

How to frame your face with the right accessories!

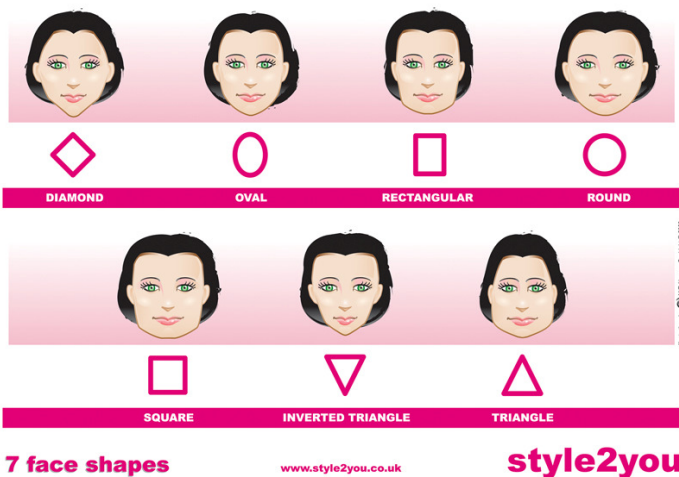
Do you get overwhelmed by the choice of accessories when shopping?

Do you buy statement jewellery pieces that suit your personality but not perhaps your face shape?

Would you like to know how to look current, stylish and harmonious without looking like a fashionista?

Although the accessories [trends](#) for Spring/Summer '09 are for big belts, shells and every kind of African detail imaginable, the jewellery arena has seen chunky wooden bangles, huge flower necklaces and jangly silver earrings back with a bang! Where do you start when looking for pieces that express your style and uniqueness?

In the same way that [colour analysis](#) lets you discover the most harmonious shades for your individual characteristics, makes you look younger and radiate wellness, wearing suitable accessories that harmonise with your face shape will enhance your facial features and maximise your impact. So, let's look at jewellery...



As you'll see from the face shapes graphic, there is a mixture of angular and contoured shapes. You could do the lipstick test to find out what the external line of your face is - look into a mirror and draw the outline of your face with lipstick then stand back. Does it resemble an oval or a round shape? If not, it may be square, rectangular or even diamond? A triangular shape and inverted triangle are less common but do exist. The external shape gives us an overall impression which we can then compare, or combine, with the internal lines to guide you to the best shapes of accessories to wear near your face.

- Take a ruler and hold it horizontally over your eyebrow area. Are your brows more angular and go in a straight line or are they quite arched and therefore contoured?
- Holding the ruler vertically running down your nose, do you see two lines either side of the nose or is yours more contoured and rounded perhaps?
- Then, finally holding the ruler over your mouth, do your lips seem quite thin and straight (angular), or are they fuller and more contoured?

You will now have identified whether your face shape and features are more angular or more contoured. Mine are contoured as I have a round face and soft, shaped features. Combine this with my colour direction being cool, light and muted, so my jewellery tends to be cool, silver based metals with rounded beads or details in blues, pinks and greys with some green. I know to avoid golds and coppers and warm tones of beads and square shaped designs as these do not create visual harmony for my personal image.

Examples of shapes/designs for angular shapes and features:

Angular chain links, Squares, rectangles, triangles, diamonds, 3D shapes, zig-zags, crosses, bars, stars, cut stones.



Examples of shapes/designs for contoured shapes and features:

Curved chain links, round hoops, ovals, swirls, shells, buttons, hearts, scrolls, pearls, flowers, pear drops.



You can try other options if your skin is sensitive to metals – leather thongs are used on which you can attach a pendant dropper...brown is best for warm skin tones and black or grey for cool skin tones.

To elongate a short neck, wear a long length or drop pendant will help draw the eye upwards in a vertical line. Likewise, avoid choker styles if you have a double chin as it will just accentuate this!

For the fuller-figured woman, eye-catching earrings and a necklace will draw attention upwards towards your face, distracting others from noticing your wobbly bits!

Although this advice relates to your facial features, you also need to be aware that your body line and figure shapes have to be brought into the equation – a [Style & Image Analysis](#) consultation will help you to achieve overall harmony in your appearance.

So, instead of rushing out and buying the latest “must-have” accessory, spare a thought for what may look more appropriate and flattering on your body and against your face. Don’t forget, ‘style lasts whilst fashion passes’.



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