

MY Colour & Style ✿

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CONFIDENT COLOUR PAIRING

Do you ever feel unsure about which colours to wear together? Or maybe you avoid bold shades because you're afraid they'll clash? Mastering colour pairing is the secret to creating visually stunning outfits that reflect your confidence and personality. This guide will teach you how to combine colours with ease, accessorise for impact, and transition your wardrobe across seasons—all while staying true to your unique style.

WRITTEN BY YOUR
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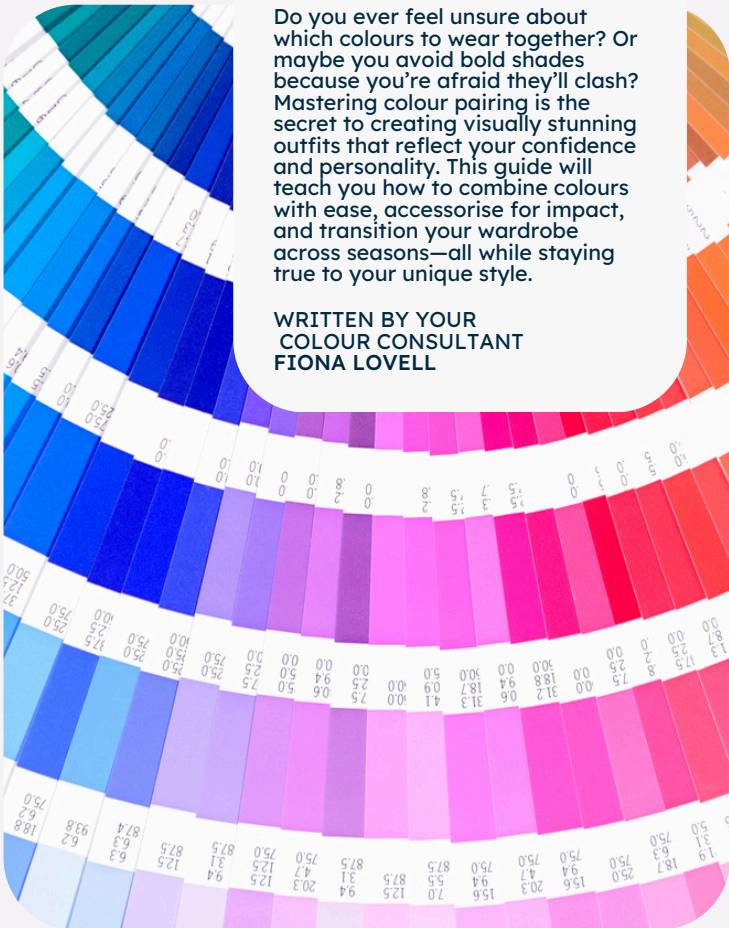




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By the end of this e-book, you'll be able to:

- Understand the basics of colour theory.
- Combine colours for everyday, bold, and seasonal looks.
- Confidently accessorise with colour.
- Integrate challenging colours into your wardrobe seamlessly.

Let's dive in and transform the way you see and wear colour!

Fiona



BASICS OF COLOUR THEORY

Understanding the Colour Wheel

The colour wheel is the foundation of all colour pairing. Here's what you need to know:

- **Primary Colours:** Red, blue, yellow. These cannot be created by mixing other colours.
- **Secondary Colours:** Green, orange, purple. Made by mixing primary colours.
- **Tertiary Colours:** Created by mixing primary and secondary colours (e.g., red-orange, blue-green).

GRAB YOURSELF A COLOUR WHEEL OR DOWNLOAD AN IMAGE



Colour Schemes

1. **Complementary Colours:** Colours opposite each other on the wheel (e.g., blue and orange). These pairings are bold and high-contrast.
2. **Analogous Colours:** Colours next to each other on the wheel (e.g., yellow, yellow-green, and green). These create harmonious looks.
3. **Triadic Colours:** Colours evenly spaced on the wheel (e.g., red, yellow, blue). These are vibrant and balanced.

Warm vs. Cool Colours

- **Warm Colours:** (add yellow) Reds, oranges, yellows. Evoke energy and warmth.
- **Cool Colours:** (add blue) Blues, greens, purples. Offer calmness and sophistication.

WHAT IS COLOUR ANALYSIS

Colour Analysis has evolved significantly since its inception.

Initially popularised in the 1980s, the 4 Seasons System grouped individuals into Winter, Spring, Summer, or Autumn categories based on their skin undertones, hair, and eye colours. While groundbreaking at the time, this approach often oversimplified personal colour palettes, leaving little room for nuance.

To address these limitations, modern systems like the **Absolute 18 Colour Palette System** by the Academy of Professional Image emerged. This advanced method goes beyond the traditional seasonal framework, offering 18 unique and highly customised palettes.

By incorporating factors such as undertone, intensity, and contrast, the Absolute system provides a more precise and personalised approach, enabling individuals to discover the colours that truly harmonise with their natural features. Fiona is Certified Colour Consultant trained in the Absolute 18



EVERYDAY COLOUR PAIRING

CLASSIC COMBINATIONS

Navy and White: Timeless and crisp, perfect for work or casual outings.



Beige and Blush: Soft and elegant, ideal for spring.



Grey and Black: Sleek and modern, a go-to for minimalists.



TIPS FOR EVERYDAY PAIRINGS



Use neutrals as your base and add pops of colour.

Stick to two or three colours per outfit for simplicity.

Incorporate patterns like stripes or polka dots to add interest.





BOLD COLOUR PAIRINGS

Vibrant Combinations

Red and Fuchsia: A daring yet cohesive pairing.

Teal and Mustard: Bright and playful for a standout look.

Purple and Orange: Unexpected but visually striking.



Balancing Bold Colours

Use neutral accessories to ground the outfit.

Ensure one colour is dominant and the other is an accent.

Experiment with layering (e.g., a teal coat over a mustard dress).



MIX WITHIN YOUR SEASON

The following examples provide a general overview and are not as detailed as the 18 Absolute Colour Palettes I use in My Colour and Style Colour Analysis.

Cool & Light

- Pastel tones: Mint, baby pink, lavender.
- Pair light colours with neutrals like cream or beige.



Warm & Light

- Bright and clear colours: Turquoise, coral, lemon yellow.
- Add white for a fresh, breezy look.



Warm & Dark

- Earthy tones: Olive, burnt orange, mustard.
- Pair with deep neutrals like chocolate brown.



Cool & Dark

- Jewel tones: Emerald green, sapphire blue, ruby red.
- Combine with black or metallics for festive outfits.





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POWER WHICH
DIRECTLY
INFLUENCES
THE SOUL."
- WASSILY
KANDINSKY**





ACCESSORISING WITH COLOUR

COLOURS IN YOUR OUTFIT GO BEYOND THE TOP AND BOTTOM

- How to Use Accessories to Enhance Outfits
- Scarves: Add a pop of colour to neutral outfits.
- Jewellery: Choose statement pieces in bold hues to draw attention.
- Shoes and Bags: Coordinate with your outfit's colour palette or use them as a contrasting accent.



Tips for Colourful Accessories

Match your accessories to your eye colour for a cohesive look.
Use metallics (gold, silver) to complement any colour palette.
Experiment with colourful belts or hats for unique styling.

OVERCOMING COLOUR CHALLENGES



TACKLING TRICKY COLOURS

- **Neon:** Pair with neutral tones to avoid overwhelming the outfit.
- **Muted Shades:** Combine with brighter colours to avoid looking dull.
- **Unusual Hues:** Experiment with layering to blend them into your look.

EXPANDING YOUR COMFORT ZONE

- **Start small:** Add challenging colours as accessories before committing to larger pieces.
- **Pair with your favourite colours** to create familiarity.
- **Seek inspiration from colour pairings** in nature or art.



THANK YOU FOR READING!



Congratulations! You've taken the first step toward mastering the art of colour pairing. Whether you're building your confidence with everyday classics or experimenting with bold combinations, remember that colour is a powerful tool for self-expression. Your wardrobe is your canvas—have fun painting it with shades that bring you joy and confidence.

Ready to take your colour knowledge to the next level? Book a personalised colour analysis session today and discover your unique palette!



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