



Spring looks for 2009

Hurrah! Spring is finally in the air and its' heartening to see the first flowers which signal the imminence of Easter....

Let's chase away those winter blues and forget the horrible Christmas overdraft

and look towards spring and start salivating at the prospect of all those lovely choccies. It's a great time to clear out your wardrobe and have a purge, give me a call and I will relieve you of all those unwanted purchases, those clothes that you STILL cannot get into despite the fact that you joined the gym on the 1st January. You actually need to don your gym kit, start sweating bucket loads and not sit and drink copious cups of coffee and consume your own body weight in muffins in the cafe. If this is too much to bear, then forget the diet and accept that you are the size that you are and embrace it! I am more from the Gok school of "How to look good naked" and embracing your voluptuousness rather than the ghastly Gillian "how many mung beans can I eat today?" McKeith school of deprivation.

On my recent shopping travels, I have been delighted to see that in most of the Spring collections there is a plethora of colour and something for everyone. However, no shrinking violets please as there are variations on vibrant sea greens and blues, deep rich purples, shocking pinks, canary yellows (only to be worn by small children, in my opinion) and black and white, always a classic (but a bit severe for spring).

The safari look is back as it is almost every season, lots of animal prints, chunky wooden jewellery and thick belts. This is a definitely a look to where the expression "less is more" is applied, too much

jungle print and you will not look out of place behind the bar in the "Rovers Return". I personally think animal prints look better on animals. If you can't resist though, go for the subtle approach, shoes, or a belt, or jewellery or even your coat lining.

The 50's are also having a bit of a revival (I still think I'm Sandra Dee), prom-style dresses with over the top bows which are everywhere and lots and lots of lovely empire lines for those of us more generously proportioned.

The Nautical theme is a perennial favourite but beware of horizontal stripes, looking like a deck chair on Blackpool Beach is never going to flatter anyone with a body bigger than Kate Moss' (and we all know how she stays so thin..)

A great way of updating an outfit and if you are colour-phobic is by paying a visit to any of younger-style shops. There are shoes in every colour and style and mostly positively vertiginous but these look great with thick tights until the weather warms up and remember shops like these are not the preserve for the young, it's how you put an outfit together which counts. Just don't do it top-to-toe!

Tis' the season to purchase a Mac, and don't go for a neutral one just "because it will go with everything", you will look like one of those patronising ads in the back of Sunday magazines for comfortable clothes, elasticised trousers, orthopaedic shoes and the like. Most macs are double-breasted, so if you are over a "D" cup, don't even go there. Hope these tips have been helpful and until next month, happy shopping!

As a special spring offer I am offering the first 5 MK Flyer readers who mention this article, when they call me, 15% off a 2 hour Colour analysis and Wardrobe clear out.

Call Nancy Stevens on 0777 3077204 or visit my website on www.alteredimage.co.uk