

Putting Light and Dark Colors Together

Do you know about the "rule" of wearing dark bottoms with a light top? I followed that rule until I had my colors done by the creator of the color system that I currently use for my clients.

When I received my color fan, the rule was challenged. The colors were all medium in value - no darks and no lights. **How was I to dress?**

And what about you; do you have that rule? Should you have that rule? The answer is in this guideline: wear clothes that allow the viewer to see you.

Anne, who you see below, demonstrates how this works.



Photo #1 shows what Anne wore to her first **Dress Your Essence™** class. Notice how the dark color of her outfit dominates and doesn't flatter her. Photo #4 is of an outfit that was created on the last day of the class for a presentation she was to give the next day. With it, you not only get to enjoy Anne's many assets, but her head looks more connected to her body. **It's subtle, but through this harmony**

she communicates that she knows what she is doing. It says she has her act together!

I was curious to see what effect applying the old “dark pants” rule would have on Anne’s outfit, so I darkened Anne’s slacks. See them in photo #2. The effect isn’t as good; the darker slacks dominate so much they cause a disconnection between Anne’s top and bottom. Only when the slacks are lightened to the shade you see in photo #3, do you get a harmonious full view of Anne again.

How can you determine your best light/dark range? If your hair is dark, you will be able to wear darker colors. If your hair is medium or light, you’ll do better in medium to light colors.

The answer is also available by using the blink test. Stand five feet away from a full-length mirror; close your eyes for five seconds and then open them. **Notice where your attention goes.** If it doesn’t land on your face or another asset, consider changing the light-to-dark range of your garments.

COLOR a Tool of Attraction Booklet

To learn more about the concept of light and dark colors, order the booklet, ***COLOR a Tool of Attraction***. It not only explains how to use principles of color when you dress, but it provides a gray scale for you to use to determine your ideal light/dark range. It covers:

- What Makes Color So Powerful
- The Principle of Repetition
- How Color Conveys a “Pulled Together” Look
- How Color Can Open the Door to Crucial Messages
- How Bright Your Colors Should Be
- How Color Affects Us Psychologically
- How Color Affects Us Emotionally
- The Two Dimensions of Color That Give You the Edge

Order it online at www.womensimageinstitute.com.

About the Author

Nicole Mertes, AICI, CIP, Founder and Director of the Women’s Image Institute, provides transformational training and services to help women glow. She is one of fewer than 100 Certified Image Professionals recognized worldwide by the Association of Image Consultants International. She received their highest member award, the Award of Excellence, in 2006. She offers information, advice, and transformation through her workshops, articles, products, booklets, newsletters, and web site: www.womensimageinstitute.com