

Fun & Fabulous Forever

My Everyday Image
By Personal Assistant To You, LLC.

Looking good is not a matter of size or age--It's a matter of confidence that comes from self-awareness followed by the ever important self-acceptance.

Brought to you by
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MARY KAY
Enriching Women's Lives™

Wardrobe Essentials

Often people have many of clothes but nothing to build an outfit. Also, with trends changing constantly, is there anything we can invest in that will help take us through those changing trends without having to create an entire new wardrobe every time?

We recommend starting with three basic pieces: white shirt, dark pants and knee length skirt. These are the ones that you should spend your hard earned cash on for quality. When one of these essentials starts to show wear or you grow out of it, get a new one as soon as possible. While there are others we believe every closet should also have, if you have a limited budget, these three pieces are the best place to start.

Let's focus on the basic white shirt today. We'll focus on the others in the future.

Basic White Shirt. (If white isn't your best color, go with ivory.) The standard of the woman's basic white shirt: a collar, buttons down the front, long sleeves, darts, crisp material and mid-hip length.

Depending on your shape, you might want to:

- wear the length a bit longer to cover large hips or a large tummy;
- try contrasting buttons if you are larger on top to create a vertical line causing the upper body to appear more slender;
- choose a longer, more boxy cut if your middle is wider than your shoulders and hips so the material doesn't pull in that area.



Nordstrom.com

Once you've got the basic white shirt, you can do almost anything with it:

- Roll up the sleeves to 3/4 length, as this is the most flattering of sleeve lengths;
- Unbutton it and wear another top under it for the layered look or use it as a jacket;

- Keep it buttoned and add a belt (if you have the figure for it);
- Spice it up with some great jewelry or a scarf (here is where you can keep up with trends);
- Unbutton the last few buttons and tie it in a knot, creating a waistline or drawing attention to a small waist;
- Wear it under a structured jacket for a more professional look (or try the long [boyfriend jacket](#) look that celebrities are wearing),
- Layer it under a sweater that isn't your best color to keep your best color near the face.



Chicos.com

The great thing about a basic white shirt is that no one really sees it. You can wear it again and again with different things and people will notice what you put with it rather than the shirt itself.

Talk about a wardrobe extender!

*No one beauty answer works for everyone. Accept yourself
for who you are, flaws and assets. Learn how to
project the image you want and be
Fun & Fabulous Forever!*