



all about color Helen Diane Vincent

Finding your own style

Q. As my husband and I approach our late 50s, we're both making an effort to look as youthful as possible, not only for our self-esteem, but also because we're pressured by our professional and social circumstances. We have good health habits, but want to know what we can do with style and color to create a youthful appearance? I'm a blonde with blue eyes; my husband has a ruddy complexion and dark brown hair beginning to turn gray. I've been trying to get him to dye his hair to cover the gray, but he's resisting me. What are your recommendations?

A. For both men and women, looking as youthful as possible should translate to looking as attractive as possible.

However you approach the subject, it involves working out a personal style that is as sophisticated or timeless as possible. It means coordinating cosmetics, clothing and jewelry to your personality and approach to life. It automatically becomes the basis of attractiveness.

Any attempt to emulate youthful fashion—or even the look you had when you were young will age you still more and sabotage a natural dignity that is yours to claim. Left behind will have to be extravagant hair-do's, overly bright colors, frills, ruffles, tight and revealing clothing, and exotic or ethnic patterns.

Does this mean you are now consigned to a dreary world? Not at all. Style sophistication opens up a world of enduring values that have an excellent all of their own.

For a woman, it means wearing clothing in a classic, more tailored or conservatively draped cut, using balanced combinations of textures, weaves and patterns. Especially patterns should be scaled down except for extravagant evening gowns meant for festive occasions.

Clothing colors should be selected to coordinate with your sense of style, not any seasonal restrictions.

tions, although it's probably best to explore the more subdued shades, relegating bright colors for accents.

Cosmetic colors should also be applied with a certain reserve, with greater attention paid to maintaining vibrant, healthy skin tone as well as to color. After all, it's the fresh, dewy look that signals youthfulness, as much as any other consideration.

Again, don't get trapped in a seasonal approach. A much better way of complementing your color type is to analyze yourself by the extent of colorfulness and contrast in your appearance, and how much intensity of color your face can actually accommodate.

As a blonde with blue eyes, you probably fall into a fairly muted range. More subdued teals, olives, and corals will probably work best on you. Avoid any cosmetic that is too orange or blue. You shouldn't have difficulty in getting exactly the shade that flatters. In 1990 alone, the cosmetic industry brought out 400 new colors.

If you decide to dye your hair, a step darker than the blonde of your younger days is recommended.

For a man, style sophistication means following the same general principles. Men have an easier time of it because most of their clothing is already cut in a classic manner. Cosmetics, despite an industry push to have men use them, is not relevant. An exception is hair dye, which I would recommend as long as some gray is left at the temples to avoid the solid-color look.

For both men and women, this uniformity of color not only looks artificial, but is too harsh for mature features.

When in doubt about how to make yourself look more youthful, be reminded of the Golden Rule: "Everything in Moderation."

Helen Diane Vincent is a design and color consultant based in Troy.



Monte Nagler's on vacation

No this isn't Monte Nagler gone fishing. It's a photograph he took of a fisherman near Gullin on a recent trip to China. Right now Nagler's somewhere in Greece taking pictures to go with future columns. His regular column will resume in two weeks.

Miniature classes are offered

Antique reproductions in miniature will be the subject of June Simpson's workshops Aug. 7 and Sept. 11 at Miniature Makers Workshop, 4515 N. Woodward, Royal Oak.

Simpson, an artisan of the International Guild of Miniature Artisans, lives in Chatham, Ontario. The workshops will run 9 a.m. to 4:45 p.m.

At the Aug. 7 workshop, students will learn to

create a birdseye maple and cherry comode with inlay. Wednesday, Sept. 11, they will make a French restoration oval lamp table. The scale for both will be one inch to one foot.

Samples of both pieces are on display at Miniature Makers Workshop. Pre-registration is requested. For brochure and information, call 549-0533. Registration fee for each class includes the materials.

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