

Wardrobe Rescue: Say Goodbye to Black and Rediscover Your Style

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About The Author-Fiona

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“Colour can raise the dead. At least it can turn a dull day into a bright one.”

— Veronique Henderson,
personal stylist and co-author of
Color Me Beautiful



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Why did I start My Colour & Style? I had a closet full of clothes but nothing to wear. Some items still had tags, some I'd never worn, and others I disliked once I wore them. My wardrobe was overflowing with mismatched, dull black activewear and clothes that just took up space.

Scrolling through TikTok one day, I found a Personal Stylist offering "Wardrobe Audits." It was exactly what I needed. The idea was simple: remove 20% of your wardrobe! However, I realized my 20% was someone else's entire closet, so I had work to do.

This was the beginning of my journey. I usually wore black activewear, and my outfits were too casual and mismatched, prompting a desire for change.

I learned about 'Personal Styling,' focusing on clothes that enhance my body shape. I explored 'Colour Analysis' to find colors that suit me and why certain styles work for some but not others.

Now, I'm a Qualified Colour Analysis Consultant through AOPI, based in Doreen, Melbourne. I offer Colour Analysis and Personal Styling services from my home studio or virtually. Understanding my Body Shape and Personalized Colors has allowed me to dress with confidence and refine my style.

Wave Farewell to Black and Reignite Your Style

Hey there, style seeker! If your wardrobe feels like a sea of black and you're stuck in a style rut, this is your sign to hit refresh. It's time to rescue your wardrobe and rediscover your unique style.

Black might feel like the “safe” option, but the truth is, it's not doing you any favours unless it's part of your natural colour palette. That's where colour analysis and personal styling come in. When you know your BEST colours, everything changes—you'll feel more vibrant, look younger, and getting dressed will become so much easier.

Ready to ditch the black and inject some personality into your wardrobe? Let's go!

Why Colour Matters

Ever wonder why some outfits make you feel like a million bucks while others make you feel... meh? It's all about the colours.

When you wear the right colours:

- Your skin glows.
- Your eyes pop.
- You look more awake, vibrant, and put together (even if you just rolled out of bed!).

When you wear the WRONG colours:

- Your skin can look dull or sallow.
- You might feel like your outfit is wearing YOU.
- You'll instinctively avoid those clothes without knowing why.



Pro Tip: A professional colour analysis helps you identify the shades that work with your natural undertones, making shopping and styling a breeze.

Understanding Your Colour Palette

03

After a professional Colour Analysis using the Absolute Colour System, you'll be matched with one of 18 scientifically developed colour palettes — based on your unique undertone (warm or cool), value (light to dark), and intensity (bright or muted).

Forget the old idea of being boxed into just Spring, Summer, Autumn or Winter. This system is way more refined and personalised — with 9 warm palettes and 9 cool palettes, so you'll get a match that truly harmonises with your natural colouring. This isn't about limiting you — it's about making your wardrobe work smarter. Once you know your colours, choosing what to wear becomes easier, more fun, and way more flattering.

✨ Warm palettes include radiant, spicy, rich, and golden tones like coral, apricot, olive, and terracotta.

❄️ Cool palettes feature refined, elegant, sophisticated, and crisp hues like rosewood, navy, charcoal, and icy pink.

With your personal palette in hand, you'll stop wasting money on clothes that don't suit you and start building a wardrobe that works together effortlessly — and makes you feel confident, stylish, and 100% you.



The Problem with Too Much Black

01 Undertone

It's slimming, yes—but only if it suits your undertones.

02 Too Dark

For many people, black actually drains colour from the face, making you look tired

03 It's not a colour

There are better alternatives! Deep navy, charcoal, or chocolate brown can have the same slimming effect—without the dullness.



Pro Tip: If black is NOT in your palette, try replacing it with a deep jewel tone (like sapphire or emerald) for a more flattering alternative.

Building a Capsule Wardrobe with Colour

A capsule wardrobe is a small, versatile collection of clothes that mix and match easily.

How to create a capsule wardrobe using YOUR colours: ☒ Choose 2-3 base neutrals (e.g., navy, cream, grey). ☒ Add 3-5 accent colours from your palette.

☒ Include different textures and patterns to keep it interesting.

01

Neutral Base

Navy blazer + cream trousers + white blouse



02

Accent

Add a scarf in your favourite colour or a handbag in 'complimentary' colour.



Pro Tip: When you stick to your palette, everything will match effortlessly!

Mixing and Matching Colours Like a Pro



Once you know your colours, mixing and matching gets easier.

Try these combinations:

01

Analogous

Colours next to each other on the colour wheel (e.g., blue + green, green + yellow, yellow + orange, orange + red, red + purple, purple + blue)



02

Complimentary

Colours opposite each other on the wheel (e.g., purple + yellow, green + red, orange + blue).



03

Monochrome

Wearing different shades of the same colour for a sleek look.



04

Triadic

Three colours that are evenly spaced around the color wheel. Blue + Red-Orange + Yellow-Green, Red + Blue + Yellow, Green + Purple + Orange, Purple + Green-Yellow + Red-Orange, Yellow + Red + Blue



Pro Tip: A personal styling session helps you refine your style and figure out how to make it work with your lifestyle, by going through a Lifestyle & Personality Questionnaire

Finding Your Signature Style

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"It's a new era in fashion—there are no rules. It's all about the individual and personal style..." Alexander McQueen



01. Create a Pinterest Board



02. Notice patterns



03. Experiment



Pro Tip: A personal styling session helps you refine your style and figure out how to make it work with your lifestyle, by going through a Lifestyle & Personality Questionnaire

Dressing for YOUR Body Shape

01. X Shape – Gorgeous, Feminine, Curvy

Suits: Fitted styles that hug the waist and show natural curves.

Avoid: Boxy shapes that hide the waist or add bulk at the bust and hips



03. I Shape – The model figure

Suits: Layering, texture, and playful details to add volume.

Avoid: Ultra-minimal outfits that make the frame look flat.

05. A Shape – Feminine and Curvy

Suits: Structured or embellished tops to balance the upper body.

Avoid: Bottoms that add bulk — like cargo pockets or horizontal stripes on hips.



07. 8 Shape – Curvy and Feminine

Suits: Wrap dresses and curved seams that softly define the waist.

Avoid: Straight cuts that flatten your shape or compress the bust.

02. V Shape – Strong and Dynamic

Suits: Bottoms with volume (like wide-leg pants) and deep V-necks.

Avoid: Shoulder pads or busy tops that exaggerate the upper body.

04. H Shape – Balance

Suits: Belts, peplums, and jackets that create waist definition.

Avoid: Shapeless styles that reinforce a straight silhouette.

06. O Shape – Curvy and Lush

Suits: Empire lines, V-necks, and flowy tops that skim the midsection.

Avoid: Clingy fabrics around the tummy or high necklines that crowd the bust.

08. A Shape – Feminine and Curvy

Suits: Structured or embellished tops to balance the upper body.

Avoid: Bottoms that add bulk — like cargo pockets or horizontal stripes on hips

Pro Tip: A personal styling session will help you figure out what works for YOUR shape.



"The best color in the whole world is the one that looks good on you." Coco Chanel

The Power of Accessories

Accessories are the easiest way to inject colour into your wardrobe.

A statement handbag in your best colour.
Earrings that bring out your eye colour.
A patterned scarf that ties together your outfit.



Shopping Smart with Colour and Style in Mind



01. Stick to your palette

No more impulse buys! You have 50 colours

02. Invest in quality basics

A well-fitting blazer in your best colour will go further than 10 cheap tops

03. Use a shopping list

Focus on what you actually need. Build a 'list' of your essentials based on your lifestyle

Pro Tip: Take a swatch of your colour palette shopping with you!

The Confidence Boost of Wearing Your Colours

01 You'll feel put together.

Like your outfit is working for you, not against you.



02 Your morning routine becomes quicker

No more second-guessing or outfit changes

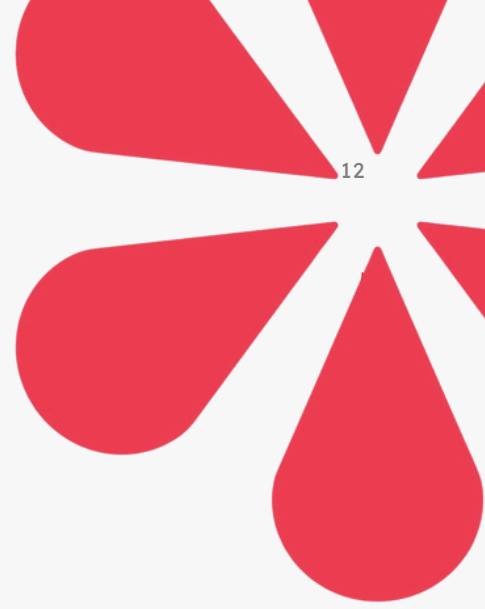
03 Compliments will roll in!

and not just about the clothes, but you.



Pro Tip: Confidence starts with knowing YOU look good.

Next Steps – Take the Guesswork Out of Style



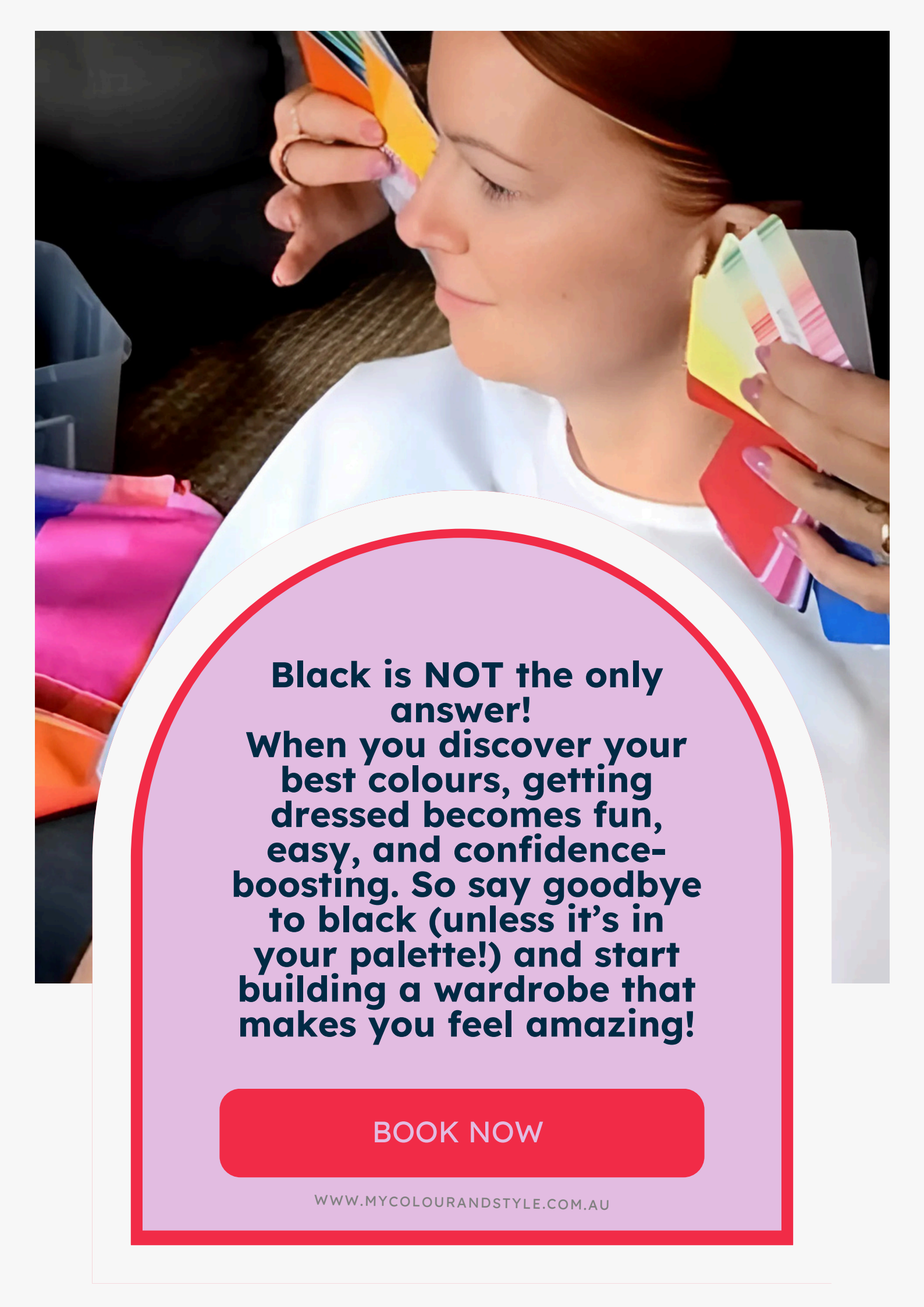
Now that you've got the basics down, the next step is to make it personal.

 Get a Colour Analysis – Discover your season and palette.

 Book a Personal Styling Session – Learn how to dress for your shape and style.

 Build Your Dream Wardrobe – Start small, focus on quality, and have fun!

MY Colour & Style *



**Black is NOT the only
answer!
When you discover your
best colours, getting
dressed becomes fun,
easy, and confidence-
boosting. So say goodbye
to black (unless it's in
your palette!) and start
building a wardrobe that
makes you feel amazing!**

BOOK NOW

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