



CINDY HATTERSLEY

Design

AGELESS STYLE-IMOGEN LAMPORT

JULY 29, 2021 BY CINDY HATTERSLEY 19 COMMENTS

Today I am joining my pal Elizabeth (the Vintage Contessa) for our monthly Ageless Style Series. I am happy to introduce you to Image Consultant Imogen Lamport from Melbourne Australia. I have followed Imogen's blog Inside Out Style for quite some time. Imogen is a professionally trained and certified personal Image Consultant and a Certified Type Practitioner. Her blog is filled with all kinds of useful tips and her "passion is to help women of all ages and sizes look and feel great every day with easy style solutions". Let's take a look at Ageless Style- Imogen Lamport. We are excited to get to know you a little better.

AGELESS STYLE-IMOGEN LAMPORT



Tell us a little bit about your work as an Image Consultant.

I love helping my clients identify who they are as a person and then express that through their image. I know that finding the colours that make you shine and enhance you make you both feel great as well as look fabulous. I've seen the power of helping people discover their personal style and how it gives them more confidence and raises self-esteem, allowing them to open more doors to new opportunities and challenges and say yes! I also love training aspiring image consultants and personal stylists, sharing my knowledge and helping others turn their passion into a career is so satisfying

MEET CINDY



Hello I'm Cindy, I love design, entertaining and over 50 fashion!

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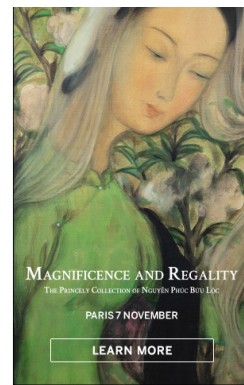
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knowledge and helping others turn their passion into a career is so satisfying.

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When did you start blogging and how has your blog evolved over time?

I started blogging in 2008 and my aim was to create a resource for women to help them define their style and give them the style education they never got growing up. The sad fact is that most women feel clueless with regards to what to wear, they have a hit and miss approach as they follow fashion trends, influencers "must-have" lists because they don't know that there is a science to style (as well as an art) and that you don't have to be born with style to develop great personal style. It's now turned into what I call the encyclopedia of colour and style as I have thousands and thousands of blog posts with advice to help you find your style.





Does your work as an Image Consultant influence your style at all?

Absolutely it does – even though people worry that I’m judging them (honestly I’m not unless you’re paying me to judge you and help you), you are judging me as I’m supposed to dress stylishly everyday! So even when I’m just visiting the supermarket and when I’m working at home, I still have to think about what I wear and to present an image that is congruent with my personality and brand.



How Would You Describe Your Style?

Embellished colourful smart casual as my lifestyle is fairly relaxed, I spend a lot of time in front of my computer at home, and don't need corporate kinds of clothing. Love to be comfortable and my clothes to function but look stylish in an authentic way. I always wear accessories that express my personality. I love mixing patterns (in a subtle way) and finding unique and interesting accessories to add. As I am a cold person (I really feel the cold) I have to layer a lot and that means my winter wardrobe individual pieces can be more boring and dull (otherwise they just don't layer well) so those accessories really come into their own to add interest to my outfits.



Do you have a style muse?

No I don't. Nobody else has my exact physicality and personality. I like my style to be authentic to me.

I know your hair color has gone through many changes, and you have recently gone gray. Have you had to adapt your colors to accommodate your change in hair color? I know many of my readers are interested in hearing more about this. Please share your journey with us.



When I went from dark brown to blonde my colours changed from being mostly dark to medium to mostly medium to light. And then as I've gotten older and I've decided to embrace my grey, my colours are softening down too. The only change in my makeup has been going from a taupe eyebrow pencil to a grey one! I've also found that my best neutrals have gone from black (with very dark brown hair) and navy, to white (as the platinum blonde) and now to lighter shades of grey, which never looked good when I had the very dark hair! Finding the colours that work with you today will make you look more healthy and gorgeous. Wearing colours that harmonize with your colouring is like listening to music that is in tune. It's just more beautiful.

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What is your favorite accessory?

I've been in love with statement necklaces for some years they add personality and interest to any outfit. But I'm also having fun with brooches, and the more the merrier, one (unless it's huge) is just not enough!





What are your favorite color combinations?

For me I love blue with pink or red or violet, green and violet, teal with almost anything, There are so many great colour combinations you can try!

What are your favorite beauty products and why can't you live without them?

Mascara – I have very light eyelashes and Mascara is the product I can't live without. After that, I need blush and lipstick as I can look washed out without them!

Do you have any style rules that you live by, or do you choose to break the rules?

I don't have rules, I have guidelines – I think about them as handrails, not handcuffs. I will only wear colours that suit me as colours that don't flatter make me look ill, older, and washed out, not something I want! I'm all about finding out who you are on the inside and expressing that on the outside through your style, so it's authentic and congruent to who you are.



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What are your favorite online and or boutique sources?

I love Etsy for jewelry, unique and interesting handmade pieces to add to my collection. And www.styletread.com.au for shoes. Otherwise, I shop very broadly, I have no favourites, it's more about individual garments than

designers, boutiques or particular sources. I'm always looking for unique pieces

Do you have a particular diet and or exercise regime that you follow?

I try and eat mostly healthily, I believe in moderation and so have some dark chocolate every day and wine on weekends. I walk an hour every day plus do yoga and pilates 4-5 times a week.

Do you have any anti-aging foods and or supplements that are your go-to's?

I take zinc for my skin (still get pimples and zinc helps with this) and vitamin D in winter as I tend to be low in that. Other than that I try and eat a variety of fresh unprocessed foods in all the colours, so red and blue berries, orange carrots and citrus fruits, yellow corn, greens of all sorts. I'm all about moderation and enjoying life, not denying myself anything, but also avoiding the foods that are heavily processed and full of sugar

What advice do you have for women over 50?

Claim who you are and let the world see that. Become *more* you rather than less. Fashion is a tool, style is your home, and discovering how you want to express your personality from the inside out through your style will give you confidence. Change is the once constant you can expect in life, and your style will keep changing as you continue on with your life. It shouldn't remain static, your style should continue to evolve just as fashion trends change as do the seasons. If you don't love something, don't buy it. Having a wardrobe full of "it'll do" clothes is a recipe for feeling unstylish. You want your wardrobe to inspire you and make you feel great as well as look fabulous in your own unique way. Style is not about age, body type or number. Style is also a science, there are concepts you can learn to help you develop your style if you don't have the natural ability to put together stylish outfits. You were taught how to physically get dressed as a child, but not how to select the clothes that express your personality, that harmonize with you physically and that work for your life and lifestyle. We tend to get more clothing challenges with age (like feet that no longer can stand heels) but this doesn't mean you can't be stylish. As they say, "be you, everyone else is taken" and this goes for your style as well!

GET IMOGEN LAMPORT'S AGELESS STYLE LOOK



Thank you for joining us here on Ageless Style-Imogen Lamport. Be sure and check out Imogen's blog, she has tons of helpful tips and tricks. You can follow Imogen on Instagram [here](#), and on Facebook [here](#).

Just a quick reminder that the Nordstrom Sale is open to everyone now. You can find my women's sale picks [here](#), my Nordstrom Home Sale picks [here](#), and Steve's sale picks [here](#). I am sorry I did not get my Tuesday post out this week! Hopefully next!!

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Now pop over and visit The Contessa for her interview. We never tell each other who we are featuring so it is always a surprise!

THE VINTAGE CONTESSA

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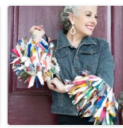
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COMMENTS



Shelbee on the Edge says

August 9, 2021 at 5:38 am

I really enjoyed reading more about Imogen! She has such wonderful style and always offers so many great tips while keeping us all true to our authentic selves! This was such a lovely interview!

Shelbee

<http://www.shelbeeontheedge.com>



Sandra Sallin says

August 2, 2021 at 3:44 pm

Oh my goodness you have to have style just sitting at home? I failed the test. I love your grey hair it goes so well with you beautiful eye's and complexion. It's also lovely to see your radiant smile. Love the colors you choose, You do have to choose different colors for clothes and makeup when you go grey. Also love your necklaces. You're just the whole package.



Imogen lamport says

August 1, 2021 at 8:53 pm

Thanks so much for including me in your series! And thank you to everyone for your lovely comments here as well!



Cindy Hattersley says

August 2, 2021 at 2:38 pm

Hi Imogen

It was my pleasure! I am so glad so many people enjoyed it!!



Juliet says

July 31, 2021 at 3:18 pm

You and Contessa bring us the most lovely, stylish and inspiring woman. I enjoyed getting to know Imogen and that she embraces color! xo



Cindy Hattersley says

August 2, 2021 at 2:55 pm

Hi Juliet

I am so glad you enjoyed it and I am so sorry I missed the party at

I am so glad you enjoyed it, and I am so sorry I missed the party at your lovely home. I am so jealous!



kim says

July 31, 2021 at 7:55 am

Cindy really enjoyed your interview and looking forward to following Imogen! Fun to see her transition to grey also. She has the cutest haircut and style. Really enjoyed this week's interviews so much! xo



Cindy Hattersley says

August 2, 2021 at 2:55 pm

Isn't Imogen just darling!



Karen B. says

July 30, 2021 at 6:24 pm

Such great advice from someone so lovely. Thank you for finding these wonderful bloggers who have such great style and are willing to share their tips with all of us.

xo,

Karen



Cindy Hattersley says

August 2, 2021 at 2:57 pm

Hi Karen

Thank you for always being so supportive! You are the best!



Gayle miller says

July 30, 2021 at 7:42 am

Cindy, thanks for featuring Imogen. I have followed her for a while now, and have learned so much. I'm so happy that I've found both of you to enrich my journey. Thanks and kudos to both of you!



Cindy Hattersley says

August 2, 2021 at 2:59 pm

Hi Gayle

Imogen is a great resource for women our age, isn't she? I have learned so much from her as well!



SarahLondon says

July 29, 2021 at 8:06 pm

So lovely to read about a fellow Melbournian who I also happen to follow! I love finding a little bit more about you Imogen. Thank you Cindy for featuring such a talented, stylish lady.



Cindy Hattersley says

August 2, 2021 at 3:05 pm

Hi Sarah

You two need to meet up! I hope lockdown is over soon!!



elizabeth says

July 29, 2021 at 6:41 pm

Claim who you are and let the world see that. Become more you rather than less. !!! I love this quote! I also loved when Imogen said she has no style muse because there is no one like her! We are all unique and all have our own style, moods, body type etc and we should shine our own light and style!



Cindy Hattersley says

August 2, 2021 at 3:06 pm

Hi Elizabeth

Isn't that wonderful? She is so wise.



Sandra Veum says

July 29, 2021 at 2:27 pm

Hello Cindy and Imogen! What a great blog you have, Cindy! I love your feature on Imogen and her Image Consultant business! I am so honored to be published with The Vintage Contessa on the same day that you published the wonderful Imogen! I truly love and respect what both you and La Contessa are doing for women. We are celebrating each other and everyone's diversity and beauty with all ages and sizes! Imogen, you are talented and I love your style philosophy! Cindy your interior design is stunning! Bravo to both of you! XO



Cindy Hattersley says

August 2, 2021 at 3:06 pm

Hi Sandra

I just love your style. I am so happy Elizabeth featured you!!



LA CONTESSA says

July 29, 2021 at 7:29 am

HELLO IMOGEN!

WHAT A HAIR TRANSFORMATION YOU HAVE HAD!! LOVE EACH STAGE YOU HAVE FEATURED HERE!

ALSO YOUR STYLE TIPS ARE GOOD!"BE YOU EVERYONE ELSE IS TAKEN "IS THE BEST SAYING!

I gave up heels when I married a man shorter than myself.....at first that was tuff finding a good looking flat NOW THEY ARE PLENTIFUL! THANKS FOR BEING ONE OUR VICTIMS!

WE ADORE AGELESS STYLE AND YOU MUST POP OVER AND SEE MY WARDROBE STYLIST Sandra Veum!

BE THE FIRST TO RECEIVE MY FAVORITE DESIGN AND ENTERTAINING TIPS AND OVER 50 FASHION *Love!*

E-MAIL ADDRESS

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