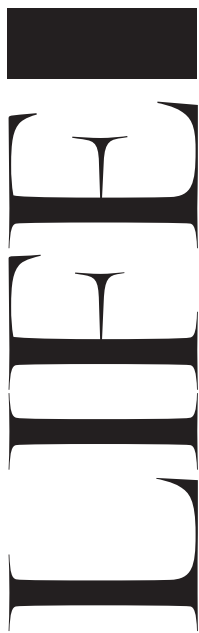


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THE INSIDE
TRACK



Blondes should focus on a lighter colour palette

PERSONAL STYLING

Colour Me Pretty

SPENDING THOUSANDS ON CLOTHES EVERY SEASON AND STILL NOT GETTING THE LOOK YOU WANT? A **COLOUR CONSULTANT** CAN HELP BRING OUT THE GLOW IN YOU

EVER HEARD OF A PERSON who can make your skin look good, make you appear skinnier and save you money at the same time? Enter the colour analyst: a trained professional who can advise what shades bring out the best in you.

Australian colour analyst and image consultant, Imogen Lamport, says she always tells her clients, "If they're looking at your eyes, they're not looking at your thighs." A well-chosen palette will draw attention to your face and away from your body, giving the illusion of weight loss and a toned body.

Some people really like colours they shouldn't wear. According to American colour specialist, Lora Alexander, there are rules to wearing forbidden shades,

"the further away from your face the colour is, the less impact it will have on your overall image," so wear colours that don't flatter in items such as trousers, skirts or shoes.

A person's colouring continues to change throughout their life and will need to be reassessed as ageing takes its toll on skin and hair colour. Having yourself reanalysed by a professional consultant every decade is a good guide for bringing out the best hue in you.

Lamport advises that blondes wear light colours rather than dark ones; those with dark hair and pale skin should also wear light colours, while those with medium to dark skin tones should go for deeper, more saturated colours. For the best results, book a colour consultation to revamp your image.

HUE KNOWS

Most colour analysts have their own methods for determining a person's ideal colours, Imogen Lamport explains her system



1. Find out if the subject belongs in the warm or cool group. This is done by looking at two colours and holding them against a person's complexion.



2. Decide if a subject can wear bright, clear colours, or if they look better in something more muted and soft. This is done by comparing bright and softer versions of a similar colour.



3. If they have pale skin and dark hair, they will need to wear light and dark colours together. However, if their hair and skin are more similar in tone, they will look better in colours that are similar when paired together.

LIKE A STAR

Kevin Costner employed a colour analyst on his 1988 film *Field of Dreams*



