

Great Clothing Chi!

(What does your wardrobe say about you?)

by Diane Alba-Means

It only takes a few seconds to develop our first impression when we initially meet someone. Although our first impression should not be based on looks alone, the truth is, how we present ourselves, especially in a business environment, makes a lasting impression. We live in a very competitive world and it is to our advantage to take the steps necessary to create a great first impression.

Here are a few basic tips for creating great chi (energy) for your wardrobe!

1. Organize your closet. Remove items that need mending, items that do not fit the size you are now, or items that have not been worn for over a year.
2. Go through each item and take a wardrobe inventory. Note what items are missing to complete your wardrobe. For example, you may have twelve tops, but only two or three bottoms.
3. Make a wish list of items needed to complete an outfit. A good rule of thumb for the working woman and man is to have five outfits ready to wear for the work week ahead.
4. Shop wisely, look for pieces of clothing and accessories that would work well with the items you already have in your closet.

Now that we've addressed the practical side of creating a successful wardrobe, add a little spice by incorporating something from this season's fashion trends. I've taken the SUMMER FASHION FORECAST and indicated how you can incorporate the Five Element theory of Feng Shui with this season's dramatic colors, styles and trends. ***Spring is also the time to rejuvenate your wardrobe with new colors and style! Look for these vibrant shades to add vitality to your personal well-being.***

Feng Shui Fashion Color Forecast for Spring & Summer 2005

The trend is moving to bright, vivid tones and shades of the rainbow. **Fire** element reds include flaming shades of geranium and corals, as well as pink in tones of begonia, raspberry, fuchsia, hot pink and watermelon. The **orange** color family of carrot, pumpkin and tangerine are also included in this category. **Wood** element greens include a more yellowed palette of lime, chartreuse, kiwi, apple and jade. The **Water** element colors are aquamarine, turquoise, sky and lapis blue to softer shades of lilac and periwinkle. The **Earth** colors are represented by lemon and daffodil yellow, as well as cinnamon, taupe and soft browns. And lastly the **Metal** element colors are shown in neutrals of white, ivory, silver grey, slate and fabrics with metallic shimmer effects.

Closet Organizing Tip:

1. Go through your closet item by item. Remove those items you know you will not wear. Be sure to include shoes in this process.
2. Hang like garments together: pants with pants, blouses with blouses, skirts with skirts, etc.

In closing, fashion your own unique style, by combining the five elements to create an outfit that you feel good and look great in. Visual interest can be created by wearing a skirt, pants or jacket in a textured boucle' fabric, combined with a soft, jewel-toned satin top and shiny metallic jewelry. Finish the look with leather belt and shoes. Combining colors, textures and elements will give your wardrobe a winning combination to help you succeed in all your endeavors.

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Diane Alba-Means, owner of Hawaii Feng Shui is a professional Feng Shui practitioner, Color Expert and Decorator. She is a graduate of Lillian Too's Feng Shui Institute, The Western School of Feng Shui and Bauder College of Fashion and Interior Design. For 19 years, Diane has been assisting clients in creating harmony and beauty in their environments through Feng Shui and design consultations for their homes and business.