

Dilemma: full wardrobe, no outfits!



• FASHION

With Kirstie Smillie

Some people look in their crammed wardrobes but can't find a thing to wear. Does this sound familiar, asks personal stylist Kirstie Smillie?

APPARENTLY THE average woman in the UK wears just five outfits on a rarely altering loop and as we all love a survey, here are some more of Oxfam's fascinating findings:

- * Nearly half of the nation admit to having 'wardrobe rage' (irrational tantrums when choosing an outfit)
- * On average, women spend seventeen minutes choosing a look, with men spending thirteen minutes.
- * Almost a third of Britons feel that their wardrobe is a mess and half confess they need to declutter.
- * There are 3.6 billion clothes left unworn, a whopping 57 items per person, an average of 16 items left unworn.
- * One in ten also arrive late for work because of the time spent in choosing their outfits.
- * Twenty one percent of women admitted that choosing an outfit caused them to row with their partner, and fourteen percent have refused to go out as a result of struggling to feel happy in an outfit.



You can start the process yourself with small steps. It is one of those jobs you can tackle on a free morning or a Saturday afternoon; give yourself some 'me time', and enjoy a good clothes cleanse.

Tackle one drawer at a time.

Take everything out, T-shirts, sweaters, crumpled vest tops. Do they fit? Are they clean? Do you still wear them or could they be useful hanging with that low top that always gapes? Then only put back in wearable, clean items and deal with the others. Another day, another drawer until you are ready to work on the full wardrobe spaces.

Give yourself an hour.

Decide on a time to look at individual items and try them on. Make an outfit and hang them together to save time, even with the right underwear which is sometimes hard to find at 7am.

Do they need altering?

Perhaps the jacket sleeves are too long? Take them along to your local alteration shop and get them to pin and shorten for you.

Shorten loved prints to make more wearable tops or even change their identity altogether, cushions are a simple solution.



Does it make you smile?

Such a small thing, but with all the sadness around, clothes can be a comforting layer in your life. Maybe just a soft luxury fabric, a beautiful print or a link to fun memories. A recent client had her lovely mother-in-law's jackets that we had altered to fit, as they were great fabrics and reminded her of sentimental times.

Learn to let go

Give yourself permission to let go of clothes that may have cost too much and have hardly been worn. We all make mistakes but it's better to sell or give to charity for someone else to enjoy instead of harbouring guilt over it.

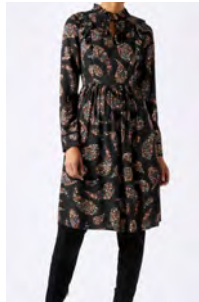
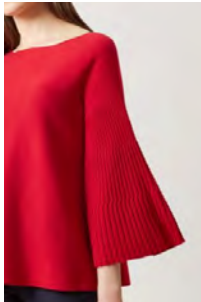
Add one or two new

Once your wardrobe is clear of clutter, think about adding a few classics for the new season. A check jacket, an alternative to leather with jeans and dresses; a splash of the hot autumn colour, red; soft prints in winter florals and an alternative to denim, corduroy is back again.



The inspiration:

Check jacket with crisp white shirt
Red sweater layered over stripes
Dark florals with bright accessories
Add a block heel to add feminine proportions.



Where to find it:

Massimo Dutti wool coat, £179
Hobbs wool blend sweater, £89
Monsoon Tilly Dress, £69
Toast cord pleated trousers, £125.

10 FREE CONSULTATION SESSIONS

If you feel you would like to chat about using the services of a Fashion Stylist, but are not entirely sure what it all means, here is a chance to meet over coffee or email all your questions to discuss your own wardrobe dilemmas. Offer open throughout November. Email kirstie@kirstiesmillie.com now!

Kirstie Smillie is a Personal Fashion Stylist. Follow her style blog www.kirstiesmillie.com. For appointments, email kirstie@kirstiesmillie.com or call 07773 234947.

All images found on www.pinterest.com