

## *Sexy Dressing over 45*

Working as a stylist with women over 45, *sexy dressing* appears to become a bit of challenge; primarily because their self-esteem, which was never very high anyway, drops even further once they reach perimenopause ... and their bodies begin to change shape.

Of course, if you *are* over 45, have moved into peri-menopause, and are already suffering the slings and arrows of the physical and mental fortunes associated with all things menopause, *sexy dressing* becomes **extremely important to self-esteem and self-confidence**; my motto here is *"It's about the way you feel, the way you look, and the way you feel about the way you look"*

**It's always wise to remember there is a fine line between sexy and cheap!**

Body shape becomes very important when you're considering *sexy dressing*; **as we reach our mid-40s our bodies begin the change** that will become more pronounced as we move through menopause and beyond; you may have noticed! **Dressing a different body shape may become your *bête noire*** ... one size does not fit all when it comes to *sexy dressing* over 45. In **Hot Stuff (the book)**, there is advice for every body shape, as well as **what to wear** and **what not to wear**.

### **My overall advice?**

- Fitting is fabulous, tight is tacky
- ALWAYS WEAR A WELL FITTING BRA
- Investigate support-wear ... suck it up honey!
- Wear skirts to the knee
- Smile ... it's the sexiest thing on the planet ... next to self-confidence!

And as **Coco Chanel** said *"Only fashion fades. Style remains the same"*, which applies to ALL age groups!