

FashionablyFIT

INTERN'S TURN...

PhillyFIT Magazine's summer intern works hard to uncover "what's shakin' in our area"...

Fashionably

By: Alison McNelis

It's time to put away your bikinis and minis and break out the snug sweaters and designer jeans. Autumn is here. Your tan is fading and it's not scorching hot outside. However it doesn't mean you shouldn't look and feel your hottest!

Fall is the perfect time to splurge on a few key articles of clothing and to try out a new deep shade of lipstick. After working out so hard in the gym all summer to get a rock-hard bikini bod, you're all set to look your sexiest in snug fitting cool weather clothing.

When you get your fall clothes out of storage this year, there are a few items you should be sure to keep tucked away. Any skull printed items and pointy-toed boots should be left in the attic this year. Please keep those leggings you wore under your skirts in storage as well, along with any bubble dresses.

This fall it's all about looking classy and elegant. "There is a lot of inspiration this season from starlets of the 1950's, like Katharine Hepburn," said Jessica Schuyler, marketing coordinator of Echo-Chic Boutique. Good fabrics, like tweed and bamboo, are a big part of clothing this fall. Cashmere sweaters are also set to be a big trend, noted Schuyler, who recommended them as an item worth splurging on. "Plaid prints are also featured among many designers fall collections as well," said Schuyler, who commented that Gwen Stefani's LAMB line has many plaid items, which are planned to be particularly stylish around the holidays.

While skinny jeans are still popular, this season it's all about the high-waisted pant. "Skinny jeans are very difficult for most body types to wear as they accentuate the hips and create an 'ice cream cone effect,'" said Paula Molino, owner of Fashion Fix, a fashion consulting business. Boot cut jeans, which are easier to "pull off" are also making a comeback this fall. "Pants with a boot cut or that fall straight down to the hem are the most flattering as they balance the figure and give a woman the illusion of a better body," stated Molino.

It's always fun to go out and shop for a few new pieces at the beginning of each season. However, for those of us who can't afford to buy a completely new wardrobe at the beginning of each season, dresses are a trend that can be carried over from the summer into fall. Dresses were a huge trend this summer and the trend is continuing to go strong into the cooler months. They're a great way to go from the office to grabbing a Mojito at happy hour. "We haven't seen dresses for work since the 1980's, so it's a fun way for women to have alternatives for pant suits and blouses," said Molino.

Another way to save a few dollars is to invest in one really great item that doesn't go out of style and can be worn all year round. Schuyler and Molino both suggest splurging on a really great pair of pants. According to Schuyler, high-waisted pants, by the Australian company Sass & Bide, are a great investment; while Molino thinks a great pair of black pants is a necessity in every woman's wardrobe. "Black pants are a great staple and can be dressed up or down."

As always, no matter what the trend happens to be, wear something that flatters your body type. If you're petite and the whole boot cut, high-waist pant completely overtakes your body, stick to wearing skinny jeans or jeans that are slightly flared. If you're curvy and have long legs that look great in high-waisted pants, then by all means definitely jump on the high-waisted bandwagon! Your body should be the main focus and clothing should be worn to accentuate your best features while hiding your problem areas. "Add excitement by layering on the colors of the season and styles that are most flattering to your body type," deemed Molino. The trick is to always wear what looks best on you!



Alison McNelis is a senior journalism student at Temple University. She is currently the intern at PhillyFIT Magazine and is aspiring to someday work for Cosmopolitan.



Echo-Chic Boutique on 17th and Sansom.