

Is your little black dress ageing you?

▶ Play ⚙️ ▾

View first image ▶

It's every girl's wardrobe staple, but is it really flattering?



PA

For decades the little black dress has been the failsafe garment of choice for women everywhere.

It's simple, slimming, chic and above all a 'safe bet' - but according to colour expert, Jules Standish, the colour black does not flatter most people.

"The majority of British women will not look young and healthy with black worn close to their faces," says Jules. "In fact, it can be dramatically ageing."

Many women will balk at Jules' comments, having relied on their trusty LBD for years, but before you bin your favourite party dress, she says there's a foolproof way to tell if black suits you:

"Hold black up against your face, stand in front of the mirror and look for dark lines under the chin, shadows around the eyes or lines on the face that are highlighted," says Jules. "If there are no dark areas or shadows, you can probably wear black close to your face and look great."

Another sign that black suits you is if you have dark "crypts" or "spokes" in the iris of your eyes.

Those who fit into that category will be able to wear their LBD to their hearts' content, but what are the rest of us to do?

"Black is a highly controversial subject" says Jules, "as it gives the illusion of making women look slimmer. And designers will have us believe that it's THE colour of this season and you mustn't be seen in anything else - particularly with the party season approaching the LBD will once again dominate the scene.

But finding the right colours for you is the most flattering thing you could do for yourself this season."

We asked Jules to look at eight of our favourite celebrities and analyse their colour 'personalities' to see what suits them best. Take a look at what she thought - do you agree?

Nicola Roberts

▶ Play ⚙️ ▾

◀ 1 of 8 ▶



PA

Nicola has delicate, soft colouring with gorgeous red hair and pale skin. There is a natural healthy youthfulness about her and her skin comes to life most in light, bright colours, which offset her lovely complexion.

She looks particularly good in bright blues and greens and corals and peaches. Anything black or too dark will be hard for her to wear up against her face and will not compliment her pretty colouring.

She should therefore wear these colours with light and bright tops or scarves to counterbalance the cool effect they will have on her.

As she has dynamite red hair, all the greens, which naturally compliment red will look fabulous, particularly lime and the warmer shades of pink will also look great.

Bright red and orange need to be worn with care and her neutral colours to tone down the bright colours of her range are beige, grey and blue.

Amy Winehouse

▶ Play ⚙️ ▾

◀ 2 of 8 ▶



PA

Amy has unusual and striking colouring and looks fabulous in the cool strong colours, wearing black and white really well while also suiting the melancholic side of her nature.

Not many celebrities look as good as Amy does in black but this combined with the other dramatic cool shades tinged with black flatter her and bring out the strong contrast in her colouring which is what makes her so interesting to look at.

Amy looks great in the more dramatic colours she wears like fuchsia pink, acid yellow and deep purple, which combine so well with her neutrals of black, grey and navy blue. It is best for her to avoid using too many different colours in one outfit as simplicity enhances her striking colour design.

Bland and muted colours do not provide the contrast her complexion needs and her pastels should have a sharp quality in order to enhance her appearance.

Amy demands attention and likes to stand out from the crowd and it's important that her colours also say that about her.

Alexa Chung

▶ Play ⚙️ ▾

◀ 3 of 8 ▶



PA

Alexa has fabulous fashion sense and has created a wonderful image for herself. She has strong, dark features and a warm skin tone that looks lovely in the beautiful earth tones. She does love to wear black but she should look for it in a dusty warm-toned shade and wear it with cream, tan or other flattering shades close to her face.

Alexa's warm colouring means that she can wear the gorgeous deep oranges and olive greens combined with all of the browns as her neutrals to create a strong look.

Her smokey dark made-up eyes look amazing on her and her eyeshadows, lipsticks and blushers can be in all shades of brown as they will enhance her almost metallic skin tone. She should avoid bright cosmetics as her natural look has a soft, smouldering quality and brighter colours can look garish if overdone.

For accessories, tan, cream, beige and browns are excellent choices for her, with cream making a very useful alternative where she might otherwise wear white.

Kate Moss

▶ Play ⚙️ ▾

◀ 4 of 8 ▶



PA

Kate has a very sanguine personality type; she loves socialising, being round lots of people, appears to have a strong constitution and a positive attitude to life.

Her amazing looks have kept her at the top of the modelling world for many years and she photographs beautifully. However, as she starts to age the colours she wears will become more important to her.

Black is not within her colour range and as she gets older will find that wearing it up against her face will mean she has to work a lot harder with her make up as it will show up the dark shadows and lines that black highlights if it truly doesn't suit you.

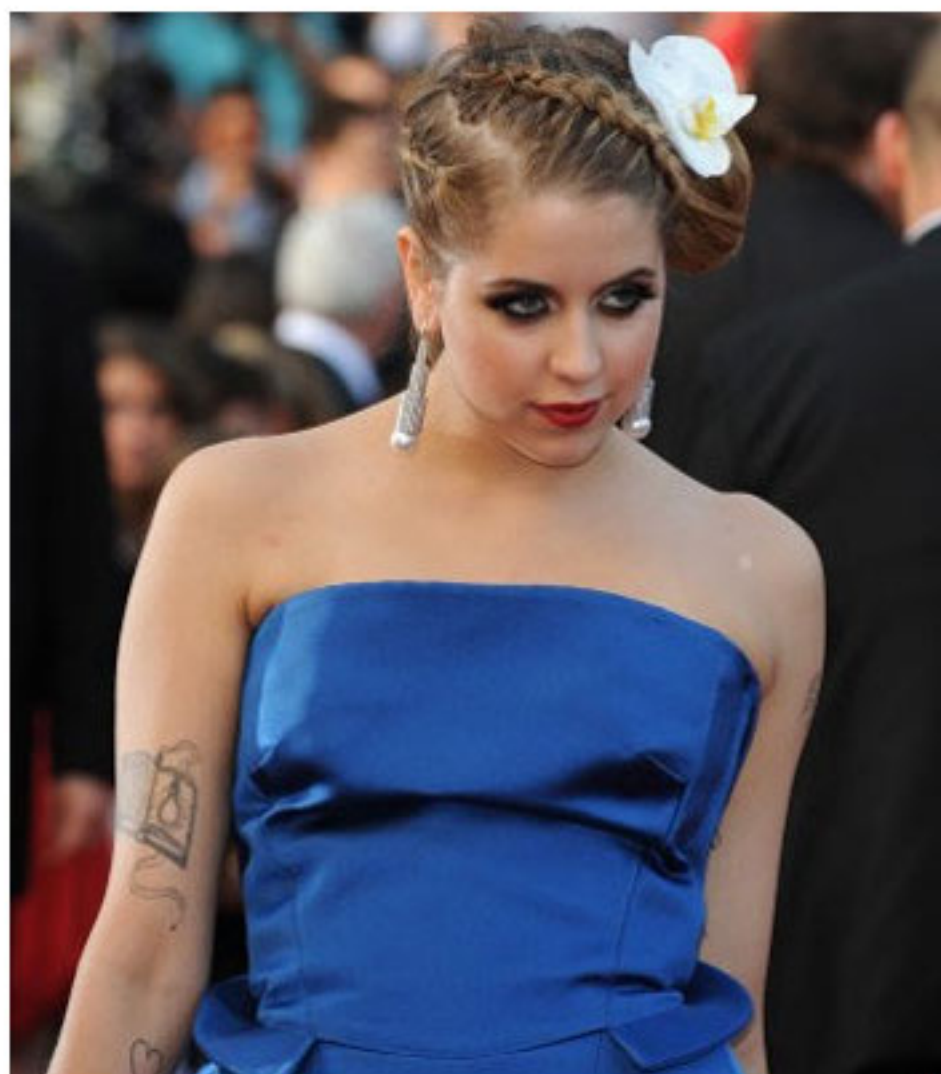
Kate looks particularly good in the golds, yellows and bright colours which warm up her "golden" based skin tone - notice how well she tans and also looks fabulous when her hair is golden blonde.

She also loves to wear the neutral shades when she is not working and it will become more important for her to wear her brighter warm colours combined with them to keep her skin looking youthful.

Peaches Geldof

▶ Play ⚙️ ▾

◀ 5 of 8 ▶



PA

Peaches has a very bubbly, vibrant personality and looks fabulous in all the bright colours that she wears, combining shades to create the very individualistic fashion look that she has. Her need to look individual and different means she wears lots of colours together and clashes them which not many celebrities can get away with like she does.

These bright colours compliment her personality and the fact that she loves change means that she can incorporate varied colours with each new look. Her hair colour looks great brunette and she looks equally good blonde but her skin tone which is naturally "peaches and cream" will not cope well with very dark or black hair.

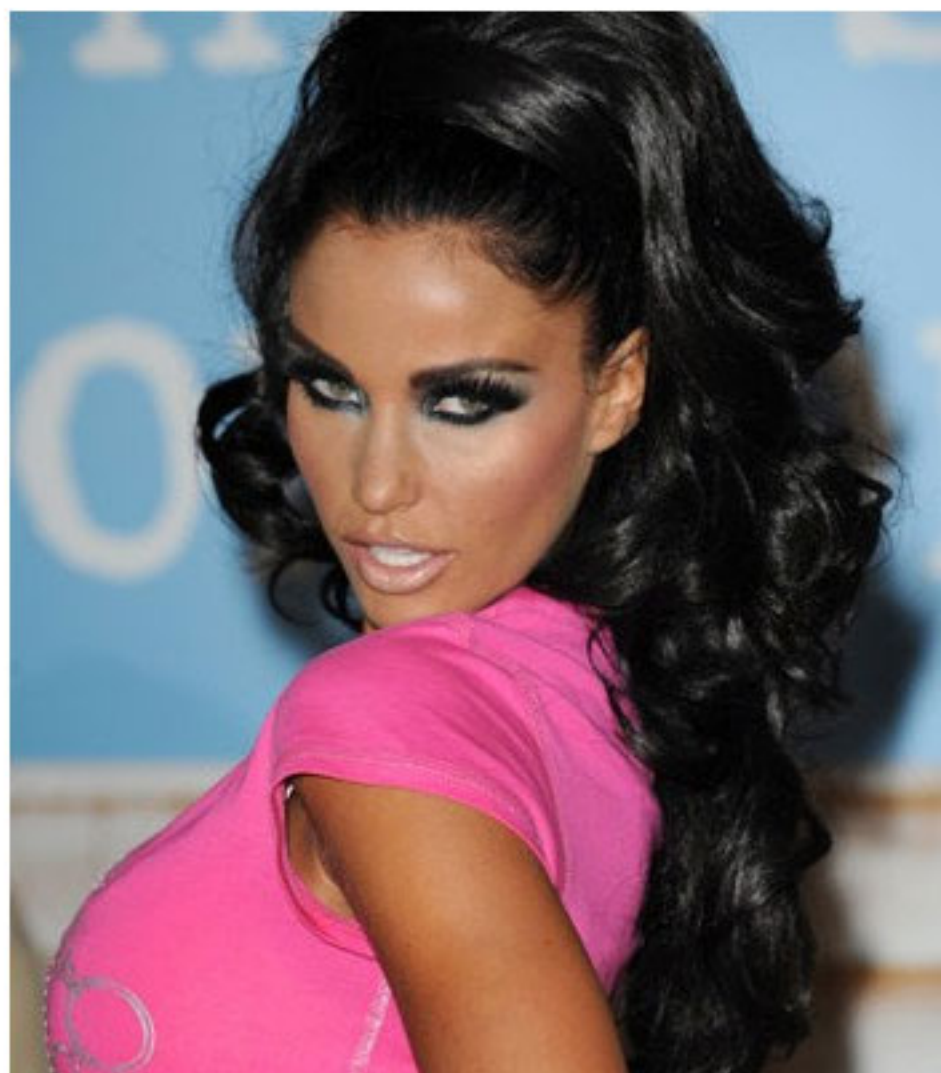
Also her cosmetics; lipsticks, blushers and nail varnishes should all harmonise with her reds, corals and peaches, with blue-greens and grey her most natural-looking choices for eyeshadow. It is bright colours that will most naturally enhance her colouring so she can be courageous with her make-up and often is.

With her big, saucer like blue eyes, all the shades of blue will suit her, with her neutral navy best worn away from her face, along with black.

Katie Price

▶ Play ⚙️ ▾

◀ 6 of 8 ▶



PA

Katie is like a chameleon and has changed her look from brunette to blonde and now black.

Katie is a natural brunette with a skin tone that needs warmth - she now needs a lot of fake tan to do the job for her so that she can cope with her jet black hair, which is very dramatic but cool and as her natural colouring is warm she has to work a lot harder with her skin colour and make-up, as well as her wardrobe to make it all harmonise.

With such stunning features Katie is able to carry off any look that she wants and she looks fantastic in all the pinks, and the bright colours that she wears. She currently needs to wear the very strong cooler shades with the look that she has created and wears black to offset it. This creates a very dynamite and striking appearance.

Katie does need strong colours to compliment the strong personality that she has, however as she gets older it would be better for her to go back into her natural warmer colours which will automatically keep her skin and features looking younger.

Alexandra Burke

▶ Play ⚙️ ▾

◀ 7 of 8 ▶



PA

Alexandra has been transformed over the past year since she became famous and she looks absolutely amazing. She has such gorgeous dark skin and hair which needs very strong bright warm colours to make her really shine. Pastel colours will do nothing for her skin tone and nor will the very dark cool shades either.

These bright colours will also help her to come out into the limelight with confidence. As she has black hair she can wear black away from her face, in jackets or coats and also dresses that do not come up against her face - with her rich, dark warm skin tone, she really needs to wear warm bright colours in combination with any black or other dark shades she chooses.

She can also use black in her accessories; handbags, belts, shoes, boots will all look amazing if combined with bright bold pinks, reds, blues and greens. All metallic fabrics particularly gold will look really stunning on her and against her skin, and is a great look for performing in.

Victoria Beckham

▶ Play ⚙️ ▾

◀ 8 of 8 ▶



PA

Victoria's style has changed a lot over the years. Currently she is favouring the classic look, with very short, gamine hair and her clothes have become very fitted, with lots of straight lines whilst adding in the more dramatic high fashion edge of the wide shoulders.

The sharp look of the classic does suit her now very angular body shape, with her hair style also flattering her face shape, so she is wearing this look extremely well. However, she has also gone into very dark colours, which make her appear more serious - something she currently seeks whilst launching herself into the fashion world with her designs.

Her best hair colour is brunette and although the blonde crop she had was very striking on her, it was slightly too cool whereas the current colour really warms up her skin tone and brings out the depth in her lovely brown eyes.

Victoria looks her best when she wears bright reds, pinks and oranges. As she wears a lot of fake tan to warm up her skin, she is able to wear the more neutral greys and blacks that we have seen her in over the past couple of years. However, in photographs she really does look stunning when in a party frock worn in a vibrant colour, as we get a chance to see her real personality coming through.