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 Forward to a Friend

## ***UNIQUELY YOU***

**Fall 2009  
1st Ed.**

**Hi everyone,**

**There are some wonderful trends for Fall/Winter. However, rather than list every trend as I've done in the past, I am showing you how to incorporate some of the trends into your existing wardrobe in "Frugal Fall Fashion & Sensible Splurges."**

**Enjoy!**

***Orene***

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## How to Avoid the Crazy Side of Trends

We've all seen it: fashion victims that are overcome by a season's trends. At what point could you fall victim to trends?



This picture shows a model wearing the following trends:

1. Punk leggings (with numerous zippers)
2. White shirt
3. Faux fur vest
4. Big handbag
5. Gladiator studded heels.

Unless you're a 20 year old rock star, it's not great to put every single trend on your body at once. But, taken bit by bit, there may be a trend idea here that is perfect for you. The key is to modify. Here's how:

1. If **leggings** are "in" and you've got a

## Frugal Fall Fashion & Sensible Splurges

Given the mood of the country, many of us are unable to or are not in the mood to overhaul our wardrobes with the new fall fashions. But, we want to look up-to-date and fashionable, and walk out the door feeling confident and looking our best.

### Start with a Fashion Tune-up, Not a Fashion Overhaul

Assuming we have perfectly-fitting basic pieces in our wardrobes, here are some ways you could have some fun and not overspend.

### What can you take from last season into this season?

1. If you bought some *purple* items last year when it was the "it" color, be sure to wear them a lot this season. The same purple family is being represented in this year's fall/winter fashions.
2. Do you have a lot of *black* in your closet? Add *white* for a classic color combo or pop the black with something in this season's *jeweled tones or neon tones*-hot pink, rhubarb, burgundy, aquamarine, teal, chartreuse green, turquoise. A little bit of color can go a long way.
3. Add a necklace. *Statement necklaces* were big for spring and they still are. Perhaps you have in your own jewelry drawers some long chain necklaces. Layer them and you're looking in style.
4. A *bracelet cuff* and/or *stacked bangles* of various types update your look. Try adding a few together and don't be afraid to mix metals. Look through your jewelry box and see what you come up with.



figure that can handle them, try them. However, be cautious. This is a look (especially with the zippers) that could make a more mature woman look trashy. Instead, look for close fitting pants that follow the lines of your body but aren't as tight as spandex.

2. **White shirts** are very popular and a basic item in your wardrobe. Choose a crisp, white shirt, with simple or interesting style.

3. A **faux fur vest** like this one, one that is modified (less volume) would be a great "third" piece in an outfit. Wear a classic slim skirt with black tights and pumps, a white shirt and add a vest and you've got a great way to wear this season's trend without looking too trendy. A vest would be great with jeans or a full trouser as well, with a slim-fitting turtleneck underneath it.

4. A **big handbag** could be that great accessory that is your personal fashion

5. A *scarf* is a small investment, but it can add so much fun to your outfit with its pattern or color. Maybe three scarves added to your wardrobe will be the only significant accents you need! In a bold color, it adds pop to your outfit. In a fabulous texture, it adds layering interest. There are lots of dresses and tops out there that focus on draping. With a great scarf, you can get that draped look for far less.

### Sensible Splurges

#### Handbag

Does your current handbag have a personality? Has it grown old and fallen on hard times? We tend to look at a woman's handbag to find out more things about her: does she respect herself? Does she take life seriously? Is she rock steady in hectic times? Too much detail falling all over a handbag looks cluttered and scattered. Not enough quality details may make you appear less than professional. Try a satchel or a slouchy hobo--either could be a classic depending on your lifestyle.

#### A Novelty Jacket

Is your splurge a biker jacket, which is very in style now? A novelty jacket, purchased every few years, could be that accent piece that makes you feel good every time you put it on. For a biker jacket, this example has fewer details and all about color and shine.



#### A Great Pair of Boots

Just updating your shoes to include a great pair of boots may be all you need. Will it be a riding boot? Flat, easy to walk in? Will it be an ankle boot with hardware on it, maybe some buckles? There will be "personality" boots out there to entice you while keeping you warm. Let boots be that thing that is both functional and fashionable for you.

If you need help in your fall fashion tune-up, please give me a call--I'm happy to help.

**Success Stories:**

season's key piece. A handbag that we feel great about gives us great confidence. The larger scale makes it look important, significant--it may be all you need.

5. The **gladiator-studded heels** are pretty over the top, but if you could find some that had 20% to 40% *fewer studs*, maybe they would be the attitude shoes of the season for you. Wearing those modified heels with the addition of some layered, longer chain necklaces could be a nice combo with some tamer separates.

**I have added a new feature, showcasing individual client success stories in each newsletter.**

I recently worked with a lovely and cute woman, client "L". Her closet was a source of extreme domestic disharmony-she shared it with her live-in boyfriend. She couldn't make heads or tails out of her clothing in her closet and went through high anxiety for about half an hour every morning trying to figure out what to wear to work.

This inability to get dressed was greatly interfering with her relationship with her boyfriend, not to mention her own life. Not only was her closet completely unworkable for her (with piles of clothing everywhere, hanging clothing crammed in and not visible, and most of the items not fitting properly, way out of style, or in need of pressing or mending), her boyfriend was exasperated with having to share a closet with her.

Well, we spent the day [taming her closet](#) with remarkable results! From inside her closet, we put together many fashionable, workable outfits. I am happy to report that this source of anxiety has gone by the wayside. Last I heard, she and her boyfriend were doing much better.

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***My Personal Growth***

**I am excited to announce that I am on the Board of the San Francisco Chapter of the Association of Image Consultants International (AICI) as Vice-President of Marketing.**