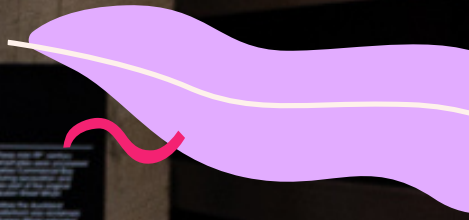



LORNA JANE

no & larkie





This book is provided as a companion to the 'Reset Your Style' presentation available through Carers NZ Weconnect.nz programme.

Mo Doy



SIZE INCLUSIVE STYLIST

Hi there, I'm Mo!

It is my purpose in life to empower women to wear their personalities and show up for their lives.

I work with women of all sizes with a focus on plus size since we've been so overlooked by the fashion community.

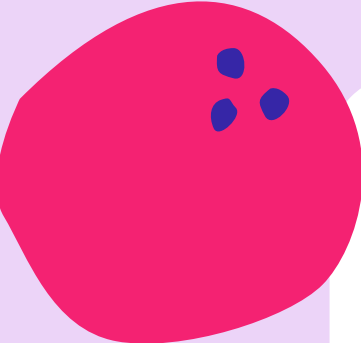
I hope this book will give you some ideas you can use to focus on yourself and have fun with your type.

UNDERSTAND YOUR BODY



We all have hang ups about our bodies, and the media is always telling us we should look a certain way. But we only get one body and it does so much for us - we need to honour it!

On days when I am feeling challenged by the way my body looks I try and remember the following:

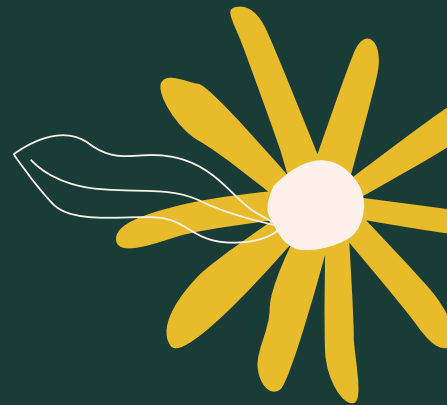
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- Your body WILL change, and that's okay!
 - Size has no moral value - nor does food
 - Move your body because you love it, not because you hate it
 - Other people don't get an opinion on your body - and it's the least interesting part of you!
 - Live your life to the fullest in the body you have NOW.



Unlearn Everything You Think You Know

Ever heard of these style rules?

- Blue and green should never be seen
- Horizontal stripes are 'unflattering'
- Wear heels will elongate the body (unless you're tall)
- Always accentuate your waist
- Wide legged pants only if you're tall
- Only wear the shade that 'suits' you
- Silver or gold, but never both.
- Older or thinner women should cover their collar bones



It's exhausting!

Rules are about looking 'acceptable' to other people, as a way of feeling validated.

They are based on trends which change constantly.

Trends are often based on whatever body type is 'in fashion' right now.

You can wear whatever you WANT.



Find out what you like



Life changes and so do you! Here I am with my second daughter at 6 months old, I didn't know what I liked, and was wearing a uniform of stripy tops and stretchy pants. Totally functional, but I needed some fun too....



6 months later with my eldest daughter (2.5 years old). I added some copper to my hair and started choosing to wear print with Stretch jeans and accessories with personality.

Starting to push the limits a little! Pink hair and mixing prints, having fun with fashion!



Find out what you like



My style Icon: Mindy from 'The Mindy Project'

Watching the Mindy Project inspired me to have fun with fashion again. Bright colours, embellishments, layered collars and graphic prints - I wanted it all!

Think about the characters you see in the media, or even someone you see on the street whose style you admire. What is it about their outfits you'd like to emulate? Do they wear bright colours? Do their clothes have a vintage feel? What elements can you emulate in your own wardrobe?

Make a Pinterest Board



Go to www.Pinterest.com and make yourself a fashion Pinterest board. I typed in 'plus size fashion' as a search and found these fabulous images of women at New York Fashion Week. I wanted to re create some of these outfits, and noticed a lot of them were wearing white boots - I had a pair I'd never even worn!

Pin the pictures you like and refer back to them before you go shopping. Are there any styles in the pictures you have chosen that you love, but have never tried?

Who am I?

Your wardrobe needs to work for you, and your personal style should reflect who you are and what your life looks like day to day. You don't need to wear expensive clothes or sparkles to feel put together (but they're also an option!) Consider the following:



- What are my hobbies?
- What do I feel comfortable in?
- What feels good in my home?



- What's my favourite colour?
- What 5 words really describe my personality?



PLAY - TRY THESE

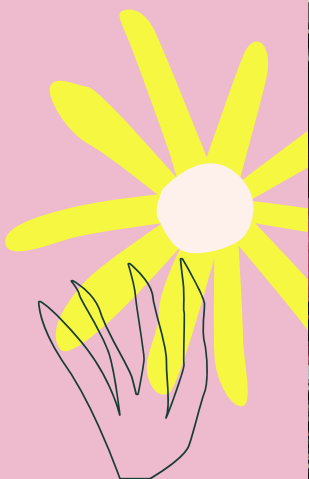
- Choose opposite sides of the colour wheel (like pink and yellow) and mix them together.
- Wear all one colour (including black) and mix textures and fabrics.



Layer a top under or over a dress.



Wear all black with a super bright accessory.



TIP: Shop your shape, this dress goes in where I go in and out where I go out - which means it fits perfectly!



Mix large prints with small prints (use a colour to link them together).

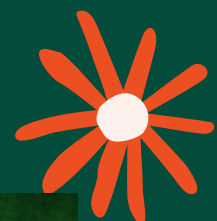


INVEST



When you're ready to do some shopping, it can be hard to know what to spend your money on! Here are some things I think about whenever I go shopping.

- Collect great accessories: A statement necklace, a beautiful handbag, the perfect pair of sneakers. A great accessory can take a very basic outfit to a whole new level.
- Shop second hand: It's good for the environment, it's good for your wallet and it's fun.
- Fit is everything; make sure your clothes feel comfortable on your body, and you can move freely in them. Look for shoulder seams that actually fit on your shoulders and choose shapes that are the same shape as you are for a perfect fit.
- Think price per wear: Even cheap things are expensive if you never wear them.



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