

SILVER THREADS FOR THE GOLDEN YEARS

Wardrobe Tips for Women



- ◆ Printed or surface-designed fabrics call attention to themselves and away from the body silhouette.
- ◆ Good garment fit is critical. A garment that is too loose or too snug can add years to your appearance. Clingy, tight-fitting fabrics call attention to a body that is not as firm as it once was.
- ◆ Tunics/long tops/jacket dresses can hide a short or full waistline. Separates conceal many body irregularities. Select garments without distinctive waistlines.
- ◆ Being short-waisted promotes a matronly look. Select garments without a defined waistline. Choose clothes with some gentle fullness at the waistline if your mid-area has developed a spare tire.
- ◆ Wear belts and waistbands a little narrower and a little looser than average. Garments with narrow belts and/or belts that match the color or the bodice/blouse will add the illusion of a longer waistline.
- ◆ Select garments with sleeves if your arms have become flabby or wrinkled. Use high necklines and scarves to hide neckline wrinkles.
- ◆ Spend some time in front of a mirror wearing just your underwear or a form-fitting garment. Be honest with yourself about your body. The best look is one that is appropriate to your figure, the occasion, and in tune with fashion. *Trying to look young is aging!*



Changes to Complexion and Hair

- ◆ Aging skin needs some make-up to accommodate complexion changes or irregularities. Select softer tones. Sign up for a make-over at a reputable department store, cosmetic boutique or dealer. A professional can frequently offer some helpful hints.
- ◆ A moisturizer allows your skin to get plenty of natural moisture to keep it soft and smooth. A humidifier in your bedroom in the winter can help moisturize skin.
- ◆ Keep hairstyle and color natural-looking. Gray hair can be beautiful; too much bluing looks artificial. If you color, go lighter rather than darker. Consider highlighting rather than color.
- ◆ Use a lip liner to help keep lipstick from running into lines and wrinkles around the lips.
- ◆ Short hairstyles are usually easier to maintain and frequently give a more youthful appearance. Update your hairstyle as you would your wardrobe, but keep it flattering to you.

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