

# secrets from the closet

## beauty tips from Valleta Lanier



### FASHION...

#### *What style, for what age?*

Have you ever wondered if you are too old to wear a certain style?

My mother was a very petite lady with lots of class. She always dressed with style. One day during a shopping trip together, she considered longingly the purchase of a really cute dress, then returned it to the rack. *"Why don't you try it on?"*, I asked. I could see the style and color was perfect for her. *"I don't think so,"* she replied quietly, *"it's just too young looking for me."* My mother had the youngest spirit of anyone I have ever known. Shortly before her death, at the age of 81, she told me, *"I can't be 80! I still think like 25!"*

Fashion may not be the most important thing in life, but it does affect you personally, and all of those that you come in contact with. So, when are you too old to wear a certain style? Here's a few questions to ask yourself:

- 1. What style of clothes make you happy?**
- 2. What style looks good on you?**

The most important thing is not your age, but your style. When choosing something to wear ask yourself... Do I like this? Then wear it! Do I look good in this? Then wear it! Be honest with yourself about what looks good. Add a full length mirror to your closet area and use it!

Don't let others determine your style. No matter your age, be yourself. The dress my mother was considering was not too young for her. She could have worn it at the age of 80!

#### **FASHION TIP:**

If you like wearing short skirts, and think your legs don't look as good as they should, consider adding colorful, below the knee tights for summer and full length for winter. They look good at any age! My daughter, granddaughter, and I wear ours together and make a great fashion team!

