellery – simple and unchanging, or nature based – polished stone, lump of turquoise, wooden beads, shell. Shoes: comfortable and flat. Handbags: backpack, cross-body. Glasses – metal or plastic rim, simple unfussy design.

Grooming: Wash and wear, little if any makeup – be careful not to look sloppy or unkempt!

3

dramatic

Colours: bright colours or head to toe black

Patterns: Big oversized patterns, animal prints, sharp details

Shoes: pointy toes, high heels, platforms, bright colours.

Handbags: large, leather, animal, statement. Glasses: Bright colours, angular frames, obvious statement frames.

Grooming: Sharp hair, short hair but with product, angular cuts, smooth and polished, always wear makeup, may wear red-lipstick

[illegible]

Colours: Any colours, unusual mixes of colours

Textures: Any textures, unusual mixes of textures – leather and chiffon, boiled wool and silk

Patterns: digital prints, abstract or mixing patterns together. Unusual construction, asymmetrical, deconstructed

Accessories: Jewellery – art gallery, markets, found objects – hand crafted. Shoes: retro, vintage, quirky. Handbags – handmade, repurposed materials: Glasses – a little quirky and different

Grooming: Not conservative, asymmetrical

[illegible]

Message: Unconventional, left-of centre, rebellious, unconservative

Colours: black, red, grey or whatever you feel like

Textures: studded, zips, torn, laced up, loose, tight

Patterns: graphics, animal prints, skulls, tattoos, metalwear

Accessories: Jewellery – multiple piercings, chains, safety pins, skulls

Shoes: Caged, hooker heels, doc martins. Handbags – lots of metalwear

Glasses: nerd or super sexy

Grooming: long hair, flowing and sexy, or goth, punk, skinhead, rocker

feminine

Message: Soft, warm, nurturing, not ambitious, friendly

Colours: soft and light, pastel, muted, silver and gold

Textures: sparkly, lace, soft, fuzzy, velvet, touchable

Patterns: florals or nature based – butterflies, paisley, bling, beading and sparkles. Small and curly.

Accessories: Jewellery – feminine, detailed, shiny, sparkly, crystals, marquise, hearts. Shoes: pretty, dainty, fine straps and soles, almond or round toes, bows and pretty details. Handbags – leather, light colours, over shoulder or crook of elbow.

Grooming: long hair, curly hair, flowing hair, light makeup

7



Message : Sophisticated, cultured, discerning

Colours: Light neutrals, taupe, beige, ecru, mushroom, grey, with a pop of colour such as red

Textures: Mostly smooth, some texture. Silk, cashmere, fine worsted wools, chiffon.

Patterns: solids, geometrics or stylized graphic prints

Accessories: Jewellery – real gems in modern settings. Pearls, diamonds.

Shoes: Feminine but not girly. Mid-height heel. Handbags: Leather statement bag, either shoulder or crook of elbow.

Grooming: Always neat and tidy, may have long or short hair. Always wears makeup, always well-groomed, takes the time to groom and dress well every day!

Body Shapes

PEAR



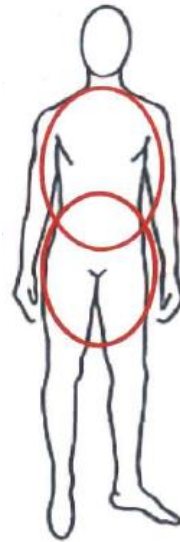
HOUR GLASS



RECTANGLE



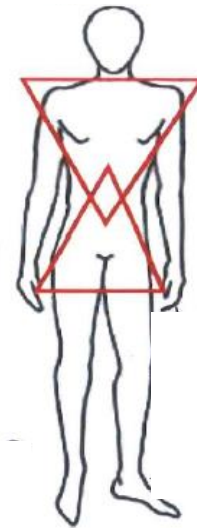
INVERTED TRIANGLE



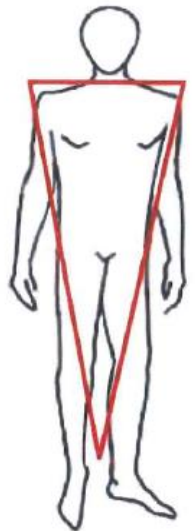
OVAL



RECTANGLE



TRIANGLE



INVERTED
TRIANGLE

RECTANGLE



INVERTED TRIANGLE



OVAL



RECTANGLE



PEAR



HOURLGLASS



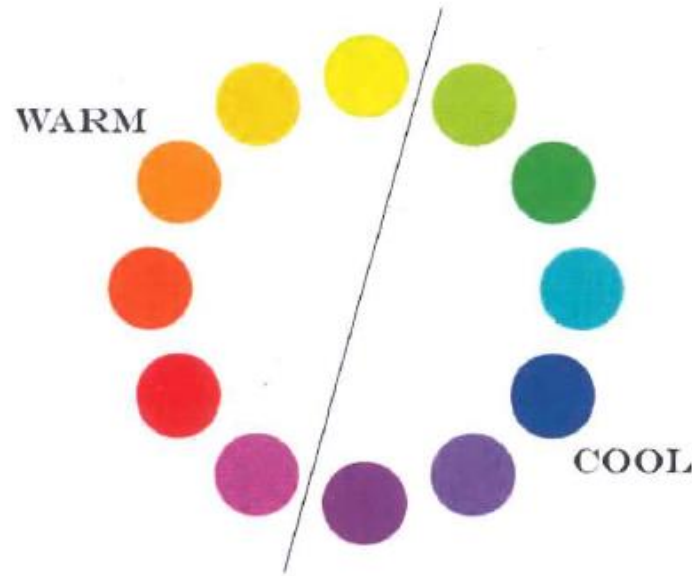
INVERTED TRIANGLE



TRIANGLE



Colours



1. Skin

Colour analysis is based on a theory that everyone has a dominant colour in their skin that is either cool (blue tones) or warm (gold tones). By identifying the main colour group you can plan complimentary colours that will flatter all skin tones.

2. Eye Colour

Eye colour is the second factor when considering your client's best colours to compliment their eyes.

Blue dark brown/black grey - cool tones

Green, hazel, brown - warm tones

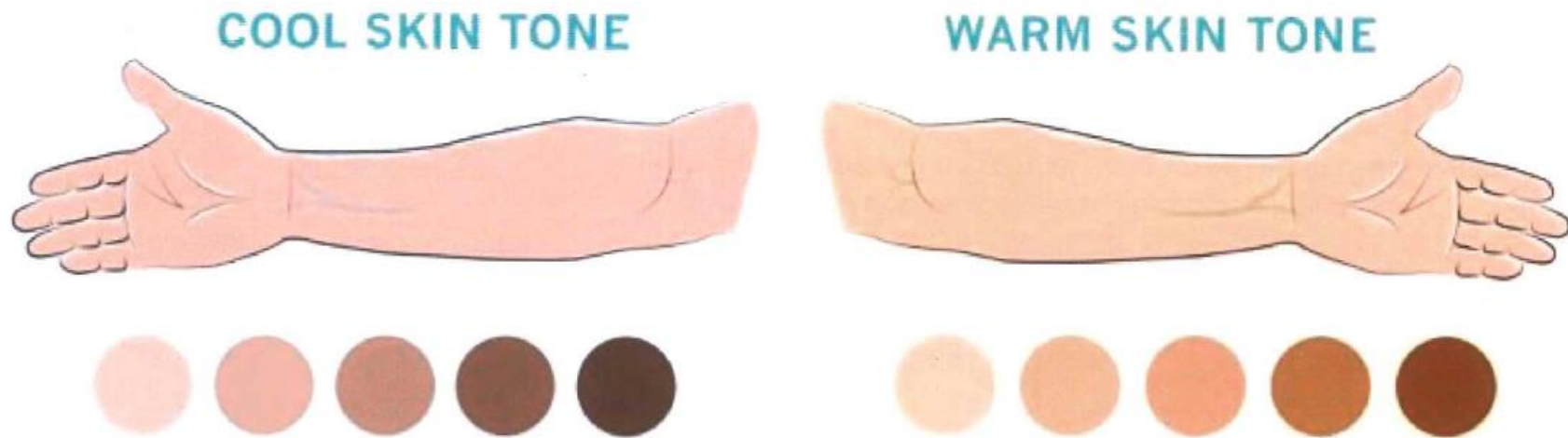
3. Hair Colour

Cool tones - ash, black, gray, platinum, light brown.

Warm tones - red, auburn, chestnut, golden blonde, strawberry blonde.



On the day!



Look at the underside of your arm in natural daylight

- Pink or rosy tone and blue veins = **cool skin tone**
- (may wear more silver jewellery than gold)
- Golden or apricot undertone and green tinted veins = **warm skin tone**
- (may wear more gold jewellery than silver)

Warm

SPRING



Cool

SUMMER
color palette



AUTUMN
color palette



WINTER
color palette

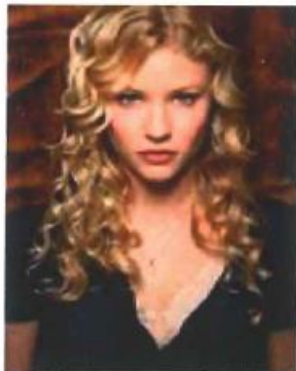


SPRING

Spring/Warm Light

Low level of contrast between hair/skin and eye colours.

- Clear, warm and golden undertone in overall colouring
- Skin appears pink/peach
- Earthy and summer tone in eyes, ranging from blue to hazel and sparkly light brown
- Hair is between a dark to medium brown to coppery red, strawberry, deep golden to light blonde hair.

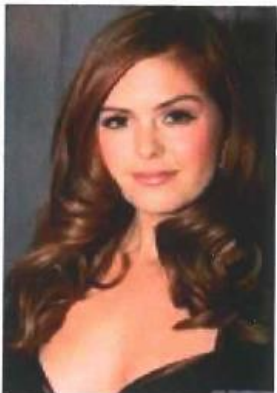


AUTUMN

Autumn/Warm

A lot of depth to colouring with golden undertones

- Warm undertone in overall colouring
- Deep earth tone quality
- Hair light muted but rich colouring which appears mousy.



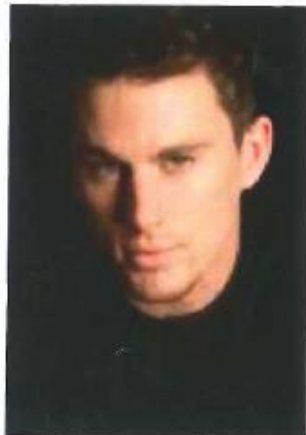
SUMMER



Summer/Cool Light

Low level of contrast between hair/skin and eye colours.

- Cool or ashy undertone in overall colouring
- Eyes have a soft, cool tone – greyish blue, green or hazel
- Hair light or ash blonde to deep ash brown



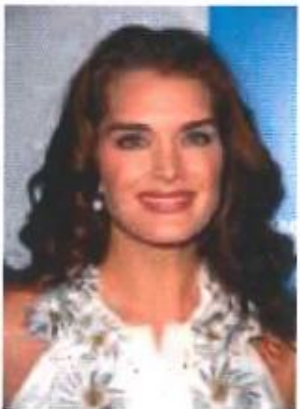
SUMMER



Winter/Cool

Big contrast between hair/skin and eye colours. Overall deep look with dark eyes

- A lot of depth in overall colouring with blue/pink undertones
- Eyes intense blues or greens, charcoal grey or brown
- Hair is very dark black, ashy brown or brown







A harmonious ensemble, despite being made up of quite bold pieces (an electric orange coat, white trousers, multi-coloured accessories).

The magic happens thanks to the fact that the clutch bag brings together colours from the rest of the outfit.

Plus the natural but carefully chosen make-up that this woman is wearing.

And the fact that the shoes are plain black, echoing the colour of the sweater and meaning that the outfit doesn't look "too much".

The brown bag provides an alternative to black and white, goes well with the orange coat, and matches the colour of the woman's hair.

Compression Garments





COOL BEIGE

HAS A PINKISH UNDERTONE



WARM BEIGE

HAS A YELLOW UNDERTONE



Basics

Trousers

Top

Cardigan

Jacket

Skirt

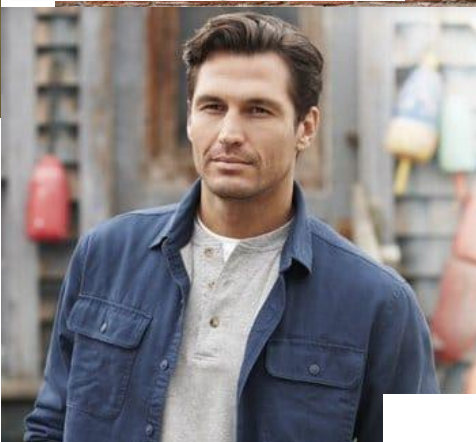
Dress

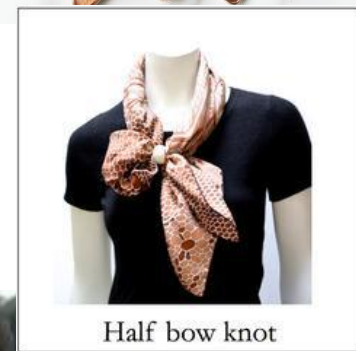
Shorts/cropped

pants

Shoes







Half bow knot





Twist wrap



Cowboy knot



Cross slide - looped



Signature Eye Colours

brown eyes



green eyes



blue eyes



brown with red



soft olive with mustard



blue with teal

WARM



emerald with turquoise



COOL

Blue for Daytime

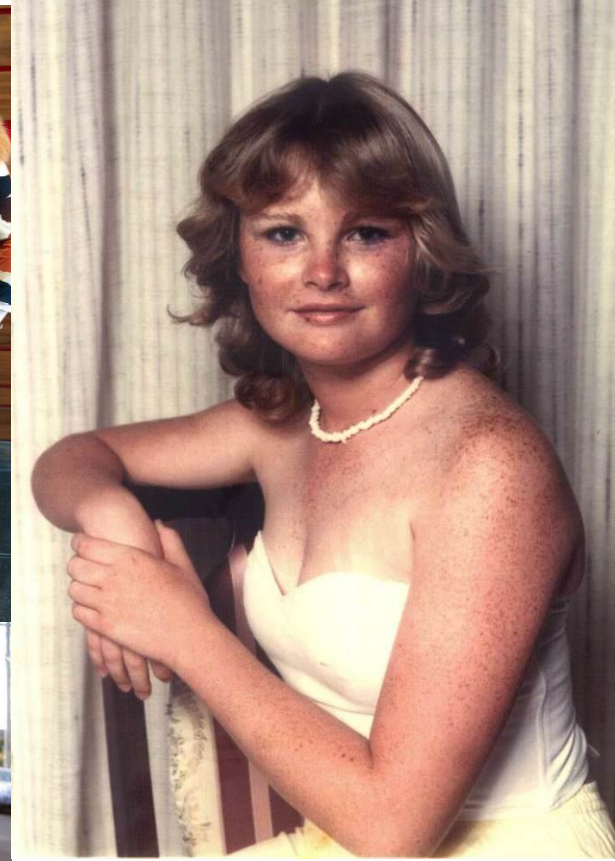


Red Bundle



Turquoise and Teal





Thank You's and recommendations

STYLE
my



Inogen Lamport's
inside out style
Easy Style Solutions for Every Woman



Rebecca
FFRANCON

MAITAI COLLECTION

SHOPYOURWARDROBE
My Year Without Clothes Shopping

ShopYourWardrobe is a world-first website that helps you take control of your spending and create a healthier relationship to shopping



THE
Vivienne
FILES

BRIDGETTE RAES STYLE EXPERT

STYLE TRANSFORMATION, WARDROBE CONSULTATION, IMAGE RENEWAL

Questions in the break-out room please.

Lynne is an ICU nurse who has looked after ICU burns patients in the UK, Saudi Arabia and Australia.

She has worked at RBWH since 1990. When clinical, her 'speciality' was for the burns patients in Intensive Care.

After managing ICU and Outpatients Lynne now sits in a Quality role, still at RBWH.

The styling started as a hobby once Lynne came out of uniform

Lynne volunteers for Suited to Success and Womens Legal Services QLD.

