



Fashion at any age

Fashion is growing up at last, says Kirstie Smillie.

What's inspiring about fashion now is that you can really wear whatever you like. Slim, skinny, wide, loose or oversized, in colours that lift your mood and shapes that flatter you. Roll collars may be on trend but I know plenty of women who can't stand high necks - all too hot. And the wide trouser is a godsend for my pear shape but without height they can often be overpowering on the more petite. Trends come and go and some stay longer than others. Jumpsuits have lasted quite a few seasons and are a favourite of mine to elongate many shapes, whereas fringing on boots, bags and jackets may have a shorter life (unless you idolise Calamity Jane!).

It's all about choices. Research on-line or in magazines for the garments you need before you go out shopping. Prioritise where you spend your budget on garments that will get the most wear. Simple solutions often mean classic style choices, dotted with fun additions. A mad little whim here or there is great, but the main focus is on lasting quality. This applies if you are buying designer, high street and second hand, just select carefully.

Thankfully, fashion's age restrictions are becoming blurred too. Women of a certain age are being recognised as stylish in their own right. I love seeing women in their prime (and men) who are still vital and want to make a statement with fashion, and we have some great celebrities paving the way for this new acceptance. Helen Mirren, now an ambassador for L'Oreal and the model and author Inès de La Fressange,



Above: Helen Mirren. Below: Inès de la Fressange



with her Uniqlo range, both have classic beautiful styles.

Personally, now sitting past my mid forties, I am loving fashion more than in my thirties. At that point my life was about children, a changing shape, a new career around child care with not enough time to really focus on me. But as I now spend a lot of time researching for clients looking for specific styles, I do see what's out there on a regular basis.

And our looks will keep changing. My style has changed as I've grown up - a bit gothic at art college, sleek and simple studying fashion design, more alternative and creative as a magazine stylist in London, to mainly black as a personal shopper at House of Fraser. These days, as a personal stylist, I love classic with vintage, and prints are always part of what makes me tick. My shape is curvy, not all in the right places, but I have adjusted to find clothes that move me and fit how I like them. Comfort is hugely important, but I also want to enjoy and be excited by the clothes I wear.

Try not to be persuaded by press images alone just because the model looks amazing - can you carry it off confidently?

To express my love and knowledge of fashion I now write a weekly blog, so if you would like to receive the weekly insights, just subscribe with your email on my website.

And for 2016 I am planning fashion styling courses in Guildford, so please email to signify your interest for Spring dates. Email me at kirstie@kirstiesmillie.com.

A splash of colour near your face will lift classic colours and your complexion.



Reef print scarf, £18 M&S



Add a few fun additions, fur, waistcoat or funky accessories like eye widening glasses on Linda Rodin for The Kooples (far right).



Waistcoat, £120 Ted Baker



Choose lux fabrics of leather, cashmere and pure cotton shirts, shown here by Vanessa Redgrave (left) and Charlotte Rampling (right).



Leather jacket, £259 Mint Velvet



All images found on www.pinterest.com

Kirstie Smillie is a Personal Fashion Stylist. Contact her at kirstie@kirstiesmillie.com, call 07773 234947 or follow her new blog on www.kirstiesmillie.com.