

- There are three main types of clothes:
 - Evening wear - get about 3 or 4 pieces - the glitz and glam
 - The middle - what you wear to work. Smart casual
 - Day to day
- Self love is so important to us as women
- As we get older we tend to go for the boxy jackets. Go for tailored and structured instead
- Wear blazers that are slightly longer if you have a bit of a tummy
- Wear blazers that are a little nipped in to accentuate your figure
- Lower your neckline and accessorize your neck
- Wear high waisted jeans as you want to avoid things that cut you in half
- Try a pencil skirt
- If you have hips, wear flares
- Think about the colours that you wear. Colour will automatically lift every feature in your face
- If you have a low budget try H&M, New Look and Primark (for vest tops)
- Middle budget: try Zara although it is for a particular body shape. River Island and Monsoon and TK Maxx
- If you do go for prints, make sure they are geometric prints
- High end: Mango, All Saints, Ted Baker
- Don't forget to update your underwear drawer. When was the last time you went for a bra fitting?
- Love yourself - every month do one thing. Do your nails. Do your hair or get a facial.
- Wear what's comfortable for you, but realise that you are worth more