

8 Style Tips for Women Over 50

-a gift from Penelope Whiteley

If you're a woman over 50, it's important to understand that you can still look good, feel good, and feel good about how you look, by following these 8 simple tips:



1. You need to **establish your body shape** and you need to be brutally honest. You're dressing for the body you have now; not the one you had possibly as little as 12 months ago.

2. **Find clothes that fit** you and are the most flattering for your shape, *as it is now*; not as it was 10 years ago.

3. Where possible, especially if you're prone to flushes (or flashes), stick with natural materials such as **cotton or good quality silk** ... not some of the cheap Chinese rubbish.



4. If you *are* prone to flushes (flashes), **layers are good**. For example, you can start with a camisole, add a short-sleeved blouse and a light jacket.

5. Now is the **time to be daring, different, and even eccentric**. You're at an age when it's expected that you will become different, so go for it. But don't be silly—weird doesn't work!

6. For **all** women, *fitting is fabulous and tight is tacky!* If you're a little overweight, tight clothes show more bulges and will make you look fatter ... and older!



7. When you're wearing dressy pants, make sure they are long enough to be worn with high heels (unless heels *really* cripple you), that cannot be seen until you sit down. In other words, **make sure your pants are long enough; and your jeans too!**

8. **Cut-off pants as a fashion statement don't suit us** because we all ultimately get the crêpe/dead-snake skin look. It doesn't matter how much moisturiser you use. Keep them for at home, at a barbecue or at the beach. If the weather is hot, wear really light cotton full length pants or jeans, or go mad and wear a skirt.



Is there more? Of course there is ... you can find everything you ever wanted to know about how to look good and feel great as a woman of a certain age by reading Hot Stuff! Get it by clicking HERE:

<http://www.PenelopeWhiteley.com>