

Fall-Winter Fashion

SPECIAL SECTION 2011

COLOR COMBOS

The artful fall color palette

Sharon Mosley
Creators.com

Think you can get away with wearing that same old black suit this fall? Think again. Fashion is all about color this year, says Lee Eiseman, color expert and executive director of the Pantone Color Institute. And it's not your typical dark greens and browns sprinkled with a little cinnamon on top. It's time to get creative with your fashion coloring box and put together some new combinations that will make your wardrobe feel like a work of art.

"Designers are taking a painterly approach to fall 2011 by artfully combining bright colors with staple neutrals, reminiscent of how an artist would construct a stunning work of art," Eiseman says. "Much like a painter's masterpiece, there is a certain romance to this season's palette."

But you know creating a masterpiece isn't all that easy. So how do you go about putting together your own art show? There are plenty of designers out there who can inspire you with some new ways to incorporate colors in your wardrobe.

One of Eiseman's favorite new combos is phlox (a shade of purple) teamed up with cedar green and deep teal. "I also feel that honeysuckle -- the holdover from spring -- is a great mix with phlox and cedar," she says. These colors are great for color blocking -- another trend taking over runway designs -- i.e., juxtaposing strong colors one on top of another.

Coffee liquor (a shade of brown), bamboo



(yellow-green) and emberglow (soft orange) are more typical fall combinations, according to Eiseman. But take another not-so-traditional approach and try mixing nougat (warm tan) with quarry (gray) and orchid hush (a tone of gray with complex orchid undertones). "These are fall's quiet neutrals that look good together or juxtaposed singly against other combinations mentioned before," she says.

Many designers take their color cues each new fashion season from Pantone, a well-known color authority, to give their collections fresh color palettes that consumers will want to buy to freshen up their wardrobes. This fall, there may not be one "it" color, but there are definitely ways to combine what you already have with other pieces in more unusual ways.

Here are a few tips from Pantone to get you started on creating your own artful masterpiece:

--Bamboo brings in a warm, exotic flavor to the season. Like a filtered sunset on the waning days of fall, bamboo is a standout yellow with a subtle green undertone. This dappled shade pairs dramatically with several of the top 10 Pantone fall hues, including phlox, teal and honeysuckle.

--Radiant emberglow, a traditional autumnal tone, conjures up the warmth of a glowing fire. Combine emberglow with coffee liqueur for a classic look or with honeysuckle for something a bit more retro. Add a spark with shoes or a handbag in emberglow or perhaps a patterned scarf combining phlox or deep teal.

--Honeysuckle was such a hit from spring that you

~CONTENTS~

- After-Summer Skin
- Winter Hair Care
- Punk Chic
- Must-Haves
- Waisted
- Color Combos
- Accessories
- The New Power Suits
- Going Country
- Jacket Trends

AFTER-SUMMER SKIN

Stay hydrated and healthy after a summer of sun

Chandra Orr
Creators.com

Summer is rough on skin. After all that sun, surf, heat and humidity, your skin could use a little TLC.

"Winter is the best time of year to work on facial rejuvenation because you're indoors more and not so exposed to the sun and the elements, which are harsh on your skin," says Dr. Cynthia Bailey, board-certified dermatologist and founder of a beauty blog (<http://www.DrBaileySkinCare.com/blog>). "Sun exposure causes the outer skin layer to thicken -- a protective response to help lessen UV ray exposure. The outer dead cells of your skin thicken and leather up from exposure to sun and the elements. This leaves skin dull-looking and rough."

This protective response also makes sun freckles, liver spots and age spots thicker and darker, causing uneven skin pigmentation, Bailey says. To combat these harsh effects, adopt a three-tier battle plan: exfoliate, hydrate and rejuvenate.

"Hydration involves bathing with mild soaps -- for example, glycerin soaps -- and moisturizing within three minutes after toweling dry, using a rich moisturizer," Bailey says. "To add exfoliation, scrub your skin in the shower with a slightly rough body sponge, exfoliating mitt or luffa, and then use a moisturizer with alpha hydroxy acid after toweling dry."

Alpha hydroxy acids, or AHAs, have been shown to rejuvenate

skin by reducing wrinkles, diminishing the signs of aging and improving the overall look and feel of the skin. They also help even out skin tone by lightening darkened sun freckles, Bailey says.

Try these quick and easy at-home treatments to further combat dry, sun-weathered skin and restore that glowing complexion:

*Do It With Dairy

For an instant skin brightening treatment and sunburn relief, look no further than your fridge. Greek-style plain yogurt applied directly to the skin is a favorite among aestheticians for soothing irritation and rejuvenating tired complexions.

"Applying plain yogurt like a mask can really cool sunburned skin," explains Vera Kantor, owner of the Verabella facial spa. "The naturally occurring lactic acid found in yogurt brightens the skin and



JACKET TRENDS

Stay warm while looking good

Sharon Mosley
Creators.com

Covering up never has been so stylish! This season, jackets stole the show on the fashion runways, and here are the hottest trends for your outerwear panache, straight from some of the top fashion experts.

*Styles of Jackets

Fall's trendy waist-length, or cropped, jacket is three-quarter-sleeve in khaki or denim, worn over layers of color-coordinated T-shirts or a casual button-down shirt and complemented with jeans or a flowing floral skirt.

As the temperatures dip, the silhouette for classic, long jackets is ladylike, with a slight flare out from the waist, such as in belted trench coats shown by everyone from Marc Jacobs to Armani. The femininity of the cinched waist and the flare over the hips, with a bit of swing to the coat as you walk, brings in the understated elegance of the season's biggest trends in fashion as a whole.

Jené Luciani, a regular style contributor for the "Today" show, says: "The belted peacoat is one of my top five fall/winter must-haves. The peacoat is a fall classic, but with cinched silhouettes taking over the runway, buying a belted version seems fresh for this year."

The biker jacket trend is wildly popular -- in black, brown or bright tones -- adding some edge to your look. Choose leather in either unadorned style or one with lots of silver buckles and straps for a detailed coat over a simpler, less adorned dress or outfit.

"Cape jackets can also be very warm and, at the same time, look

adorable. Tons of tweed patterns, checks and wools made their way in this season, and paired with a dark pair of jeans, these jackets are fun and very flattering," says celebrity wardrobe stylist Jeni Elizabeth, who has worked with Gwyneth Paltrow, Paris Hilton and other stars.

*Accents and Color

Luciani says: "Whether it be faux or real, you've got to have fur in some form. Those fur vests from last fall and winter are still going strong. This season, try a shorter capelet style for fun." The entire jacket may be faux fur, or it may have a fur-accented collar for trendy style.

Pum Lefebure, co-founder and creative director of Design Army, says: "For the fall, a bold color will make you stand out." In addition to classic blacks, browns, camels and winter whites, choose more vibrant hues, such as bright orange, blood red and hot pink. Muted jewel tones -- such as dark blue, hunter green and deep purple -- also lead the fall-winter jacket trends.

Patterns are hot for this season, as well. Bold graphic patterns are in, such as color blocks and animal prints, as well as the always-chic Burberry checked patterns in purple and black, red and tan, or brown with oranges, yellows and beiges.

*Take It Outside

For outerwear intended to protect against the cold rather than simply serve as fashion statements, fabrics such as tartan, tweed and sheepskin are in demand, especially in green, gray and brown. Puffy parkas also come in neutrals and brights for fall and winter warmth.



*Choosing the Silhouette for You

Fit is your biggest priority, according to Constance Dunn, style specialist and author of "Practical Glamour." "A key part of selecting the best cold-weather jacket has to do with understanding which proportions and length will suit you best," she says. Here are her three top guidelines on strategically

selecting the best coat for your figure:

--"Consider your physical size, and select from items that scale nicely with your overall frame. A puffy down coat won't flatter if you're on the petite or short side.

--"To visually extend your legs, don't wear long or oversize jackets.

WAISTED

A method for any figure

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Creators.com

This fall, it's time to accentuate the positive and focus on fashion's newest erogenous zone -- the waist. Take a deep breath and cinch it all in. Forget the breezy tunic tops of summer; rein in your best assets and show off those curves. Check out the newest sashed dresses, form-fitting belted jackets and Empire-style blouses.

"Have you ever noticed that some women never make a fashion misstep and always seem to be flawlessly pulled together?" asks Jenny Levin, author of Harper's Bazaar's "Great Style: The Best Ways to Update Your Look." "Take a closer look and you may notice that those whose sartorial sense you admire may wear the same style over and over. They know how to emphasize their assets, obscure what they aren't so proud of and make their bodies look their absolute finest."

Here are some tricks from Levin on mastering the art of defining the waist and making the clothes you wear flatter your figure:

--Whether you are tall or short, a size 2 or 12, cinching in your middle almost always creates a feminine and flattering line.

--Pick pieces with a slim belt or ribbon for subtle definition. Or for a more dramatic effect, choose a super-wide waistband, such as a cummerbund or an obi.

--The waist doesn't have to be smack in the middle. A drop waist elongates your torso, and an Empire gives you a leggier look.

--Details on the waist -- for example, big bows -- work well in distracting the eye from your top or bottom.

--Extremely high-waisted styles will make your legs seem miles long. They are a good option when you

WINTER HAIR CARE

Want lustrous locks? Ease up on the styling

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Dry, brittle, frizzy hair that won't hold a style? It's a common winter woe, but those untamed tresses have more to do with your hair habits than they do with the cold weather. If you want lustrous locks, lay off the perms and dyes, and put down that flat iron; skip the shampoo for a day or two.

"One of the most common misconceptions about hair is that it is alive. In fact, hair is nonliving and does not heal itself once it is injured," says Dr. Zoe D. Draelos, consulting professor at Duke University School of Medicine and fellow of the American Academy of Dermatology. "Women need to understand that the very things that they do to hair to make it beautiful will end up damaging the hair's structure and ultimately affect its appearance. Once the hair is damaged, it cannot heal itself, except through new growth at the scalp."

You've heard it before; the less you do to your hair the better. Over-processing, over-styling and over-washing are the quickest ways to turn that manageable mane into a tangled, frizzy mess.

As the chemicals and heat take their toll, the protective lipid layer of fat on the outside of the hair cuticle is removed -- and it's this protective layer that's responsible for making hair shiny.

"Hair looks dry and damaged when the cuticle on the outside of the shaft isn't lying flat," explains stylist Joey Noufal, founder of Noufal HairColor Studio. "This can happen naturally with curly hair or as the result of chemically treated hair or winter dry-weather hair."

In addition, heat from blow-dryers and flat irons can cook the hair, stripping it of its natural moisturizers; it's a condition known as "bubble hair." When water in the hair is heated and turns to steam, bubbles form in the hair shaft and undermine the cuticle, which leads to frizzy ends and breakage.

"Dramatic temperature changes are hard on hair," Draelos says. "Think of hair like a piece of steak. It starts out nice and soft and flexible, but when you cook it, the steak changes texture and becomes hard. Similarly, hair transforms when exposed to heat over time, resulting in brittle hair."

Add to that frequent shampooing, which robs the scalp of natural oils, and it equals a limp, lackluster look.

So what's a girl to do? Ease up on perms and dyes. Change your styling habits. And add an intense conditioning treatment to your weekly routine.

"Hair needs to be hydrated with extra conditioners or a conditioning mask in the winter months so it stays healthy and not dry," Noufal says.

Noufal has the perfect recipe for rehydrating dry, brittle hair: Mix 2 tablespoons of mayonnaise, 2 tablespoons of avocado and 1 tablespoon of olive oil to form a smooth paste. Apply the mixture to wet hair, and cover your hair with a shower cap or a plastic wrap. Heat the hair

for 10 minutes under a blow-dryer, and then let it cool for 10 minutes. Rinse and shampoo as normal.

"The mayonnaise, avocado and olive oil have natural oils that are great for dry hair, and the avocado is loaded with vitamins B-6 and E, which increase strength and shine," Noufal says.

To maintain those healthy, hydrated tresses, consider the four cardinal rules of winter hair care:

1) Shampoo less often, and do it correctly. Shampoo is primarily meant to clean the scalp and can damage hair if over-used. Remember that the drier your scalp the less often you need to shampoo. When shampooing, wash your scalp to remove oils, and then let the shampoo run through the hair. Follow with a moisturizing conditioner applied to the ends of the hair only, not to the scalp.

2) Choose the right shampoo. Swap your summer shampoo and conditioner combo for one with extra moisturizers. Two-in-

