

The Ultimate Style Guide

BY ABIR ACHKAR

(Handbook)



SEVENTEEN FABULOUS STEPS TO A BETTER YOU!

1. Personal Style

Personal Style is about projecting an accurate sense of you. Over time your personal style evolves and you experience the many ups and downs that accompany a full life. As we change internally over time, and changes in fashion, we choose to take on various dressing styles to express those changes. What is right in one decade or period of your life may not be right for you in another. We learn to express our personal styles through the images and influences around us, via television, magazines, movies, peers and those who carry influence in our lives. For some, the passion for self expression has been smothered by the needs of others or rejected as something no longer able to be developed due to financial, emotional, family or social pressures. When this happens, your personal style comes to a halt and you may fall into a “Style Rut”.

2 Know your goals and dreams.

Goals make dreams happen. Have a dream list for all your goals and then define them. Know what you want, not what you don't want. Hire a Life Coach to assist you to move forward in your life and live the life you always wanted.

“The only thing that will stop you fulfilling your dreams is you” Tom Bradley

3) Don't be afraid of making the change.

Step out of your bubble to enjoy a better life.

4. The first step is to go shopping in your wardrobe to create the look and style you want to achieve with your own clothes.

How many times have you stood in front of your wardrobe, clothes hanging to the right and left and you feel like you have nothing to wear? You are only wearing 20% of your whole wardrobe. Invest in a wardrobe audit with your Stylist. Learn what to keep, what to throw out and how to put stylish outfits together with what you have in your wardrobe and learn the tools.



5. Know your own body shape so you only purchase clothes that suit “you”.

Power and confidence is knowing your body. You know what styles and cuts suit your body shape and shopping becomes a breeze and fun.

6. Style does not necessarily mean fashion.

It is important to stay up to date, only if it suits your style. Presentation is everything and you feel great when you look great. Once you have defined your own personal style your self-beliefs will increase and you will exude Confidence.

7. Stop Impulse Buying

It was cheap! How many times have you said that, only to leave it hanging in your wardrobe with the tag still on??? Every bargain mistake is costing you money. This money is better off being saved for an investment piece for you're carefully thought out stylish wardrobe. Love it madly, need it badly or put it back!

8. Learn where your clothes don't fit your lifestyle and change your style

Remove all the “I used to wear back when” clothes from your wardrobe. It is time for a new you – time to move forward.

9. Stylish handbags

Own at least a couple of “core” coloured handbags, black, brown or navy depending on your colours and make sure your bag works well with your proportions and enhances your look.

10. Lovely Legs

The higher your heel, more foot you show and the pointer the toe of the shoe, the longer and slimmer your legs will appear.



11. Learn “Illusion Dressing” showing off your best assets and hiding figure challenges

Look taller, thinner, wider, curvier and fabulous – every day when you learn the art of “Illusion Dressing”. Ask your Image coach how?

13. Find your own personal look, dress for your personality

In order to make a real statement, it is important to find what your personal look is. To achieve this, mix and match your accessories with your wardrobe essentials. Your style might be elegant, feminine, natural, classic, sexy, dramatic, sexy or even bohemian, or a mixture of a few. This is your style and once you learn to “pull it off” you can have a lot of fun playing with your wardrobe and look.

14. Colour knowledge is essential. Colour is important from the waist up

Wearing the wrong colours can:

- a. Show skin imperfections
- b. Make you look shallow and grey
- c. Make you look older

Wearing the right colours can:

- a. Make you look vibrant and happy
- b. Build relationships and rapport
- c. Make you look younger

15. Read books

Reading is a great way to unwind, relax and take time out from the world. It is also a brilliant way to switch off and learn new things. People always ask me about reading. I read a book a week or fortnight. How do I find the time, I make the time for myself and reading is now a huge part of my life.

16. Good Posture

If you want to look taller and thinner, good posture is the answer. Having a good posture has a positive effect of your overall health, showing how confident you are.



17. Be yourself – allow yourself to perform at your best

You are amazing as you are. Having a new style is not about becoming someone you are not. You are amazing. It is time to open the door, step out of the cage and allowing yourself to be free.....being the amazing you that you are.

BODY TYPES AND SHAPES



Strawberry



Banana



Apple



Pear



Hourglass

1. ABOUT THE PEAR BODY SHAPE

If you are a bottom-heavy beauty and are bigger around the hips, bottom or thighs than you are up top then, like the majority of women, you are a Pear! You've probably also got a fairly flat stomach your lucky thing. Work that womanly figure by adding more shape and structure above the waist.



Bring out your best:

Balance out your curvy bottom half with bold bright tops or tops with large collars, labels or sleeves.

Best to avoid:

Tube, pencil and fishtail skirts, especially tight-fitting ones will only emphasise your hips and behind.

الإحاصة

إذا كان جسمك من منتفخ عند النصف السفلي (الأرداف، الساقين...) فأنت كمعظم النساء تتمتعون بجسم الإحاصة. وتتمتعين على الأرجح ببطن مسطح، لذلك عليك أن تزيد من حجم نصفك العلوي.

إبراز أفضل ما لديك

امنحي جسمك التوازن مع النصف السفلي المتعرج وذلك بارتداء قمصان ذات أكمام حريرية وكبيرة.

ما يجب أن تتجنبه

الأفضل ألا ترتدي الثنانير الواسعة عند الأسفل، المرفقة بذيل أو الضيقة لأنها تزيدك حجماً عند الأرداف والمؤخرة.

PEAR JEANS AND TROUSERS

When it comes to jeans & trousers, stick to simple shapes and darker colours to minimise your bottom half.



Pear perfect pants

- Go for wide leg, flat front trousers or flares
- Clean lines and muted colours are best
- Mid rise styles will be most flattering

Pear wrong trousers

- Skinny jeans and jodhpurs will bring out your hips more
- Cargo pants with pockets on the thigh will broaden you
- Steer clear of light bright colours and bulky buttons

السراويل والجينز لجسم الإحاصة

للحد من حجمك الأسفل تمسكي بالسراويل البسيطة والداكنة اللون.

السراويل المثالية للإحاصة

- العريضة الساقين، المنبسطة والواسعة
- البسيطة والألوان الهادئة
- المتوسطة الارتفاع تلائم جسمك

السراويل غير المناسبة للإحاصة

- تجنبي ارتداء السراويل الضيقة والسراويل التي تشبه ثياب القروسية فهي تبرز أردافك
- ذات القصعة العسكرية لا تلائمك
- الزاهية اللون والمرفقة بأزرار ضخمة

You got introduced to the steps on how you look fabulous, and to make your journey accomplish, you can book a consultation with your Image consultant .

www.abirachkar.com

info@abirachkar.com

Wish a fabulous life..

Abir Achkar



The Ultimate Style Guide
BY ABIR ACHKAR
(Handbook)



GET YOUR FULL PDF BOOK

www.mastersi.net/styleguide.html

© Copyright 2015

