



# Top Tips Sheet

1. Sit in the fresh air for 20 minutes every day to keep Vitamin D levels topped up
2. Underwear can make or break an outfit so choose with care
3. Use concealer to hide dark eye circles.
4. Applying white pencil at the inner corners of your eyes will brighten and widen.
5. Choose one large scale accessory to create dramatic impact
6. Less is more as you get older
7. Wear SPF 15 or higher on your face, even in winter
8. Trousers hems should reach the crease of your toes when you're standing
9. Hat brims should be no wider than your shoulders
10. Shoes with ½ inch heel are the most beneficial for your feet
11. Boot cut trousers will lengthen your legs
12. Only buy clothes that you love, as long as they love you back!
13. Don't put up with second class service – take your money elsewhere
14. Laugh, even when you don't feel like it
15. Make pampering a part of your routine
16. Life is for living, enjoy yourself and what you do
17. Find exercise you love and it won't be a chore
18. Think of 3 yummy words that describe you and apply them to everything you do
19. Have at least 2 days a week without alcohol and your liver will thank you
20. Wearing the colour of your eyes in your clothing will make you look amazing
21. Be curious. Try something new. No failures, just observations.
22. Try something new every week
23. Have a girlie night out at least once a month
24. When choosing a blusher, match it to the inside of your bottom lip
25. Single breasted coats and jackets will always slim
26. To look slimmer and taller, wear dark matt colours
27. Textured fabrics look great with textured hair and/or wrinkles. Shiny, smooth fabrics look good on smooth, unlined skin.
28. Perfume can dry out your skin. Spray into the air and walk through the mist
29. Dump the frump – you're too young
30. To make lashes appear fuller, apply eyeliner to the rim of your eyelid
31. Use a lip pencil the same shade as your lips, not your lipstick, to create a better lip line
32. If you have short legs, opt for shorter jackets and skirts. If you have long legs, do the opposite
33. Avoid sleeves that end at the nipple line. They will make you look fat
34. Wearing ¾ length sleeves will make your legs look longer
35. When choosing foundation, match it to your jaw not your hand
36. Dye your hair 2 shades lighter than your natural colour if you want to cover grey and stay youthful
37. Apply blush on the apples of your cheeks and blend upwards
38. A deep V neck Flatters a large bustline
39. Ignore the size label. Wear clothes that fit
40. Clothes that are too tight will make you appear larger
41. If you wear clothes that are fashionable a second time around, wear them differently or not at all
42. Pockets on the chest will make a small bust appear larger
43. A wide lapel will make shoulders look broader and hips smaller
44. Do a wardrobe audit at least once a year
45. Don't shop when you're emotional. You'll end up with clothes that you'll never wear
46. Don't make excuses. If you're in a style rut, ask for help
47. Shop for your shape, personality, lifestyle and budget and don't settle for anything less
48. The length of your head, dropped from the chin will give you the perfect place for your pendant to sit
49. Funk up a monochrome outfit with a great coloured bag or shoes
50. Grey or brown/black mascara can be less ageing than black
51. Wedges can add height, length and glamour to your legs and still be comfortable
52. The crease behind the knee is a great hem length for a skirt
53. If you haven't worn it for 2 years, throw it out
54. Smile and the world seems a happier place
55. Introduce some colour and brighten your face and your day
56. Black can age – be wary of wearing it close to the face unless you know it suits you
57. A good hairstylist should ask you to stand before deciding on a style. It needs to be in proportion to the rest of your body.
58. Tucking a bag under your arm will widen your shoulders
59. Don't wear your hemlines on the widest parts of your body
60. Flip flops will lengthen the legs even though they have no heel
61. Shiny materials will enlarge so wear them where you want to be noticed
62. Bright colours advance so be careful they don't wear you
63. Blocks of colour worn together give authority, blending looks more approachable
64. Frame your face with a collar and an open neck if you have a large bust
65. Use a large brush and some bronzer to match the colour of your neck to your face in summer
66. A high leg swimsuit will lengthen the legs, boy shorts will shorten
67. Make sure pockets on the back of your jeans are placed high on the bottom or your bum will look bigger
68. Pointed toe shoes will lengthen the legs
69. Empire line dresses and tops will lengthen the torso
70. If it doesn't fit properly and it can't be altered, don't buy it
71. Don't wait to lose weight, enjoy your clothes now
72. Too much texture can add bulk to your frame
73. If you're curvy don't wear stripes, choose florals and abstracts instead
74. A long body looks great in a shirt and shorter waistcoat
75. Don't be dentist shy – your teeth matter
76. Love your body – all of it. It's a magnificent creation
77. Love your feet – where would you be without them?
78. Walking burns more fat than jogging and is better for your joints and bust
79. No eyebrows? – investigate permanent make up
80. Colour your eyebrows firstly with a pencil and then brush through with an eyebrow powder
81. An hourglass figure looks fantastic with a belted waist
82. Matching your tights and shoes will lengthen the leg
83. To appear taller match the colour of your shoes to something worn around the face
84. Horizontal lines or a logo worn on the chest will enlarge the bust
85. Over long fluted sleeves will flatter less than perfect hands
86. Curvy bodies need drape so avoid stiff, starchy fabrics
87. Drag lines appear when clothing is too tight
88. Always check your rear view before going out or buying a new garment
89. Our colour fades as we age so you might want to 'soften' your make up colours too
90. Wearing your hair colour in your outer garments and shoes will always look great
91. Wearing your skin tone in lingerie will make you feel sensuous
92. Really cheap clothing may have an unethical pedigree
93. Mix designer with high street and put your unique spin on your outfits
94. Quality accessories can enhance a cheap outfit but shoddy accessories can ruin an expensive one
95. Bright polish worn on your Finger nails can age the skin. A paler colour is more chic
96. Wear SPF on your hands as 'liver' spots will signal your true age
97. Exfoliate weekly but no more. Older skin can lack moisture
98. Love your wobbly bits
99. 50 marks the second half of your live. Live it to the full