



Image Consultant and  
Make-up Artist  
**Kate Evans** answers  
your monthly fashion  
questions...



**WITH KATE EVANS**

Kate Evans is trained in Colour Analysis, Style and Image, Personal Shopping, Wardrobe Auditing and Make-up Application. For more information on transforming your appearance contact. Tel: 07909 960021; [www.kate-evans.co.uk](http://www.kate-evans.co.uk); [info@kate-evans.co.uk](mailto:info@kate-evans.co.uk)

fashion advice

# take years off your look

**Dear Kate,**  
I think I need to get some new bras and maybe even a new size. Can you give me some pointers as to how a bra should fit you properly?

**Pippa, Bishops Cleeve**

Hi Pippa,

Wearing the right bra can make you feel and look so different. Clothes will hang and fit you better if you are supported in the right places. You can always be fitted professionally in department stores; John Lewis, M&S and Debenhams all offer this service, or you can do it yourself by following these guidelines:

- The centre of your bra should fit closely to the breastbone in order to lift and separate;
- There should be a smooth line where the fabric at the top of the cup ends and meets your bust. There should not be any ridges or bulging over the top or sides of the cups, even if you are wearing a balconette or lower-cut style;
- The strap around your body should be firm but comfortable and it should be horizontal and not ride up at the back;
- Straps should not cut in or fall off the shoulders. If necessary, choose a style with a wider strap (particularly if you have a large bust).

**Dear Kate,**

I am really bored of my hairstyle- it has been the same for the past 10 years and I am really wanting to change it, but don't know what style would suit me. Have you got any tips to help me decide?

**Laura, Cirencester**

Hi Laura,

It is quite scary changing your hairstyle after so long, so I am not surprised you are feeling a bit lost on which direction to go in. My thoughts on how to decide on which direction to go in would fall into six categories:

• **Your hair type.** You need to understand your hair. When looking at hairstyles you must always keep in mind that you have to work with what you've got. Styling and products will help enhance a hair style but be realistic about the looks you can and can't achieve with your hair.

• **Face shape.** Your hair frames your face so you want to make sure it does you justice. Firstly, you need to determine your face shape, so pull your hair off of your face and look at the shape and size of your forehead, cheeks and jaw. Does your forehead have corners to it? Is your face long, round, angular or triangular? You want your style to soften where there are angles and enhance where there is shape.

• **Personality.** Think about your lifestyle and what suits your personality. If you're someone who likes to wash, dry and go then you need to find a style that's easy to manage. If you like to spend time on your appearance you will want more complex cut that requires more work to style. Do you want to make a statement or have something very feminine?

• **Age.** As we get older, our hair changes in texture and colour so it's important to make sure we adapt it accordingly. Choosing the right style and colour for your hair type will keep you looking younger.

• **Colouring.** Colouring your hair can take you from drab to fab or take years off your look instantly, but only if you get the colour right. You may want to highlight, lowlight, go lighter or darker, there are several options. Don't be afraid to go white all over if it suits you though, on the right colouring it can look striking; think Judi Dench and Helen Mirren!

• **Trends.** All hairstyles are taken from four basic haircuts and will often be a combination of elements from more than one of them. Fashion may change and styles vary, but these basic haircuts remain the same. Often, just a tweak will do the trick. 