

# The Ease of Coordinating Outfits

By Dawn Waldrop

Wouldn't it be great to just pull out a shirt, tie, pants or jacket and just know it looks great and everything goes together? Have you ever wondered why you feel so good in certain colors? While other colors make you look tired. Have you experienced those days when someone asks, "Are you feeling okay?" You think to yourself, "I feel fine! Why are they asking me that?" Most likely, it was the color you were wearing. Color plays a very strong role in how you feel and look in your clothes. Knowing what colors look best on you, makes coordinating outfits a snap.

When you wear colors that enhance your personal coloring you look healthier, younger and vibrant. People remember you instead of what you were wearing. What an exhilarating feeling to have people compliment you all the time.

When you wear a color that does not enhance your personal coloring that is what people remember. Upon meeting someone our eyes scan that person from their feet to their face. The eye will automatically linger on the one item that does not enhance their appearance. That may be the color, fit of attire or an accessory.

There is a reason **why** you are most comfortable and gravitate to certain colors. Once you understand the why, you will no longer second guess yourself and buy attire that hangs in the closet never to be worn. You will also find it easy to create new outfits with your existing attire.

Each of us has hundreds of colors we can wear, so please do not think you are limited. So let's look at why you look best in certain colors and then show you some examples of how easy it is to coordinate your outfits.

You were born with your coloring and it never changes. As infants our coloring is lighter, and then it goes darker as we move into our teenage years. Our coloring remains darker through most of our life. Forty to sixty years old is when our coloring lightens up again. However, the undertone of your skin **never** changes.

The human body originates from red so everyone has red in their skin undertone. The degree of red undertone depends on the individual's coloring. You were born with either yellow or blue mixed with that red undertone.

The human body was put together so the skin undertone harmonizes with the eye color, pattern and your natural hair color. Think about what happens as we age. The skin lightens, the eyes fade in color and the hair turns gray. Notice how the skin, eyes and hair all lighten at the same time. It is so we look nice as we mature.

Since the undertone **never** changes you look your best in **your colors** from birth to death. You instinctively feel better when wearing your colors.

When you love what you are wearing you never ask someone how you look. It is when you are unsure of a color that you ask someone, "How does this look?" Hint, if you have to ask, it is not your color.

People will fall into one of six different color categories. Cool Violet, Cool Red, Cool Rose are those people who have the **blue** undertone in their skin. The Warm Golden, Warm Orange and Warm Tawny's have the **yellow** undertone. Today we are only going to talk about the warm's which have the yellow undertone and cool's which have the blue undertone. We recommend learning more to determine your exact category by going to an image consultant who specializes in color analysis.

Many times you will see an outfit that has warm and cool colors mixed together? Here is a rule of thumb: Make sure the majority of the colors in the outfit are yours. If the outfit has half warm and half cool colors do not buy that article of clothing or accessory. Those are the items that hang in the closet not to be worn. They take up space and make it very difficult to see what you do have. Those are also the outfits or ties that you just don't know what to wear them with. With only your colors in the closet you will be able to see all the combinations you can create.

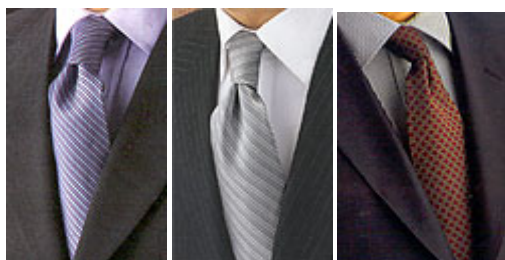
As a child you instinctually knew your colors. Ask a four year old their favorite color and they will shout out their best color. Interesting it is always a color they look their best in.

Gerri Pinckney of Fashion Academy was a pioneer in color analysis era. She studied the human body and the Albert Munsell color theory for years. She determined there was a pattern in how people were put together with their skin undertone, eye color and natural hair color from the time we are born. She categorized the color differences into the winter, summer, spring and autumn. Years later she realized there were two groups each being included in one of the other groups and they really needed to be separated. Note: she did not change the original color theory. She fine-tuned the categories. Now you hear Cool Violet, Cool Red (winters), Cool Rose (summer), Warm Golden, Warm Orange (springs) and Warm Tawny (autumn).

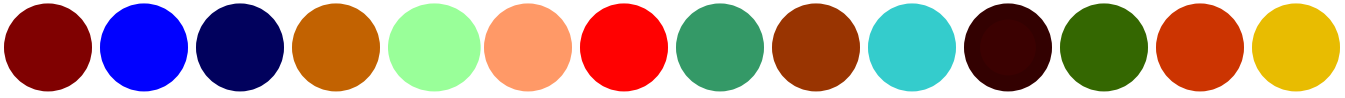
**Cool** think **blue** undertone and **warm** think **yellow** undertone. The cool colors are blue based. The cool needs these two basic colors in their closet at all times: black or dark charcoal and navy blue. These two basic colors should be had in suits, dress pants and casual pants. The only two colors needed for a cool's shoes are: black and cordovan. Here are just a few of the colors.



The cools hair colors range from dark brown to black, silver gray, light to dark ash brown or a white blonde. Examples of cools are: Robert DeNiro, Michael Jackson, President Bill Clinton, Tom Cruise, Denzel Washington, Cuba Gooding Jr., Walter Matthaw, Tommy Lee Jones, Orlando Bloom, Johnny Depp, Elvis Presley, Jay Leno, Adam Sandler, Ben Affleck, Antonio Banderas and Keanu Reeves.



The warm colors are the yellow based colors. The warm colors need these two basic colors in their closet at all times: brown and navy blue. These two basic colors should be had in suits, dress pants and casual pants. The only two colors needed for a warm's shoe are: dark brown and black. Here are a few color choices for the warm colors.



The warm hair colors range from golden blonde, light to medium golden brown, carrot red, strawberry blonde to reddish brown and deep chestnut brown with gold or auburn.

Warm colors are: Drew Carey, Arnold Schwarzenegger, Brad Pitt, Val Kilmer, Kenny Rogers, Robert Redford, Ryan Stiles, Dave Letterman, Matt Damon, Leonard DiCaprio and Justin Timberlake.



Color saves you money because now everything goes with everything else in the closet. Not only is it easy to coordinate your clothes, color keeps you younger looking and feeling good.

This article has been written by Dawn Waldrop of Best Impressions located in Cleveland, Ohio since 1989. Dawn is a national speaker and image consultant specializing in color. She is the author of the book *Best Impressions, How to Gain Professionalism, Promotion and Profit*. You can call 330.483.0411 or visit her website at [www.best-impressions.com](http://www.best-impressions.com) to learn more about speaking presentations, buy her book, learn your best colors through an in-person or telephone consultation.