

RECORD Woman

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Trend alert..

A gorgeous blush dress with beautiful draping, and 10 per cent of your cash will go directly to Breakthrough Breast Cancer. The question is, what are you waiting for? **£45** from M&S.

Release your inner tiger with these great platform heels in fabulous leopard print. **£48** from Miss Selfridge.



▼ **GOOD ADVICE** Celebrities such as Peaches Geldof and Victoria Beckham should avoid black as it tends to leave them looking drained



▼ **LUCKY FEW** Dita Von Teese, Nigella Lawson and Joan Collins look naturally good in black, says colour guru Jules Standish

My colour analysis

By Maria Croce

MY eye colour and patterns together with my answers to a personality questionnaire mean I should definitely avoid black, according to colour counsellor Jules Standish.

Jules explained: "The personality questionnaire is designed to help you find out your seasonal type."

"Each of the four main temperaments has important qualities and handles aspects of life better than the other three."

"You were born with tendencies to certain characteristics as well as eye pattern and skin colouring. "Knowing your personality and how others see you can be fascinating, and we do not always see ourselves as others do."

"Generally with this system, we have found that there is a strong link between health and the temperaments, which relates to your energy pattern."

"For instance, the choleric and melancholic types show more emotional volatility with the phlegmatic and sanguine finding it easier to control their emotions."

"Warm outgoing temperaments will tend to have warm, outgoing colours and introverted temperaments have cooler, quieter colours."

"You can find out if you're a sunny sanguine, a patient phlegmatic, dynamic choleric or introverted melancholic."

"There is only one temperament, the melancholic, that truly suits black. Their introversion and lack of ease with people makes them create a barrier around themselves, thus black as a colour is a natural protector."

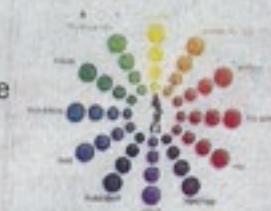
My analysis seemed spot-on describing an outgoing personality with a combination of sanguine and choleric temperaments."

Petal shapes in the brown/green iris in my eyes then led Jules to believe I have more of an autumn colouring in my skin tone, meaning I need rich, warm and muted colours – but black is definitely not in my range – or my personality type."

She explained I should opt for burnt orange, rusts, olive greens, all the warm shades of brown and camel, teal blues and strong warm reds. Cream and beige are good neutrals but I should stay away from white.

"Be careful with all pinks unless very coral – you do not have a pink skin base so your complexion will never look its best in the cooler pink shades," says Jules.

I'm not a complete slave to black so it's not a big disappointment that I should avoid it close to my face. I do like strong colours but now I realise I've also often gone wrong with pale pastel blues and pinks. Now if I'm shopping for clothes it's made me open my eyes to thinking more about whether the colour suits me rather than just mainly looking at whether an outfit fits. And I've realised my mood definitely lifts if I'm wearing brighter colours.



HOW NOT TO WEAR BLACK
JULES STANDISH

True

Why black isn't always the

colours

perfect pick to get you looking your very best

By Maria Croce

WHETHER it's a little dress or an outfit we think makes us look slimmer – most of us own something in black.

But apparently black doesn't suit everyone and can actually make some people look older and fatter.

In her new book, *How Not To Wear Black*, colour counsellor Jules Standish helps us to show our true colours – to look younger, healthier and happier.

She says it's about discovering the colour secrets held in your eyes and then matching personality types with the right colours.

Our eyes hold the key to the colour of our skin tone and in her book, Jules shows how to analyse the patterns in your eyes and your personality type to work out your perfect colours.

"Everyone should know their own colouring and their unique black rules. I see people all the time who choose black for psychological reasons without realising this," says Jules.

"When you discover your true colours and match them to your personality, the boost to self-esteem and confidence, and in the new choices you make for personal dressing and grooming, is stunning."

"Most people assume that black is

slimming, flattering and chic – when in fact it can make you look older, fatter, and drains many skin tones.

"Black will always be a fashion staple in wardrobes – my aim is to ensure you know how to wear it to look slim, chic and stylish – while keeping your face looking young and healthy."

Celebs such as Victoria Beckham and Peaches Geldof should avoid black, according to Jules.

"Victoria has a warm skin tone, which looks best in oranges and reds, along with the neutral tones of camel and cream."

"Peaches Geldof is another example of someone who looks tired and drained in black, which just goes to show that even young skins can be damaged by it." Celebs who can wear black include



Nigella Lawson, Joan Collins and Dita Von Teese.

"Nigella has a cool skin tone and dark features to wear black to maximum effect," says Jules.

"Joan Collins is another who looks dramatic in black. If you don't have a winter skin tone like these ladies, we can learn how to wear black without it ageing our looks."

She says black can make a warm skin tone look older because, up against the face, it reflects and highlights all that's dark – such as shadows around the chin, forehead lines or the dark rings under the eyes. Black will apparently flatten a warm complexion by giving it a grey

appearance, making it look drained and tired, stripping away any natural golden glow.

So Jules says you need to understand your skin tone and to find out what colours suit you.

And if you're determined to wear your Little Black Dress and it's not in your natural colour range – then all is not lost as there are ways around it.

If black isn't in your range, then you can still wear a black dress with a low neckline and ensure your natural skin colour reflects up against the face, says Jules.

She says, for warm skins you should invest in a gold necklace or for cool skins – make it silver – or wear coloured stones of amber, turquoise, citrine or jade.

Most of us are looking for ways to look younger and Jules says getting the right colours is the key.

She says: "Colour has such a transformational effect and does a natural face-lift instantly when correct shades are put up to the face."

What Skin Tone Are You – can you wear black well?

SUMMER

Complexions tend to be light and colourless, not rosy cheeked and don't tan well. This colouring is best suited to cool pastel shades of pale pink and blue, purple, off white. Neutrals are greys and blues.

Celeb: Claudia Schiffer is a cool summer.

WINTER

Complexions are cool, light or dark, not translucent, and

not rosy cheeked, with a distinctive, striking look. Black can be worn against the face with no signs of dark shadows, lines or ageing.

Cool colours include electric blue, fuchsia pink, emerald green, burgundy with black and white neutrals.

Winter skin tones are the rare few that can wear black without it ageing their looks.

Celeb: Megan Fox is a stunning winter.

SPRING

Complexions have yellow/gold undertones, tend to blush easily, have broken veins or rosy cheeks and can vary from very fair, freckled to dark and golden.

The palate is bright and warm – lime green, yellow, coral, turquoise, red, and grey/stone/blue neutrals.

Celeb: Amanda Holden is a beautiful bubbly spring.

AUTUMN

Their complexions have more bronze undertones than spring and never have rosy cheeks.

Muted colours include olive green, burnt orange, mustard, caramel and teal. Neutrals are browns/greys/blues.

Celeb: Penelope Cruz is a dark, striking autumn.

● *How Not to Wear Black* by Jules Standish (O Books, £7.99).