



THE

# RELAXED

*personality dressing style*

## PERSONAL STYLE BASE

Your base personality dressing style is at the core of your style, leave it out of any outfit and you just won't feel right. So let's jump right into the style so you can understand more about what you're looking for.

## RELAXED STYLE COMMUNICATES

The message of the Relaxed style is that you're easy-going, approachable and unpretentious.

Your style is simple and isn't fussy and you're always ready to get-up-and-go.

Relaxed



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## Relaxed Patterns



## KEY ELEMENTS

Key elements of the style include a desire to feel comfortable in your clothing, so styles are looser and made from stretch fabrics that move with you. You prefer wash-and-wear clothing and get up and go styles.

You'll find textural matte fabrics with minimal patterns (a horizontal stripe or check are about as patterned as you'll get).

## RELAXED ACCESSORIES

Your accessories are low key and must be comfortable. Polished stones such as turquoise or lapis lazuli, not cut diamonds, or jewellery made from natural materials such as wood and coral are common.

Thicker rubber-soled shoes such as Birkenstocks and sneakers or flat sturdy boots.

Handbags are made from fabric or leather in styles such as backpacks or messenger bags - hands-free get up and go is important to you.

## GROOMING

Your grooming is low-maintenance, wash and wear or tied in a ponytail. Makeup is minimal (or you just don't wear it).

You can feel overdressed very easily and will more likely resort to jeans or casual clothing whenever you can.

To get the full picture on how to dress for your personality as well as discover your best colours, your figure flattery guidelines and your personal style values join my [7 Steps to Style Program](#) - because defining your personal style is the easiest way to have a wardrobe full of clothes you love to wear.

