

Style Freedom *Released* 10 Tips to instantly UPgrade your LOOK

Did you know:

Clothing holds the power to instantly **Elevate your Mood & Transform how you Feel?**

Apply these 10 Tips to release the **Hidden Power of Clothing** to improve **Well-being & Lifestyle**



Select and adapt which tips suit your personal taste and style.

1. **FIT** Wear clothes that fit you properly, contouring your shape and draping away from the body smoothly. This will immediately give you an effortless look and an outward behaviour of natural ease. It sounds basic, so worth getting that alteration done.
2. **POSTURE** Developing a good stance by standing tall with shoulders back, carries with it a subtle air of confidence which adds instant appeal. Remember to use your core while seated to avoid slumping and together with Tip1 FIT, your instant UPgrade has begun.
3. **ACCESSORISE** Switching accessories can transform an outfit and is an easy way to inject fresh appeal to tried-and-tested looks, evolve your Wardrobe and experiment with new ideas. Think bags, scarves, belts, jewellery, and hats – in that order.
4. **DETAIL** They say, 'the devil's in the detail', and when it comes to an UPgrade I couldn't agree more. Pay attention to the small things: Check for loose threads, small holes, missing buttons, split seams, stains, bobbling, creases... the small things make a big difference.



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5. **SHOES** Footwear alone has the power to make, break, alter or UPgrade any outfit. Select accordingly to suit both the occasion and overall look. As mentioned in Tip4, ensure shoes are in good condition, not scuffed and super clean.
6. **MONOCHROME** Create sleek and stylish looks by dressing in a single colour or varying shades of the same colour – aka Tone-on-Tone. Monochromatic outfits are visually appealing, edging on intriguing, potentially very flattering and can make a statement if a bold colour. Try it & see.
7. **FOCAL POINT** Not to be mistaken for an accessory, however an accessory of the ‘statement’ ilk can become the focal point. Options include statement pieces like a bold print, bright coat, vibrant coloured sandals or boots, an oversized or unusual lapel, and ultimately is a piece that attracts the attention away from the rest of the outfit. Effective as an UPgrade if the ‘statement’ piece is the focal point and is not fighting with another feature on the overall outfit.
8. **GROOM** Good grooming is essential and forms part of a finished, curated appearance. Take care of your hair, nails, and skin, and pay attention to a make-up look that is right for you to UPgrade your overall style.
9. **COAT** It’s more than a functional top layer, it’s part of your outfit & like footwear, this outerwear piece has the power to make, break, alter or UPgrade your look. Consider length, weight, colour, fabric, and overall look with your outfit. Is it a statement piece, or even your focal point?
10. **MIX** Combine high-end with affordable pieces to create a balanced and sophisticated look. Mixing different price points and brands can add depth, personality, and individuality to your style. This tip is my personal favourite!

Style is a journey of personal expression that continually evolves and is best achieved by enjoying the process of finding what works for you. Implement these tips today and enjoy experimenting and discovering your own signature style.

Thank you for reading

Love from *Sarah Cross*, founder of MYVOS®

My Very Own Stylist

