

Are You Wearing Your Best Colours?

Most of us have one or a few favourite colours in our wardrobe. However, do you know whether these colours are your best colours? How do you know if you are wearing the right colours? One painful way to find out is through your colleagues/friends.

You may step into the office one morning feeling fresh and energized, but the moment your colleagues see you, they say "You look tired today. Did you sleep well last night?" And before you know it, you start feeling awful for the rest of the day wondering why you look that way. Fret not! One of the likely reasons is that you may be wearing the wrong colours without realizing it!

Our Natural Colouring

In order to look your best, the colours you wear must harmonize with your own natural colouring, i.e. the colour of your hair, eyes and skin. Our natural colouring is determined by these three pigments: carotene, haemoglobin and melanin.

Each and every one of us has a unique colouring because we have all these three pigments in varying degrees! For e.g. human skin tones can vary from dark brown to pale pink; hair colour can vary from black to blonde and eye colours can range from brown to blue.

The Colour Theory

To determine the colours that look best on us, let's first understand more about colours. The Colour Theory is a colour order system to make the description of colour accurate and convenient and to aid in the teaching of colour. The Colour Theory was first established by Professor Albert H. Munsell- a talented American painter and teacher of art. His theory has gained international acceptance and has served the needs of interior designers, architects and fashion consultants all over the world.

According to the Colour Theory, every colour has three characteristics:

- a) Depth
This refers to the intensity of the colour. For e.g. grey and black are different depths of the same colour. Hence, colours can range from light to deep.
- b) Clarity
This refers to the quality of brightness or dullness of a colour. If more grey has been added to a colour, it will appear dusty or muted. Hence, colours can range from bright to muted.
- c) Undertones
This refers to colours that are either cool (blue-based) or warm (yellow-based). For e.g., orange is a warm colour and purple is a cool colour.

Personal Colour Consultation

To find out your personal best colours, approach a professional image consultant for a personal colour consultation. He/She will be able to guide you through each of the three colour characteristics via the use of professional colour drapes and tell you which colours work best for you and why.

Come and discover your personal best colours, and start to see your colleagues/friends complimenting you about how fresh and radiant you look!

Article by Alexis Wan, Principal Image Consultant/Trainer of D' New Image Chapter

Pamper your family, loved ones or yourself with a personalized image consultation at D'NIC, where you will get to identify your personal best colours, discover your personal style and how to dress flatter your figure.

For more information about the personal consultation or other corporate workshops, please visit our website: www.dnic.com.sg or drop me an email at alexis@dnic.com.sg