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### *Spring Has Sprung...*

At last, at last it is time to think about wedding outfits, white jeans and pastel things, but first, for a change, I want to tell you about some great superfine Merino Jersey-wear shirts for the men in your lives!

I am a big fan of the John Smedley range. The company is an old, well-established one founded in 1874 using the same mills for decades and producing classic menswear: tops, pullovers, cardigans, woven trousers, spring wools and sophisticated knitted silk ties. You will see that lots of television presenters wear John Smedley. Just launched are Deneb jersey merino wool shirts, at £102 ([www.johnsmedley.com](http://www.johnsmedley.com)). They look particularly good layered over the Belior crew-neck knitwear.



Now, for my girls: as I mentioned, now is the time to look for summer white denims, a great alternative to blue or black. They look perfect with this season's pastel tops.



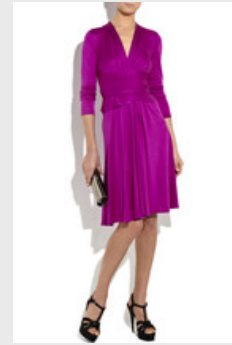
The shoe of the season is the clog, which of course is just right with white jeans. They add height, lengthening the leg, and make you appear to drop almost one stone. There are also lots of terrific flats.

However, my "sleeper" choice for the season is the suede mesh ballerina flats from Mui Mui, which is a take on the gladiator sandal. The current high fashion style of a high-heeled gladiator shoe is really only for those under 30 with *very* long legs. Even then, because they definitely have the effect of shortening your leg, you must be prepared to cut your skirt lengths.



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Of course, the season of weddings, smart race meetings and other glamorous events is now starting. Women of 30 plus should consider investing in a sheath style dress with a natural waist or a silk jersey V-neck dress such as a fuchsia Issa V-neck at £385 (shown here). I mentioned these in my last newsletter. Pinks and apricots are the lip colours of the season so make these a guiding light for your dresses.



Consider your accessories carefully. You can go for a block colour, such as beige (although only if you have dark hair or an amazing tan) or a shade that suits you. Remember, the softer the blonde of your hair, the softer the colour should be. More golden blondes can wear a deeper colour. The other option is to choose floral or abstract accessories. They may date within a year or two but they will make you stand out.

There is lots of vintage still around, with maxi dresses and 40s style dresses. These are great for the younger market but they really only work if you mix them with modern shoes and bags. A denim jacket will soften up a sleeveless dress for a more casual look.



I have also noted that there are some cute little jumpsuits or playsuits out there; the satin one pictured is available at A.S.O.S for £20. These are an easy option for your holidays. You can roll up the trousers for a cropped look and wear with them wedges or sandals.

By the way, I am linking up with Ali Campbell to do Inside, Outside Makeovers at a number of Champneys Spas, starting in June. Why not come and see me if you live within hitting distance of Tring where our first event is taking place from June 4<sup>th</sup> through to 6<sup>th</sup>... Check out [www.champneys.com](http://www.champneys.com) for more details.

Love you!

*Patrick Swan*

*PS – Remember – 20% off for all returning shopping clients!*