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Issue No. 33

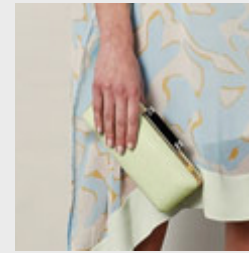
USING GUILF TO IMPROVE YOUR STYLE... ...And how I am taking part in the Olympics!

There's no getting away from it, life is rough and tough at the moment. Everything is becoming more expensive and we are all having to nip and tuck. Fortunately there are ways that you can look fresh, stylish and on-trend without dipping too far into your resources. The right accessories can revamp your wardrobe with just a minimum of investment. Or, make one investment piece work with your current wardrobe.

You can always shake a leg! I love Betsy Johnson's, Commando and Hue's latest tights - textured and printed in leopard, python and zebra. These work best with a pencil skirt to the knee or a midi, rather than a short skirt. Betsy Johnson can be found at Urban Outfitter, Commando can be found through www.norstrom.com and they can be shipped to the UK while Hue can be found online at their website.



You can get a grip, or rather a clutch! There are some delightful clutch bags at all price levels, in bright sassy colours such as this beautiful mint-green leather clutch bag which has a matching green sequined front detail along with a gold metal frame and a silver metal and black enamel top clasp priced at £247.00 and can be found at Matches in London.



Another favourite is with a tortoiseshell handle or clasp detail such as this one by Tory Burch on Bond Street.

I'm seeing tortoiseshell necklaces and sunglasses too. Seek out these Alexander McQueen sunglasses. They will enhance any outfit.



The statement trouser in a gorgeous print is an important piece this year. If you have a good figure, you can wear a skimming trouser either with a strong but simple top or you can go wild with a top in a contrasting or clashing print. A great example is this one by J. W. Anderson.

Those of you who are pear-shaped or big bottomed should beware. If you are committed to wearing a print trouser, opt for a muted print or one with a dark background and add a stronger coloured, longer length top. One great one is by Sportmax priced at £410.



The Capri trouser is still around. It looks good with a boxy top and you can add that magic third piece. To be right on-trend this could be an over-sized jacket with a three-quarter sleeve and turned back collar. One that really caught my eye was this Maxine Hawaiian print coat from Stella McCartney priced at £1,370.

I note that many of the high street stores are introducing capsule collections from well-known designers. Watch out for American designer, Trina Turks new range for Banana Republic, due to be launched in all branches on 7th June. I am also impressed by some great designs coming from Thomas Tait and J W Anderson who Kate Phelan creative director of Topshop raved about in a recent WWD article.

Anderson has a lovely floral print Tee priced at £30.00 at Topshop. I'm waiting to see what else emerges from Nicola



Formichetti, the designer who styles Lady Gaga. His jacket from a recent Pop-Up Shop in Paris was stunning. As I am aware that what the future hold in fashion is not so much shape but fabrication techniques and Nicola has the talent to know where to take this.



It's rare these days that there are many truly new trends for men, but I'm aware of a new take on the traditional trench coat. Rather than classic, we have a more box-like silhouette in various colours and new fabrics.



IT'S TRUE I'LL BE THERE AT THE OLYMPICS

Who would have thought it? Non-sportive me will be tied up from 14th July to 12th August. I'll be doing 10 to 12 hour days grooming the sports presenters for the major US channel, NBC. I'll be preparing (and probably re-pairing) NBC Sports Networks Robert Simmelkjaer, Liam McHugh and William Geist for camera, plus all the people they will be interviewing. I'm also booked to do the styling for a photo-shoot with the legendary American sports presenter, Bob Costa.

I've already had the list of the make-up that will be supplied for my use. Interestingly it is all by MAC. More about that in a future newsletter.

Happy Spring everyone,

Patrick Swan

*** Please, will my private hair clients and shopping clients care to book their July and August appointments soon to ensure that I can continue to look after them properly amid all this excitement!