

Your Guide To Confidence With Colour Clothes

Are you tired of sticking to the same old black and white outfits? Do you want to stand out and express your personality through bold and vibrant colors? Well, we have got you covered! In this comprehensive guide, we will take you through the world of color clothes and help you embrace them with confidence.

The Power of Colors

Colors have a profound impact on our psychology and can significantly influence our mood, confidence, and perception. Wearing the right colors can make you feel more energized, confident, and even attract positive attention. However, it's important to understand how different colors work with your complexion, hair color, and personal style.

Understanding Your Skin Tone

One of the key factors in confidently wearing color clothes is understanding your skin tone. Skin tones can generally be classified into warm, cool, or neutral undertones. Warm undertones have yellow or golden hues, while cool undertones have hints of pink or blue. Neutral undertones have a mix of warm and cool tones.



Project FAB! No More Making Do: Your guide to confidence with colour & clothes

by C.J. Benton (Kindle Edition)

★★★★★ 5 out of 5

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Once you identify your undertone, you can choose colors that complement your complexion. For warm undertones, earthy tones like oranges, browns, and warm greens work best. Cool undertones can rock shades of blue, purple, and cool greens, while neons and jewel tones suit neutral undertones.

Highlighting Your Hair Color

Another important aspect to consider is your hair color. Similar to skin tones, different hair colors pair well with specific colors. For instance, individuals with blonde hair can enhance their look with pastels, soft pinks, and light blues. Redheads can play with green, purple, and golden hues. Brunettes can experiment with rich jewel tones, while individuals with black hair can carry off vibrant reds, blues, and yellows.

Creating Harmonious Outfits

While it's crucial to wear colors that suit your skin tone and hair color, creating harmonious outfits involves understanding color combinations as well. Colors can be broadly classified into warm and cool hues, and combining these can result in visually pleasing outfits. For example, pairing warm colors like orange with a cool color like blue can create a striking combination.

Additionally, learning about complementary colors (colors opposite to each other on the color wheel) can help you create standout looks. Blue and orange, red and

green, and yellow and purple are some examples of complementary color combinations that can turn heads.

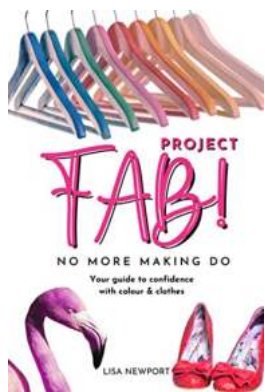
Accessorizing with Color

Colors can also be incorporated through accessories to add an extra pop to your outfit. Strategically choosing colorful earrings, scarves, belts, or shoes can elevate your overall look and create a cohesive ensemble. Accessorizing gives you the flexibility to experiment with different color combinations without overpowering your whole attire.

Confidence Is Key

Ultimately, the key to looking confident in color clothes is to wear them with pride and embrace your personal style. Confidence transcends colors and trends. When you feel good in what you wear, it reflects on your personality and boosts your confidence.

So, next time you're contemplating your wardrobe choices, give color clothes a chance. Break free from the monotonous black and white and venture into a world of vibrant hues that can transform your appearance and uplift your mood. Unlock your true potential by embracing the power of color clothes.



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What you wear matters. It affects how you feel and says something about who you are.

Lisa Newport works with women who have wardrobes full of clothes but feel like they have nothing to wear and are in a style rut. It's her belief that you deserve to and can look good and feel fab regardless of your age or body shape. She also understands that you don't have loads of time to faff about every day, which is why she designed the four step Project FAB! framework.

As a qualified designer, lecturer and stylist she helps the reader to develop their confidence with colour and clothes, express their identity, look good and feel fabulous.

Drawing on her background, Lisa has written this book to guide you how to:

- Define your personal style recipe
- Understand what colours, shapes and styles work for you and why
- Ditch the “nothing to wear” feeling
- Love your look!

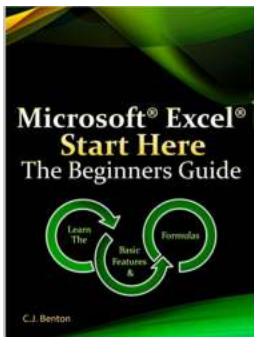
Packed with practical tips, Project FAB! will empower you to dress with confidence and be more you.

Lisa works with women who have wardrobes full of clothes but feel like they have

nothing to wear and are in a style rut. She helps them rediscover confidence with clothes, express their identity, look good and feel fabulous.

As founder of the 4 step Project FAB! framework she draws on her background in textiles and fashion design and experience as a lecturer to deliver consultations and online programs.

No judgement or fashion police - just compassion and fun combined with expertise to help you feel empowered and be a flamingo amongst the flock of pigeons. #BeMoreYou



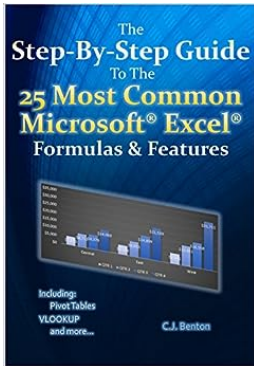
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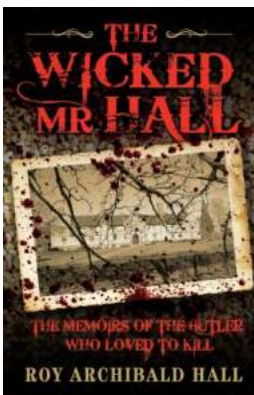
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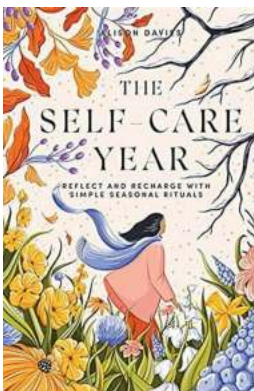
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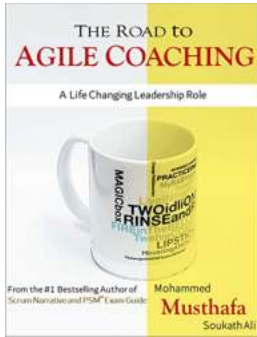
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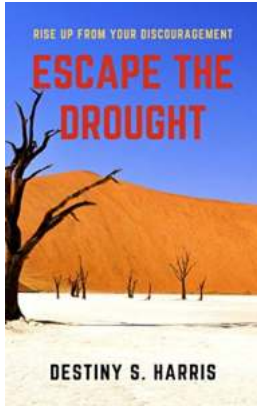
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