

THE ART OF  
MINDFUL  
AGING



# 7 KEYS TO YOUR MATURE BEAUTY & STYLE

Transforming the  
concept of beauty,  
aging and mature  
style

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There are 7 keys to your Mature Beauty & Style:

- (1) The colors you wear,
- (2) Dressing to flatter your body lines,
- (3) Dressing in the right proportions,
- (4) Dressing to match your personality,
- (5) Wearing your hair color,
- (6) Dressing your arms, and
- (7) Dressing your tummy.

When these keys are applied to your wardrobe, you will highlight your unique coloring and style specifics.

## Key 1

# COLOR

When a woman wears her hair color, skin color and eye color, no matter her age, she becomes instantly "harmonious" with her natural coloring. The result is an approachable, authentic, attractive and overall appealing appearance.



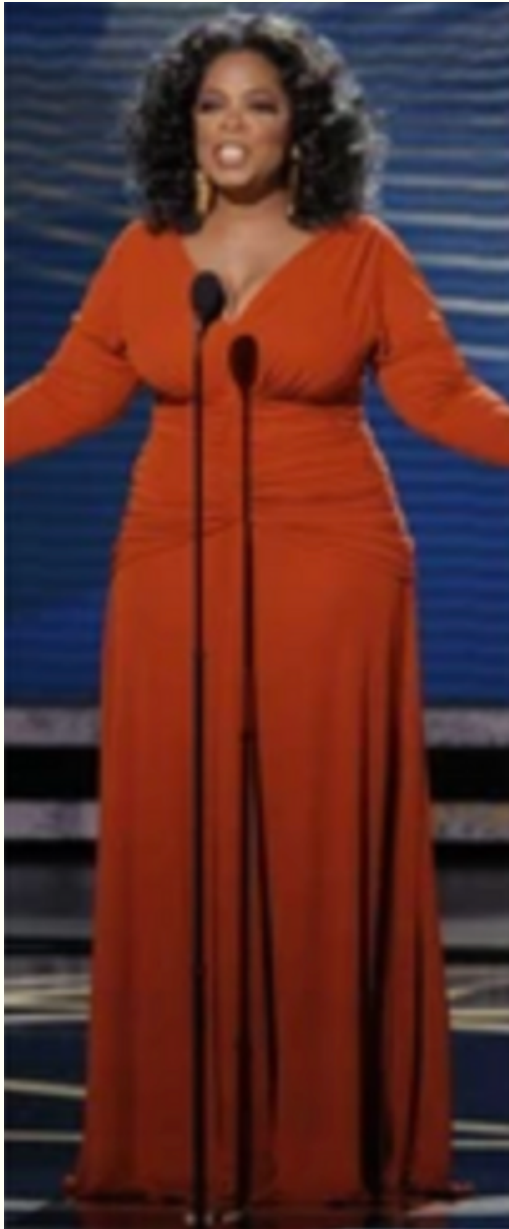


## Key 2

# BODY LINES

The lines in your body tell a story-- how it moves and what it needs to look natural and feel beautiful. When you celebrate your body by wearing clothing that follows your natural body shape your beauty is highlighted, no matter your age.

Which body shape is straight or more curved?



## Key 3

# PROPORTION

Dress to match the proportions of your body. Do you look best in longer or shorter jackets; long or shorter skirts; long sleeves or sleeves that end at the elbow? All women look best in an outfit that creates a 1/3 to 2/3 ratio.





1/2 to 1/2



2/5 to 3/5



1/3 to 2/3



1/4 to 3/4

## Key 4

# PERSONALITY

Your wardrobe and outfits should reflect your personality. A fun and buoyant woman has a different style than a serious or dramatic woman. Personality can be illustrated in fabric, color, prints and patterns.



## Key 5

# HAIR

Reflecting your hair color in your wardrobe will provide a harmonious, balanced, and beautiful look to your outfits. It also draws the eye back up to your face. If your hair is textured you will be able to wear more texture in your clothing.

If you have smooth hair, this quality can be repeated by wearing smooth fabrics.







## Key 6

# ARMS

Sleeveless tops and dresses are most attractive with well toned arms. However, the decision is yours, if you are comfortable showing your arms, then by all means do. If you are not, you can get to the gym or find creative ways to camouflage your arms.



# Creative Ways to Cover Your Arms



## Key 7

# TUMMY

There are a variety of reasons for belly fat, including heredity, genetic predisposition, poor diet and lack of exercise to name a few. Menopause causes a loss of estrogen and because estrogen is also made by our fat cells, our bodies produce more fat cells to help balance the loss of estrogen. In addition, progesterone levels also slow down and can contribute to bloating and water weight gain.

# TUMMY

From a style perspective, you will want to find creative ways to by-pass your tummy or use shape wear under your garments.













# STYLE

Your style is reflective of how you live your life, not just your wardrobe. It is creative, unique, personal and authentic to you. As you grow older, express your confidence, power and liberation!

"Style—all who  
have it share one thing:  
originality."

Diana Vreeland

So, now you have the 7 keys to your best mature style: Color, Body Lines, Proportion, Personality, Hair, Arms and Tummy.

To look and feel your most beautiful now, and as you continue to age, you may want to invest in a color and style consultation.

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Women who dare to show up as their authentic aging selves are creating a different cultural experience for future generations.

Denise Lampron, Owner  
The Art of Mindful Aging  
Mature Beauty & Style

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For information on  
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