

Spring CLEAN

With lots of exciting new things in the shops, it is time to spring clean your wardrobe and decide what is worth keeping and what needs to go to the charity shop. We caught up with some fashionistas to get tips on what to throw out, store and buy for the season ahead...



Name Nancy Stevens

Age 43

Occupation Image consultant
www.alteredimage.co.uk

Throw If you happen to own a Maggie Thatcher-style double-breasted jacket complete with coat hanger shoulder pads and brass buttons, throw this. It will date you terribly and is a grim reminder of the excesses of the 80s.

Store Riding/biker boots have never really gone out of vogue. In the 80s Sloanes wore them with jodhpurs, in the 90s Kate Moss and her ilk teamed them with baby-doll dresses and wore them at mud-splattered festivals, now we tuck them into skinny jeans or wear them with opaque tights and denim skirts – very Marianne Faithfull!

Buy Leather jackets will be huge this season and look fab with a baby-doll dress and flats. Just ensure that it fits your silhouette snugly.

Name Sarah Setterfield

Age 44

Occupation Personal and corporate image consultant
(Happiness and success maker!)
www.impact4success.com

Throw I think I'd like to throw those wet-look leggings out of all wardrobes. No-one, not even very slim girls look good in them and it's a rare woman that actually looks good in a pair of skinny jeans too.

Store There are lots of Little Black Dresses around in the shops and these Audrey Hepburn classics will always be in vogue. Make sure you update the shoes and handbag and you'll always have something to wear.

Buy I would like every woman to buy something that makes them feel special. It doesn't have to be on trend or even remotely fashionable, BUT if it makes you feel great, it will make you feel confident. That, in turn, makes you a people magnet – we love to be in the presence of someone who feels comfortable in their own skin.





Name Alex Gardner

Age 24

Occupation Style features writer

Throw I honestly wish everyone would throw out Uggs. I believe there are only two scenarios when Uggs are acceptable; in the comfort of your own home and walking the dog. They are unflattering and cost a fortune – hideous things!

Store Anything vintage will never go out of fashion – that is the beauty of it! Jumpsuits are still going to be around for the summer season, so if you invested last year, dig it out and wear it with your sandals.

Buy Ruffles were a big trend on the spring/summer catwalks with the likes of Chloe and Christopher Kane indulging in them. Soft ice cream shades are also tipped to be the key colours, think peach, nude, mint and icy blue. Buy something ruffled in an ice cream shade.

Name Elaine Boddy

Age 38

Occupation Image consultant and personal shopper www.greenandbrown.eu

Throw The one that never suited you and never will, regardless of fashion.

Store The one that suits you perfectly and that you can pull out for any given situation on any given day and know that you can wear it and feel great. The boyfriend jacket and leather biker look will continue to be on trend so keep them in your wardrobe and keep all of your sequins to make you happy on any day.

Buy To be honest, you will be able to still use a lot of the things that you might have bought this season as nearly all of the looks are going to merely be reworked for the next season's outfits. If nothing else, embrace the new colours of the season to add a spark of spring vibrancy to your wardrobe.



Name Hannah O'Donnell

Age 26

Occupation Fashion advisor at John Lewis in Milton Keynes

Throw The tulip skirt, not a very flattering look on anyone.

Store The Little Black Dress never goes out of fashion. You can create a new look with different accessories like a Merino wool cardigan and jewellery for a day look or for an evening look, a pashmina. The LBD is a 'must have' in every woman's essential wardrobe.

Buy The nautical or Riviera look is a key trend for this season, so a navy blazer or pleated skirt and a pair of navy peep-toe sling backs would be a good investment or perhaps a little Parisian chic with a polka dot dress.