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 Forward to a Friend

UNIQUELY YOU
COLORS OF LOVE
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Dear Orene,

Happy New Year!

My husband and I just returned from a fabulous vacation in Australia celebrating our 25th wedding anniversary. I can't believe how quickly time passes! While I was there, I actually bought a pair of waterproof Uggs, even though I am not crazy about the way they look. I just love the feel of sheepskin on my feet and I can wear them barefoot. They are perfect for our damp, cool SF Bay Area weather.

The new year is a great time to make a fresh start and transform yourself by getting your closet organized. It is amazing how "making sense" in your closet can simplify your life.

Enjoy!
Orene

Inside Red and Pink: The Colors of Love

RED "When in doubt, wear red." - Bill Blass, designer

PINK Suzy Chiazzari, author of *The Complete Book of Color*, says this about pink: "Wear pink if you are affectionate, loving, and need to be compassionate and sympathetic. It encourages self-nurturing and being kind to yourself."

RED About red, author Suzy Chiazzari says: "Wear red when you need a pick-me-up, or when you are tired and lethargic or need to encourage physical exercise and a competitive spirit. Red will help with positive progress and success, and to put your plans into action. Wear red when you want to feel sensuous and vivacious."

PINK What's pretty in pink? Broaches, wallets, silk blouses, lingerie, lip gloss,

In This Issue

Inside Red and Pink

Making Sense in Your Closet

Complimentary Chat with Me

Making Sense in Your Closet

When you open your closet, is it so scary you want to shut it and just wear what you wore yesterday? Is your messy closet blocking you from creatively expressing your best self through clothes? Here are some tips for making sense of your closet so you can be enjoying the daily pleasure of getting dressed.

Makes no sense: You are staring at a bunch of clothes with sales tags still attached to them.

Makes sense: Gather up the items that you've never worn and try them on. Now tell the truth - *would you buy them again?* If the answer is no

and not too much time has elapsed, you may be able to exchange them at the store. If they're still pretty current and the store is not an option, take them to a consignment store and let someone else enjoy them while getting back part of your investment. If you're still attracted to them, take a few minutes to create some outfits and wear them as soon as possible. You may have just forgotten about the gems you have in there!

Makes no sense: Clothes you won't wear for another six months are crowding out clothes you should be wearing right now.

Makes sense: Remove the out-of-season clothing. You don't



blush, pearls, cardigans, pumps, nail polish, cashmere scarves, watches. Why not try a pink cell phone case or iPad cover!

RED "Beauty, to me, is about being comfortable in your own skin. That, or a kick-ass red lipstick."
- Gwyneth Paltrow, actress

PINK Pulling off pink . . . there's a shade for everybody. Wear hot pink when you want to feel flirty, assertive, and/or adventurous. Wear rose pink to feel soft, nurturing and engaging. Wear blush pink to feel delicate, innocent and sensual. One of the really "in" colors this spring is nude as a color or blush pink.

RED A red belt worn at the waistline of a black jersey dress is a statement of power.

PINK The designer from Italy who invented shocking pink in 1937 was named Elsa Schiaparelli (b.1890 - d.1973). This hue is still known as "Schiaparelli pink."

RED The shiny red-

need to visually edit out the capris, shorts and halter tops if you're in the season of cashmere sweaters and wool trousers. Focus on the season you're in and store everything else out of sight.

Makes no sense: Your clothes are hanging on wire hangers or mismatched plastic, wood and padded hangers in multiple colors.

Makes sense: Your closet deserves as much order as you can give it. While mismatched dinnerware can be very stylish at a dinner party if done right (especially if you've got the talents of an interior designer), the same does not hold true for your closet! Everything looks better when hung on hangers that are the same color and style. Please, no wire hangers! Hang all the hangers in the same direction, and that goes for your clothes too.

Makes no sense: On laundry day, you hang your clean clothes wherever you can find a gap in your closet.



Makes sense: Organize your closet in a way that makes sense to you. You can hang clothes by color from light to dark or hang them by item - pants, blouses, skirts, etc. Then on laundry day, you put your clothes back into the section you've created for them. If you open your closet and see order, getting dressed will be a daily pleasure.

Makes no sense: Your closet has several-to-many items that are in the "aspiration" category - anything two sizes smaller than your current frame.

Makes sense: Focus on the now. Remove all the aspiration clothing and either drop them off at a charity or box them out of sight. It's easier to relax and be yourself when those aspiration clothes are out of your closet.

Makes no sense: You are hanging onto your "fat" clothes long after you've reached your goal weight.

Makes sense: Accept your new frame by removing all the ill-fitting clothing. You aren't wearing those items anyway. If you're hesitant about embracing the reality of your new size, then at least pull out the over-sized clothing and store them away.

lacquered soles on his high-end pumps and boots is the creative signature of shoe designer Christian Louboutin (born 1964).

PINK Want to combine pink with other colors? Try some of these combos: shocking pink and black, pale pink and charcoal gray, cherry blossom pink and navy, pastel pink and French blue, soft pink and taupe, dark pink and white.

Makes no sense: You're unhappy when you open up your closet because you know you're not maximizing what you have. You're just not sure how to make it all work.

Makes sense: Getting help! Making the act of getting dressed one that you can derive pleasure from on a daily basis is worth investing in . . . pronto! This is my area of expertise and it would be my pleasure to show you how to transform your daily experience of getting dressed. It can be the favorite part of your day. Call me and we'll get started right away.

COMPLIMENTARY CHAT

Sometimes you may feel that you are in a fashion rut or that you are looking frumpy and it is time to look more up-to-date. You may not have much time nor inclination to figure out how to put together items you already have in your closet in a new way. Being busy doesn't always allow you time for shopping. Or, perhaps you don't know where to shop to maximize your dollar.

Wouldn't it be helpful to have an expert who can help you with all of this? If you are ready to take some action, schedule a free initial conversation with me by [clicking here](#) and we can explore your challenges and goals.

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