

Subject: Uniquely You -- Spring Trends -- Cute in 5 Minutes and Plan a Weekend Getaway

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Orene Kearn, JD, AICI FLC
650-245-0380

orene@orene.net www.orene.net



UNIQUELY YOU
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Dear Orene,

I recently attended a two day workshop with Stacy London, of What Not to Wear fame. Check out the photo! It reinforced two of my favorite topics. The first is strategic dressing for your body type. More important than anything is how your clothes look on you. The second is versatility -- wearing a great item (that flatters you) in many different ways so that you get your money's worth.



Enjoy!
Orene

Cute in Five Minutes

It happens. You're cleaning the garage on a Saturday and suddenly the phone rings with an invitation you can't refuse. "Come meet us for lunch!" say your girlfriends waiting in the lobby of your favorite hotel/restaurant five minutes away. Or, you're home from work, you've changed into your sweats and you're ready to watch whatever's on television when a text comes: *Join us at the movies ASAP. We'll wait for you.*

You want to say yes, and you should say yes! But how do you transform your home look for a public look in mere minutes? Don't worry! These tips will have you looking cute in five minutes.

Lipstick and mascara make a world of difference and take less than 2 minutes. Put on a hue of bright red or pale pink and already you

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Announcements and Items of Interest

I realize that throughout all of these newsletters, I haven't been announcing items of interest such as my upcoming presentations or topics on my blog that you may want to comment on, so here goes:

Upcoming Presentation:

I will be giving a presentation at the Women's Networking Alliance (WNA) in Campbell, California on April 26th at 10:30 a.m. titled, "Know Your Shape, Show Your Shape -- Dress to Look 10 Pounds Thinner."

Please comment:

My [blog](#) and [facebook](#) posts ask this societal question: For those of you watching HBO's "Mildred Pierce," what do you think of the Depression era hemlines and the wardrobe of the women on the show? Do hemlines go up and down with the economy?

look more polished.

A dramatic scarf can be an easy go-to accessory and take less than thirty seconds to put on. Pick one with bright, loud colors or one with a pretty patterned print or interesting texture. Wrap it around your neck, around your shoulders, or around your handbag and that extra detail will add interest to any outfit.

Bangles on your wrist add movement and an additional fashion focal point. Store a stack of them on a decorative paper towel holder so you can see your collection in one spot. Layer multiple metallic hues together or colorful jewel-toned ones one on top of the other and move onto the next step in 30 seconds.

A cute bag is a great addition to a put together look. Grab one (not your work bag!) that has a color, texture or shine that is repeated in your

Need a Fit Solution? There's a Fashion Fix For That!

Doesn't it seem that everywhere you turn, you bring up a subject and someone says, "There's an app for that." Trying to find the closest Thai restaurant in a new town? There's an application you can get for your phone that will show you right where it is and even give you directions. Need help counting calories? There's an app for that too!

I checked recently and there wasn't an app yet for how to use spring's fashion hits to camouflage any figure challenges you might be experiencing. Lucky for you, fashion updates the possibilities each year and among them are solutions for your specific needs. Let me show you some ideas.

Fit problem: "I'm pudgy around the tummy and summer tee shirts don't do anything for me!"

Solution: Check out the linen safari jackets with lots of pocket details, which bring the focus of attention well above the troubled middle section. Dramatic necklines with a great statement necklace will keep the attention above your belly as well. Designers also love the look this year of broader shoulders. That nice straight line across the shoulders is a long way away from the tummy! Score points for shoulders! You can also look into fit helpers in the undergarment section where body shapers can *comfortably* tone down the belly.

Fit problem: "I have thick calves and dread revealing them when the weather gets hot."

Solution: This season's love affair with longer, fuller skirts comes just in time! Wear one of them with a cute flat sandal and your calf problem will "disappear" instantly. If you are wearing a dress or skirt that ends at the knee, avoid shoes with ankle detail. You want to create a nice long line whenever possible. Stick with a classic pump or wedge.

Fit problem: "I don't like showing my arms so summertime becomes a super drag."



outfit and voila, you've outdone yourself. Take one minute to choose and transfer the important necessities: keys, wallet, phone, and lipstick.

Cute shoes will keep your best fashion foot forward and have you looking great from your pretty face down to your pretty toes. Go ahead and choose an open-toed pair if your toes are polished. Otherwise, go for a cute ballet flat or one of those statement pairs of shoes, the ones that you've been waiting for the right moment to wear. This is that moment! There's no time like right now to look fabulous and ready to join your friends. See? That only took five minutes!

If you're not so sure you can pull this fashion feat off, then call me! I'll be there to help you create several five-minute outfits that you feel fabulous in.



Solution: Try a peasant blouse!

They are back in fashion and ready to cover your arms with lightweight fabric that will feel cool even with coverage. The elastic at the wrists keeps the sleeves from being too billowy. Look light and breezy and better yet, feel light, breezy and fashionable. If you do want to go for a sleeveless top or dress, a lightweight shawl is a perfect way to grace the arms in style.

Fit problem: "My legs are too short and Capris are back in fashion. Ugh!"

Solution: Maximize your long torso and minimize your shorter legs when you keep the focus on your waist and above. Try wearing a fun, flashy print top or add a narrow belt to a loose, flowy top and create a peplum detail. The attention will be drawn to the waistline and not the legs. Color is also a great attention-getter. Wear a blouse in a solid, eye-catching color and pair it with a neutral skinny pant or even a skinny jean. Add heels or wedges to give your trunks a couple more inches of height for good measure.

Fit problem: "I'm pretty busty and I don't want to be spilling out of my clothes this summer as clothes get skimpier."

Solution: Wrapped dresses are great for a larger bust. The wrap will create a separation that will downplay the fuller bustline and tying in at the waistline will give you a figure to flaunt. Avoid necklines that are high and shirts that are too tight. The smaller the straps are on tank tops or dresses, the larger the bust will appear. Stay clear of thick knits that will add more weight.

Would you like some more ideas for camouflaging any flaws you think you have? I'm here to help! Send me an email and I'll show you how to make friends with spring/summer fashion.

"Dressing conscientiously is exalting in the act of being alive. When you go out on the town, it's an act of celebration...that you're *here*."

--author and journalist Gay Talese as quoted in the article, "Jacket (Not) Required," Wall St. Journal, April 9, 2011.

Please let me know what you think of this quote by clicking [here](#).

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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