

# Recipe

for a

## Total Fashion Look

1. To begin the Total Fashion Look take 1 head of hair and give it a great cut.
2. The focus of every great look is the face. To brighten it, use lipstick and eye make up to accentuate the eyes and lips
3. Earrings are as much a finishing touch as your lipstick. Larger earrings can take 10 pounds off your appearance. Since most large earrings are "Clip." Use a Clip Key to adjust the tension for a comfortable fit.
4. Be sure your earrings compliment the shape of your face. If you don't want to emphasize the shape of your face, don't repeat that shape with your jewelry.
5. Remember the 4" Rule: If a necklace extends below a neckline, it should fall at least 4" below the neckline for a polished balanced look. If a dress or blouse is tucked in, the necklace should be a minimum of 3" to 4" above the waistline.
6. Know what color jewelry looks best on you:  
Cool skin undertones – Silver  
Warm skin undertones – Gold
7. Dressing in all one color (monochromatic) will help give the illusion of appearing 10-20 lbs. thinner and 3 inches taller. Each horizontal line break of color adds pounds.
8. Add 1 jacket to give you a professional, executive look. This also adds vertical lines which have a slenderizing effect.
9. Toss in 1 pair of shoulder pads under every garment. Over 90% of women should be wearing them. They add 2 inches to your height and square up sloping shoulders.
10. When wearing pins, place them at the base of the shoulder pad to draw attention up to your face and away from your hips.
11. Add 1 pair of sleeve bands and push up sleeves to take another 10 lbs. off your appearance.
12. Next, add one pair of hose that match either your hemline, shoes, or both. This will give you additional height. Never wear hose that are darker than your shoes. It cuts off the bottom of your body and makes your feet appear larger.
13. Carefully mix all together and then complete your great fashion look by accessorizing with the appropriate jewelry. You can successfully add all 12 ingredients together, but without this 13<sup>th</sup> ingredient you will never look finished or complete.
14. When you serve up this "dish," do so with a genuine smile that comes from your heart. Such will add the finishing touch that will make you and your recipe a hit with everyone.