

THE STYLE COACH™

Confidence In Style

9 October 2023

Colour: Part 6

Examine your features (hair, skin, eyes) and notice how much of a contrast there is between them.

Alternatively, take a selfie and go to your photo editor on your device.

Go to the 'Saturation' toggle and move the dial all the way down so your photo is in black and white.

Notice the areas that are very dark, light or somewhere in between.

Is there a high, medium or low level of contrast?

How will this affect the patterns you wear?