



Getting there in style

THE wedding invitation has just arrived and your first thought is what will I wear? This is of course unless you are one of the few people that has a wardrobe, surplus to every requirement.

The date of the wedding will ultimately decide on the seasonality of your outfit - though God knows here in Ireland it is difficult at times to see a difference between the seasons!

Bear in mind this is the 'Year of the Dress' and I promise you there is a dress out there to suit everyone.

To begin, you should go to your wardrobe and have a look at some pieces that fit you well, highlight your best assets and make you feel great when ever you wear them.

These clothes and accessories should work in harmony with your body to make you feel taller,

slimmer, bustier or to whatever end consistently bring you compliments.

You now know what clothes suit your body shape. Forget about size – it's all about what style best suits you.

I cannot emphasis enough the importance of this. It is always a good idea to give yourself plenty of time to shop for your outfit. When you go shopping for your ensemble, particularly for a dress it is a good

Professional shopping buddy Mary Moynihan offers some advice on getting the right look for wedding guests.

idea to wear a skirt and tights as it takes the hassle out of changing in and out of your clothes. I would also recommend bringing a pair of heels in your bag preferable a similar height to the ones you would be comfortable wearing to the wedding. If you dress in a flesh coloured bra and knickers this will give you the full effect of what any colour dress will look once tried on. It is also wise to bring a body shaper if you have one or intend to wear one on the day as this will enhance your shape.

Write a list of what you would like to buy to include accessories and set a budget. If after trying on something (all buttoned or zipped), you look in the mirror and your absolute gut reaction is WOW - then you must buy it – it's a keeper. Do not leave said item behind no matter what! This is probably the one occasion where if it is more than you had budgeted for you would be well

within your rights to up the budget! Here are the top tips I would recommend when shopping for a wedding ensemble of DRESS, SHOES, HAT.

DRESS

If you have broad shoulders a halter neck style is a good choice

If you are uncomfortable wearing a bodyshaper look for a dress that has "rouching" as this is an excellent way of disguising unwanted flab around the tummy area.

It is preferable to wear a V neck rather than a round neck as a round neck can be more ageing.

For the fuller figure never wear embroidery, lace or sequins on your bottom half but use layering in soft fabrics like cashmere or a linen/wool mix.

Be careful of wide horizontal necklines or off the shoulder styles as these will broaden the shoulders making you seem more top heavy.

Short sleeves will direct all eyes to bust level

A single coloured dress will give the appearance of height.

SHOES

For those with shapely ankles and calves:

Sandals with a narrow strap can give an appearance of a more elegant ankle.

Slim curvy heel echoes the shape of the calf.

For those with chunky calves and skinny ankles:

A slimmer ankle is flattered by a curved heel, while a thicker calf still needs a chunky shoe to balance it. A sturdy heel balances the calf while detail on the back of the shoe draws attention to a shapely ankle.

Chunky calves with big ankles:

A chunky straight wedge balances a thick calf.

Open Peep Toe lengthens the leg and takes attention away from the ankle.

Short legs:

Choose strap-free shows to create an unhindered sweep of leg from knee to toe.

A nude colour of sandal will blend with your flesh and elongate the leg.

JEWELLERY

Big Boned:

A large cuff is all that's needed to add chic to a LBD.

Wearing a long bold necklace in a complementary colour enlivens a simple dress.

Bring attention to your hands with a

big bold ring.

Slim Boned:

Delicate multi faceted gems (copies will be fine) look best on little bones. If you are slim boned you can wear long beads if they are uneven in size. A delicate bracelet will not overpower a slim wrist.

Short Neck:

A big brooch can be a great alternative to a large necklace as this will draw attention away from your neck.

Small dangly earrings give a sense of length to the neck without being overpowering.

Choose a dropped neckline necklace to elongate the neck area.

Long Neck:

Show off your long neck by wearing a pair of earrings that would come down to most peoples bust and no other jewellery.

Shorten a long neck with a wide choker.

HATS

If you decide to wear a hat remember that brims should not extend beyond your shoulders and that a completely co-ordinated outfit with matching hat looks contrived, using a contrasting colour is a much better idea.

Sometimes going shopping with a friend can lead you to adapting their personality in clothing choice so it

is always a good idea take somebody who will be objective – a work colleague, family member or me!! If you have spent hours trying to find what you want and having come home empty handed, don't despair. Instead, why not go down the route of getting your outfit made. Not alone will it be tailored to your exact requirements and measurements, it could also become a timeless classic. To flatter your fab outfit you can have a beautiful piece of jewellery made locally which is fantastic if you have a busy dress or a very simple one but you are looking for a piece of jewellery in a particular colour or style to match.

Happy shopping ladies – enjoy!

Please feel free to email or phone me for shopping advice

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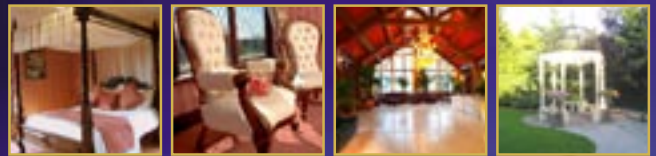
Mary Moynihan is a professional shopping buddy. For a flat fee she will ensure that you look your best whether dressing for a special occasion or perhaps you need advice on co-ordinating what you already have in your wardrobe. Mary's other special talent is packing light for a stylish holiday.



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