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UNIQUELY YOU
***Dealing with the Dilemmas of Wearing
a Dress***
Pre-Fall Sale Shopping
Orene's Opinion

Dear Orene,

I can't believe it is already mid-way through summer! This is a season of many special occasions, including weddings, and anniversary and birthday parties. Dresses are de rigueur! But, in working with my clients, we have come across many dilemmas with what is in the stores, so I addressed these below. Please let me know your thoughts.

Also, the Pre-Fall sales are starting soon. I have included some tips for navigating and shopping the sales.

I have also added a column titled, Orene's Opinion, where some items have peaked my interest, and I wanted to share them. I welcome your feedback.

Enjoy!
Orene

Pre-Fall Sale Shopping

Department stores and boutiques celebrate the fall merchandise by having pre-season sales

in the middle of the



summer. It's hard to get into the fall mindset when it's 100 degrees outside but it might be wise to think of your future wardrobe needs so you can take advantage of these early discounts. Here's how to prepare:

***Get inspired** by checking out current magazines and catalogs to see what they're previewing for the upcoming season. What's catching your eye?

***Look at what you loved last year**, wore to death and need to replace before heading to the stores.

***Shop with the intention of finding a new color** that

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The Year of the Dress and Its Dilemmas

This is certainly the year of the dress. In fact, the last several years have been all about wearing dresses for almost any occasion, and this will continue. There are so many cuts and styles of dresses in the stores that you are sure to find styles that enhance your figure and make you feel like a million bucks! There are so many lengths in style right now, from mini, just above the knee, at the knee, just below the knee, midi, cocktail length, and long, so you are sure to find a length that fits your needs and style.

In my December, 2013 newsletter, I wrote an article titled, [Look Great in a Dress](#). It has great tips for dress color, fabric, shoes, jewelry, bags and the outer layer. [Please check it out.](#)

Dilemma #1: By far, most of the dresses shown in the stores are sleeveless. You cannot turn on the news without seeing women reporters in brightly colored, sleeveless dresses (some of them look great and some of them would look better with sleeves). Some of us are concerned about our upper arms and would prefer to wear a dress with sleeves. Also, wearing sleeveless in the office or to business meetings may feel less professional (we'll save the discussion about power dressing for another time). Sometimes, for a religious occasion, it may be appropriate to cover your arms. It is particularly difficult to find a special occasion dress with sleeves and, if you are having your picture taken, this may add to your concern when showing your arms in photographs (where body parts tend to look larger).

Solutions: One great solution to this is to add an additional layer, with the added benefit of providing some warmth if the



resonates with you. A new season always comes with a new color palette. Whether you enjoy that new hue in a necklace, shoe, scarf, dress, sweater or blouse, it's fun to find it early and on sale. You may start wearing it early in the year and decide to add more pieces in similar shades to broaden your wardrobe.

***Boots are a staple** for fall/winter months and they can be very pricey. There's not a better time to purchase them than when they're on sale. Even though it's hot now, a boot will be perfect for when the temperatures start to dip.

***Pick up scarves and shawls in colors that look great on you.** They are a perfect piece for transitioning into colder weather while making your existing wardrobe look fresh and new.

COMPLIMENTARY CHAT

Sometimes you may feel that you are in a fashion rut or that you are looking frumpy

evening is cool or if the building is overly air conditioned. I am always on the lookout for great wraps to wear with all kinds of outfits. A coordinating and/or simple jacket or cardigan may be a terrific addition to wear with your dress, adding polish and giving you added comfort. Another solution would be to wear a skirt and blouse (and there are many beautiful, long-sleeved blouses and knit tops out there), rather than a dress. Still, there are many lovely dresses with sleeves out there, and the last solution would be if you see a terrific dress with fashionable sleeves, buy it (knowing you will put it to good use in the future). Don't wait until the occasion is just around the corner.



Dilemma #2: Another dilemma for some of us is having bare legs showing when we wear a short or medium length dress or skirt. Although it may feel good to have bare legs and wear cute sandals or closed-toe heels (especially in the summer), some of us may be concerned about pale or spotty legs, or veins showing on our legs.



Solutions: There are good self-tanning creams and other products on the market that help us to feel good about our bare legs showing. However, the good news is, thanks to Princess Kate's example in the media, nude hosiery is back. More and more women are choosing this option. There are also lots of fashionable hosiery choices, particularly for the

fall and winter. There are all kinds of patterns and textures in hosiery, and of course, tights in various colors.

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.

[More About Me](#)

Archives of Prior Editions of Uniquely You

All of my previous newsletters, with all of my articles, tips and items of interest, are archived on my website [here](#).

Dilemma #3: For those of you who really prefer wearing pants, great looking pants outfits for dressier occasions have been few and far between. I was just talking with a buyer at a local boutique about this. She mentioned that when she sees something stylish in this category, she orders it for her store because her customers are always looking for this.



Solution: Since it is hard to find, if you see a great looking jacket or fancy blouse that you love, particularly if it has good-looking pants to go with it, buy it! Avoid the frustration of looking for the perfect outfit when an occasion is looming. You will use it in the future. Be careful, though, that you don't hang on to pant suits that are out of style, making you look dated and/or matronly.

Do you need some help to find just the right dress? Let me help you shop for the dresses that you'll love wearing.

Orene's Opinion

Barbie vs. Real Life?

You know how we always see celebrities and models with their makeup done beautifully? Once in a while tabloid magazines and online sites show what they look like without makeup, captured naturally, and we all realize that no one is perfect! Well, this cracked me up. A Barbie doll pictured without makeup and with makeup. [Artist Eddi Aguirre Cendejaz](#) shocked people with his interpretation of Barbie sans makeup. Although Barbie looks good without makeup, do you see how she has bags under her eyes, super shiny cheeks, non-white teeth (and it looks like she has braces on), a pimple under her lower lip, moles on her neck, etc.? There has been so much written about Barbie's Vegas-like, showgirl figure providing young girls with an unnatural view of women's bodies. Now, it's about time someone showed a lack of perfection in her face -- no one is perfect. Not even Barbie. (See the pictures on the [next page](#).)

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Fine Jewelry with Casual Clothes?

As our society has become more casual, wearing fine jewelry with more casual outfits is a great way to dress up your look and get more use out of your jewelry that you've already invested in. The Wall Street Journal Magazine, in June 2014, ran a large pictorial on this with all kinds of good ideas.

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