

Fashion Fundamentals

for men & women... from head to toe



When it comes to fall and winter fashions, there are many ways to still be cozy and warm yet fashionable. Both guys and gals can accomplish these two objectives all while rocking the latest trends in clothing, accessories, and hair styles!

This season you will see the return of many classic looks and some new favorites.



One of the biggest trends this season for teens and adults is the cardigan...it can be seen on both men and women. It is perfect for dressing up or dressing down any look; guys can pair the cardigan up with a great pair of jeans or dress slacks. Ladies pair it up with your favorite/comfortable jeggings for a cozy look that still is stylish! Yes, ladies, jeggings

are still in this season, so don't go storing them way in the back of your closet or donating them to your local Goodwill quite yet! Guys don't fret; we are not talking about your grandfather's cardigan. Today's well-fitted styles will have you looking stylish when layered over a fitted tee or button-down!



Layering is not only a trend for clothing this season, but also for jewelry. Ladies, layer up those necklaces and bracelets and make a

bold statement. When it comes to bracelets, more is better; a great buy of the season is square bangles. Great looking bangles are such a hit they will carry you into season after season!

If layering is not your thing, then go BIG! Oversized bracelets, extra large earrings, and extravagant necklaces will top off your outfit this fall and holiday season! Remember, though, to wear such attention-getting jewelry you'll have to plan your clothes around the jewel-



ry, not the jewelry around the clothes. Ladies can check out some great pieces (at a price that won't put a dent in your wallet) at forever21.com.



Guys won't need to layer accessories, however, throwing on a great scarf, blazer, sport



jacket acts as an accessory to an already great outfit. A belt or watch is subtle, but a wonderful finishing piece to any outfit. All of you remember, even though there is less sunshine just about everywhere these days (except LA) don't forget your shades! Not only will they protect from squinting and getting those dreaded eye wrinkles, they will also give your outfit that stylish finishing touch.



Don't let your hair bring down a great look. Now that summer has come to an end, you may notice that your locks may have taken a toll from the sun or chlorine. A good conditioning treatment helps rejuvenate hair. What better way to do it than with mayonnaise. Most traditional conditioners only coat hair strands to give hair a shine. Mayonnaise will infuse bounce and shine back to dry/dull hair. Raid your refrigerator for some, rinse your hair, and apply mayonnaise throughout the hair, so that each strand is covered in mayonnaise. For extra-dry hair, more mayonnaise may be used. Keep this "conditioner" on for 30-45 minutes; then rinse with a gentle shampoo. Follow this deep conditioning with a visit to the salon for an updated cut and style. You will be looking great going into the winter months and holiday season! (NOTE: Mayonnaise is not something you want to use on naturally oily or very oily hair.)

