

eBook

6 Colour Mistakes That Age You

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Feeling invisible in your wardrobe? Struggling to look vibrant and confident? This guide is your secret weapon to understanding how colour can transform your appearance and knock years off your look. In just a few pages, you'll uncover the six most common colour mistakes that age you—and more importantly, learn exactly how to avoid them. Whether you're navigating life transitions, rebuilding your style confidence, or simply wanting to look and feel your absolute best, these professional insights from a certified colour analysis expert will help you create a wardrobe that makes you look younger, more radiant, and completely effortless. Get ready to see yourself in a whole new light.

www.mycolourandstyle.com.au

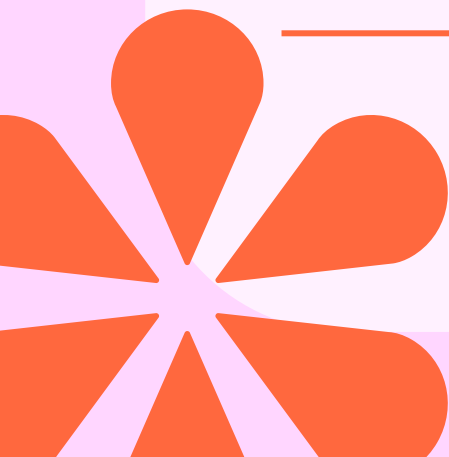


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MISTAKE 1

Wearing Black Everywhere



The Aging Trap:

- Black can create harsh shadows and drain your natural radiance
- Washes out skin tone, emphasizing fine lines and uneven skin texture
- Creates a stark, severe look that can add years to your appearance

Smart Solution:

- Replace pure black with softer neutrals like charcoal, navy, or deep olive
- Choose colors that complement your personal colour palette
- Use black strategically as an accent, not a total look

MISTAKE 2

Ignoring Your Skin's Undertone



Your skin's undertone is the subtle hue beneath the surface that never changes, regardless of sun exposure or makeup. Think of it as your skin's permanent "filter"—either cool (pink, red, or blue hints) or warm (yellow, peach, or golden hints). This undertone is the secret to why certain colours make you glow while others leave you looking tired or washed out. When you wear colours that harmonise with your natural undertone, your skin appears clearer, brighter, and more youthful. It's the foundation of all successful colour choices and the first thing we analyse in a professional colour consultation.

Are you aging yourself?

- ✓ **The Aging Trap:**
 - Wearing colors that clash with your natural undertone
 - Creates a tired, washed-out appearance
 - Highlights skin imperfections and uneven skin tone



- ✓ **Smart Solution:**
 - Determine whether you have cool or warm undertones
 - Select colors that harmonise with your natural coloration
 - Use colour analysis to identify your perfect palette

MISTAKE 3

Fading into neutrals

Beige, taupe, greys and muted tones might feel safe, but they're the quickest route to becoming invisible. These colours can drain your energy, wash out your complexion, and add years to your appearance. Your wardrobe should be a celebration of your personality, not a camouflage. Strategic colour choices—particularly those that add a gentle pop near your face—can instantly lift your look, create dimension, and bring a youthful vibrancy that neutrals simply can't achieve.



Are you fading into the background?

✓ The Aging Trap:

- Defaulting to beige, taupe, and muted tones
- Creates a bland, invisible look
- Lacks vibrancy and personal expression



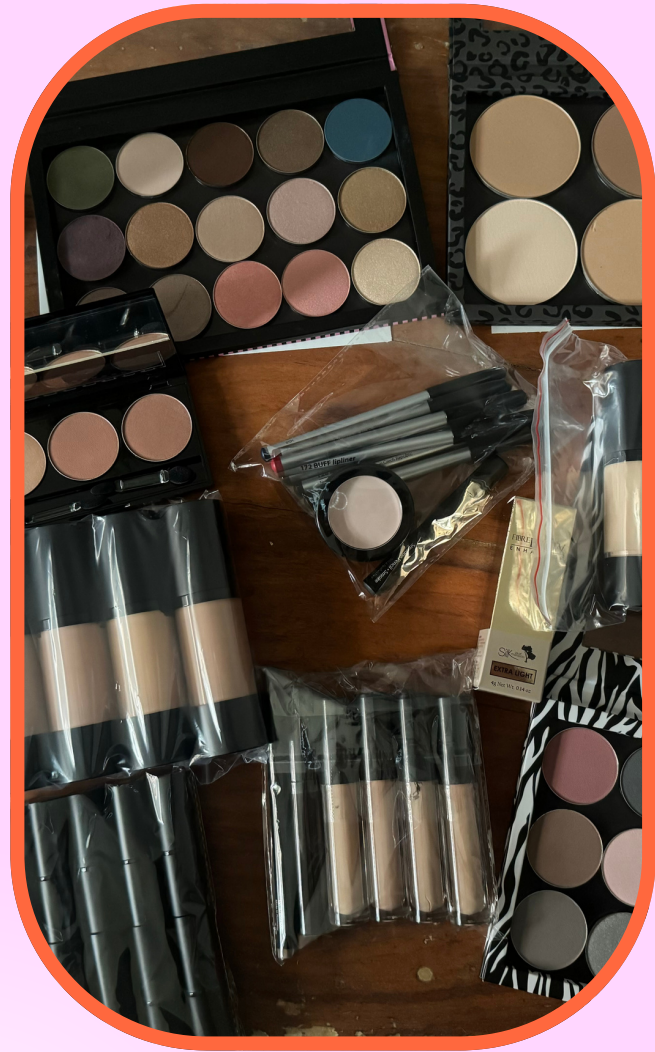
✓ Smart Solution:

- Introduce strategic pops of colour near your face
- Choose jewel tones or soft, flattering shades
- Use colour to bring energy and youthfulness to your look



MISTAKE 4

Outdated Makeup Colour Choices



The Aging Trap:

- Wearing foundation too light or dark
- Using makeup colours that don't complement skin tone
- Harsh or muddy eyeshadow and lipstick selections

Smart Solution:

- Match foundation precisely to your skin's undertone
- Choose makeup colours within your personal colour palette & undertone
- Use age-defying, luminous makeup techniques

MISTAKE 5

Neglecting Colour Contrast

The Aging Trap:

- Wearing flat, monochromatic outfits
- Lack of visual interest and dimension
- Creates a dull, aging appearance

Smart Solution:

- Create gentle colour contrasts
- Mix complementary colours strategically
- Use your personal colour analysis to guide contrast





Do you have colour in your hair, skin & eyes?

Wearing flat, monochromatic outfits is like painting with a single brush stroke—boring and ageing. Colour contrast is about creating visual interest, depth, and dimension in your look. It's not about wearing bold, clashing colours, but understanding how to mix and match tones that complement each other and your personal colour palette. The right contrast can make you look more dynamic, energetic, and years younger.

- ✓ Let's use your eyes as a signature colour
- ✓ Make your skin glow
- ✓ Compliment your hair colour

MISTAKE 6

Misunderstanding Value Contrast

The Aging Trap:

- Wearing clothing with uniform, flat value (lightness/darkness)
- Failing to create visual depth and dimension
- Losing definition and structure in your outfit

Smart Solution:

- Understand your personal value contrast level
- Create outfits with strategic light and dark combinations
- Use value contrast to highlight your best features

Value Contrast Explained:

- Low Contrast: Soft, blended tones (great for soft, muted looks)
- Medium Contrast: Balanced light and dark elements
- High Contrast: Bold, dramatic differences between light and dark

Value contrast is the secret weapon of sophisticated styling that most women overlook. It's about the interplay of light and dark within your outfit, creating depth and structure. Wearing all light or all dark tones can make you look flat and one-dimensional.

Understanding your personal value contrast—whether you're best in soft, blended tones or dramatic light-dark combinations—can transform your entire look, adding sophistication and a youthful edge to your style.



Low Contrast



High Contrast





Colour analysis is a professional assessment that determines your most flattering colour palette based on your natural colouring—skin undertone, eye colour, and hair colour. Using the internationally recognised AOPI (Academy of Professional Image) system, we analyse over 50 carefully selected colour swatches against your complexion to identify your unique seasonal palette from 18 distinct categories. This isn't guesswork or personal preference—it's a systematic approach that reveals which colours make you look radiant, healthy, and youthful, and which ones drain your energy and age you. During a consultation, we examine your undertone, value contrast, and colour intensity to create your personalised colour roadmap. The result? A curated palette that transforms your wardrobe decisions from overwhelming guesswork into confident, effortless choices that consistently make you look and feel your absolute best.

Conclusion and Next Steps

Fiona is a Certified Colour Analysis Consultant (AOPI) dedicated to helping women discover their most flattering colours and styles. With a background in personal training and nutrition, she brings a holistic approach to Personal Styling. Ready to Transform Your Look? Book a personalised Colour Analysis session and unlock your most vibrant, youthful self!

Book Now:

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