

## The Top 10 Fashion No-No's for Women



Ok ladies, we've all had those not-so-great fashion days, but here are 10 things that truly must be avoided at all costs. Read on, and save yourself from future wardrobe malfunctions!

### 1. Shoulder pads

If we can see that you have shoulder pads, you are making a fashion mistake. Way to bring back the darker side of 80's fashion! If a jacket does need subtle shoulder pads, they should be just that – subtle and add shape to the shoulder line, not make it look like you have an extra set of shoulders. And just so you know, the only body type that needs them are the ladies whose hips are significantly wider than their shoulders.

### 2. The wrong bra

There are almost as many types of bra mistakes as there are boobs! First and foremost, your bra should fit you perfectly, provide lift and look smooth under your clothes. Also, make sure that you wear the right bra with the right top: racer back with a racer back tank, strapless with a strapless top or dress. Your bra straps should remain as much of a mystery to others as your Grandma Millie's spaghetti sauce recipe, or your facial hair grooming rituals. *Exception: From the fashion-forward females, we can occasionally accept lacey bra straps in plain view, as well as a bold-colored bra under a sheer blouse as an evening look. But keep it clean and not trashy! Think Carrie Bradshaw, not Lil' Kim.* Check out [www.bloomingdales.com](http://www.bloomingdales.com) for an excellent undergarments selection.

### **3. Ill fitting dress pants**

Pants that sag on the butt, or whisker across the front, or are too short, too long or too tight are no-go! Why compromise in fit? Bad-fitting trousers impress no one. Find a pants line that really works for your body type, and a great tailor to make minor adjustments like sewing pockets closed or hemming the length.

### **4. Shopping in the Juniors Department After 30**

Don't get us wrong here, Stilista stylists have been seen grabbing the occasional tank or T at Forever 21. But there is a profound difference between grabbing the occasional neutral piece and building a whole adult wardrobe in places where 17 year olds shop. The cut is not right for a woman's body, and you can tell, especially when pants or a jacket are in question. *Exception: summery sundresses that you will only have for a season, t's / tanks, loungewear* Visit [www.rampage.com](http://www.rampage.com) for inexpensive knitwear options.

### **5. Dated Jeans**

Older jeans of a dated wash have a way of making you look just about as current as Chuck Norris. Unless your jeans are a classic indigo wash, chances are they will look dated after 2-3 years. So even if the fit is perfect, re-assess your jean collection now and then.

### **6. Flashy Items**

Flashy items like logo-print handbags, fur, or huge bling will always make you look like you want other people to know you have money. Tacky! Don't get us wrong, we love splurge-worthy items and could probably list hundreds or drool-inducing items (Christian Louboutin peep-toes, anyone?), just leave the ghetto-fabulous look to Kimora Lee Simmons. For some splurge worthy footwear, check out the collection at [www.neimanmarcus.com](http://www.neimanmarcus.com).

### **7. Gaucho pants**

Also known as Culottes, this is not a flattering pants style. If you're not familiar, these are Capri-length pants that are very wide. Steer clear!

## **8. Overalls**

Unless you're 8+ months pregnant (at which point you are allowed to wear anything!), overalls will always add bulk and make you look shapeless.

## **9. Shirts that are not truly your size**

We all have a few: boyfriend's T-shirt, an old flannel shirt, or a sweatshirt you got for free at a charity walk you did. The problem is that oversized shirts make all women look sloppy and shapeless. Every shirt you wear should accentuate your natural shape and not hide it.

## **10. Sloppy Sweats**

All women occasionally have days when they feel bloated / depressed / overtired and whatever else that makes us want to slum it fashion-wise. And that's ok! Just get a set of nice sweats, like a Juicy Couture suit, or some fitted yoga pants with a cashmere hoodie. That way you will still look like the desirable specimen you are, and not like you just rolled out of bed! Visit [www.juicycouture.com](http://www.juicycouture.com) for some above average lounge wear options.