

## Fashions for Ageless Dressing



Being well dressed and looking good knows no age! Mature men and women need not copy teenage dress; they should find what's personally best and flattering. Being fashion smart today means being honest with oneself and having an awareness of a changing personal silhouette. Be alert to yourself and to fashion, then let nature and gravity take its course without taking over completely. Being "ageless in fashion" is a matter of *knowing your own style and growing with it!*

- ◆ Come to grips with your *real*/physical shape. Accept yourself as you are, or decide to do something about it. If you decide to make changes, act on it! The time to start is today!
  - ◇ Study your body proportions in front of a full-length mirror wearing only underwear or a form-fitting body suit.
  - ◇ Your figure/body will evolve and change. Learn how to adapt and grow with it to be well dressed.
  
- ◆ Clothing is a wonderful tool to help conceal as well as create helpful figure illusions.
  - ◇ Give a great deal of thought to garment fit. Clothing that is too tight or too loose calls attention to the body. Wrinkles and creases often spell trouble.
  - ◇ To make image appear taller and slimmer, wear garments that are all one color. Follow through with an up-and-down look with hosiery and shoes that are similar in color.
  - ◇ Jackets or blazers are important items of apparel. Choose a length and style flattering to the body shape. People of shorter statures will achieve better proportion with short styles. In general, choose a length below or above the fullest part of the hipline.
  - ◇ The appropriate hemline is somewhere between your knee and your age! Hem lengths may vary from season to season. However, you are always safe to find the range best suited to your body and stay within it. Everyone has a range best suited to his or her body shape and size. Find yours! Garments that are too long add years to a figure.
  - ◇ Garment separates (skirts, blouses, pants, etc.) are easier to fit many figures than one-piece garments (dresses, jumpsuits, etc.).
  - ◇ Legs should never "dangle" from pant legs that are too short. Standard pant length should be enough to cover the heel and touch the shoe in front.
  - ◇ Prints have a number of advantages. Select prints "sized" to your body dimensions. Tiny, muddy/muted prints look dowdy. Large, widely spaced floral patterns can look out of character. Experiment with a trusted friend to see what looks best on you!



OVER →

- ◆ Clothing accessories can make or break your appearance. Pay close attention to details.



- ◇ Keep shoes clean, polished, and in good condition.
- ◇ If you want to look longer-waisted, wear a belt the color of your blouse/bodice rather than skirt/pants.
- ◇ Handbag and shoes do not have to match each other. However, both should coordinate with the outfit in terms of color and suitability to occasion.

- ◇ Accessories are a good way to update or change an outfit without spending a great deal of money.
- ◇ Wear belts looser and somewhat narrower than the average as the figure becomes less defined. If the waistline is now the same dimension as the hipline (or larger), skip the belt and go for a more up and down line to your appearance.

- ◆ Nothing takes the place of good grooming, which includes bathing the body, washing and styling hair, skin and nail care.

- ◇ Take good care of your skin and complexion. You will not be sorry if you spend a little extra time on yourself! Use a moisturizer to keep skin soft and smooth. Have your makeup and skin care regimen reviewed periodically by a professional.
- ◇ Lips can become thin as we mature. Use a lip liner to outline your natural lip line for a fuller look and to prevent lip color from bleeding into the lines around your mouth.
- ◇ Avoid frosted eye shadows. Soft, matte finishes are better. A soft color that relates to your eye color or garment color is fresher and more youthful.
- ◇ Your hair is your "crowning glory." Keep it clean, shiny, and well styled. If you want color, go a bit lighter rather than darker. Dyed dark hair ages the appearance. Gray or white hair can be beautiful! Keep it white or silver—never yellow, blue, or violet.
- ◇ Choose eyeglasses to enhance your appearance. Frames should work with your face shape, height, hairstyle, and body proportion. Consider the basic color trend (warm colors vs. cool colors) of your wardrobe along with your natural skin coloring when selecting frames.
- ◇ Investigate the no-line bifocals and the anti reflective lens coating.



Linda Heaton, Ph.D.  
Extension Professor Textiles & Clothing  
7/2003  
Marjorie M. Baker, M.S.  
Extension Associate for Textiles and Clothing  
5/2005

