

## “Yummy mummy” 10 step plan

Have you ever wondered what makes a mummy “yummy”?  
Do you wish you could look as good as your mum friends, who look gorgeous even at 8am as they leave for the school run?  
I bet you’re wondering what’s their secret?

Putting together items of clothing and accessories for maximum effect can come easily to some, but not others. Some of you would like a **step-by-step guide** on how to do this without it requiring too much time and effort on your part....here’s the key....making time for you does take time and effort, but not as much as you may think, and the benefits are well worth it! Read my tips below....



Whether you are in your 20’s, 30’s or 40’s, you all deserve to look the best you can. If you’ve favoured practical over impactful for the last few years, I can understand why. However, by taking time out to learn key image skills that will last a lifetime will be the best emotional (& financial) investment you can make...and, provide your kids with positive role model body-image messages.

### Step 1

Make sure your wardrobe is well organised. That will make it easy to find what you need quickly and effortlessly. Don’t know wear to start? How about a [wardrobe workout](#)?

### Step 2

Invest in a fab pair of jeans that are easy to wear and can be dressed up or down. Remember, the darker, the smarter.

### Step 3

Have [basic tops in a variety of colours](#) that allow you to mix ‘n’ match with neutral bottoms. Layer different pieces together to look ‘current’. A knitted tank top or this coming season’s re-emerging item, the gillet, can work wonders.

### Step 4

Make sure your clothes show your silhouette and [suit your body shape](#). Baggy items not only add extra pounds but also show that you don’t care much about yourself. Chose more tailored items, such as corduroy blazers or collared boiled wool cardigans with darts to show your figure off or to hide problem areas.

### Step 5

Include skirts in your wardrobe. There are many styles that work well for casual wear and are easy to wear and practical for your daily lifestyle. Think denim, corduroy, tweed, even tartan (a key A/W ‘08 trend)

### Step 6

Look for high quality fabrics – like cashmere, wool and silk blends. Not only will they signal ‘classic’ but will also be key when dressing up your fab pair of jeans in a hurry! A welcome alternative to the fleece.

### Step 7

Wear nice shoes, sandals, pumps or boots to finish off an outfit. Simple touches of detail and texture will make a difference. This is where you can really have fun with your wardrobe personality!

### Step 8

Don’t forget to add accessories to give you that ‘finished’ yummy mummy look. This is the main area that gets overlooked and can also be what makes you memorable. Is this one of the areas you lack confidence?... [Style2you](#) can show you how!

### **Step 9**

Try putting different colour combinations together. For example, a fuchsia top can really bring alive a plain pair of trousers and look just as good with a pair of stonewashed jeans. Want to find out [your colour direction](#)?

### **Step 10**

Always wear lipstick or lipgloss. Even if you don't have time to put on a full make-up, this along with some blusher and mascara will help make you look and **FEEL** refreshed and vibrant!

### **Final words from Fiona of [style2you.co.uk](http://style2you.co.uk)**

*"Don't be limited by what other mums wear. Just because they choose not to make the most of themselves and dress to impress, doesn't mean that you can't! So, go on, do something different tomorrow morning and I challenge you not to feel slightly more "yummy mummy" than today! You may even receive a compliment from a stranger..."*

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