

fashion Find the real hues

Style expert: Crawl out of the dull winter cave, explore some color

By Regina Phillips
The KLBC Buzz Editor

It won't be too difficult to detect the latest fashion trend for this burgeoning time of year. The idea is to be bright.

"The first thing I think people need to know is that it's really all about color this season," said style expert Sam Saboura, host of TLC's "Real Simple. Real Life." "You've been seeing it for a couple of seasons, definitely on the red carpet and all the awards shows. Colors are making a big comeback."

Saboura — also known from "Extreme Makeover" and consultant for various entertainment media — recently talked to *The Buzz* about how to dress great and care for clothes, helping readers be stylish and stay that way longer. Although he shared some money-saving tips, many won't even have to go shopping. Saboura revealed some easy ways to make one's simple T-shirt or

tank top look fashion forward.

"It's always great to have color around your face," he said. "It makes you look younger, it has a lot of great energy, makes you look brighter. People will say, like, 'Did you lose weight?' 'Did you get a haircut?' Color has a lot of magic to it."

"And for spring, instead of wearing all those drab colors you've been wearing all winter long, pull out the colors, and try to wear them in unexpected ways. That's a really cool way to go back to your closet. Revisit things you already own and mix your colors, and in different ways."

Saboura had in mind some specific spots on the spectrum.

"Definitely, red is a big color for spring. Berry tones have been really popular. They're still popular. Fuschia, red. Peach is a really, really big color. And that's something that a lot of different skin types can wear really beautifully. If you don't feel like wearing color around your cheeks

... use peach, and it will brighten up your face and brighten up your skin tone."

He noted a lot of people wear peach blush for its neutrality.

"Green is a huge color of the season," Saboura said, reiterating bright variations are the way to go.

Hark! There's hope for those who equate "bright" with "fright." And even the fearless ones should take heed to select colors that will compliment their complexions.

"I think that you have to wear a tone that looks best on your skin," Saboura said. "So look at your hair color, look at your skin tone, look at your eyes, and wear those colors that are flattering to you. I think that people are scared about color. They think, 'Oh, I can't wear that color,' or 'Someone told me I can't do this color.'"

"There's a tone that will work on every different person. You just have to go out and experiment, try them

on, bring your best friend along and have them tell you what looks best on you."

Red, he said, is another one of those colors that is kind to an array of skin tones.

"If you have a warmer skin tone, you probably wanna choose the warmer colors, like a tomatoey red. That looks really beautiful against a warmer tone. If you are a cool — reds that have a blue base in them are gonna be great on women who have more of a pale skin. But, in the summer, we're all really tan. Usually, we get a little bit of sun, whether we like it or not, so it's easier to wear color."

"Blue ... looks good on everyone, especially like a nice turquoise blue. That's really fun to wear."

"I love purple. If you love to wear black and navy and dark colors all the time and you're afraid of wearing color, purple is the perfect color to transition away from your dark. It has a really regal quality to it. It's

bright, it's sophisticated. That's a fun way to introduce color without making you feel uncomfortable."

And when the color apprehensive are feeling at ease, it's time to pull on another.

"I love purples with reds," Saboura said. "I love peachy tones mixed up with fuschia or with blue. It's a cool way — instead of wearing monochromatic colors — to make your color look modern for spring."

And taking it to the next level is simple.

"A lot of people want to know how to look more put together and how to look more stylish, and layering is probably the easiest way to do that. Plus, you don't have to spend money because you can go into your closet and look for different tops that you can layer together."

"The big thing for spring is layering sheer pieces — lightweight layers, we're calling them. So go grab a couple of sheer tank tops, layer them over each other, and that gives your look a lot of dimension and it gives you a lot of levels to your look. So you look kind of stylish and polished just by adding one more article of clothing. And you can do it all summer long without staying too hot by using the lightweight layers."

"That goes for children's clothing too. Layering kids' clothes is the easiest way to get more mileage out of what your kids already have in their closets. When it comes to dressing your family this season, moms will love this tip. Your kids should dress themselves, because it's all about mixing prints, mixing patterns together in unexpected ways — like plaids and polka dots, or plaids and stripes. So, when your kids get dressed on their own and they put those crazy, outrageous outfits together, you can know that your kids are gonna be very stylish. I think that's a fun thing for families to go play and experiment with their styles."

"For women, pattern is a really cool thing, because it acts to diffuse the eye and kind of hide any bumps and bulges that you're not really comfortable with. A pattern can kind of camouflage that. If you're gonna choose patterns for spring, choose geometric patterns in bold, bright colors, then mix them with a solid. You don't wanna look like a walking pattern."

"Mix up your patterns with a little bit of solid or a little bit of neutral, and you'll be good to go this season. Really geometric patterns in pop colors are gonna be great for spring." Then, that brings up the bottoms.

"Mixing your colors with your neutrals is a really key thing for spring. So if you have your favorite pair of



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khaki pants, your favorite pair of jeans, keep the bottoms neutral and use color on top.

"Jeans are probably the most universally flattering thing. Updating your denim can make you look really modern. For me, it's all about a pair of dark jeans. I think dark denim is cool. It's slimming. You wear it like your favorite black pants."

Also, a woman's denim doesn't have to be new. Just renew the ol' standbys with a star-tested trick.

"We all have pants in our wardrobe, right? And the big trend is to wear a cuff jean or a cuff pant. You've been seeing that a lot on Katie Holmes. So take your favorite pair of jeans and throw two tiny, small, thin cuffs at the bottom, just to the ankle. Wear those with a pair of gladiator sandals or your favorite flip flops, then you'll look super stylish without spending any money. You're just

reinventing what you already have in your closet.

"We've seen that baggy harem-pant look that's really popular right now. So oversized, loose, comfortable pants are great. Just throw a couple of cuffs on the bottom, too, to make them more modern."

"Also, cropped pants that are tapered capri pants, any kind of boyfriend jeans — those are really popular pieces you can wear and you can find at almost any discount store."

Of course, the fashion expert had to talk about accents.

"Accessories are an easy way to bring in some trend without spending a lot of money," Saboura said. "You can go out to your favorite discount store or your local mall and find those budget boutiques that have really inexpensive accessories. For women, oversized statement jewelry is very important. So a big, bold

necklace; a fun chandelier earring; a big, chunky bracelet or layered bracelets. Bold statements. Chain jewelry is huge."

Saboura stressed a sizeable fashion impact doesn't require a large budget.

"You can be stylish and be fashionable and be a 'recessionista' at the same time," he said. "You don't have to spend a lot of money."

"Especially for kidswear, one of the best ways to get kids style is to shop off-season online, because you can find things for next season at about 75 percent off."

"Buy a size or two up when you're buying off-season. Not only will you ensure your kids are gonna fit into the clothes later, but then you'll have hand-me-downs if you have more than one kid. You can take those clothes and pass them down, and they'll still look great if you care for them well."

"It's not only about looking good this season but taking care of what you already have, because we're in a recession and people — this year more than ever — wanna make what they already have look good. So, for me, it's about caring for your clothes. It's just as important as what you're wearing."

"Here's a big tip. When you wash your dark jeans, you wanna make sure that you turn them inside out, throw them in the wash with cool water and then add a color booster. Color boosters work with your detergent. Detergent is not enough. It's gonna really keep that denim looking dark and keep it looking fresh all season long."

Saboura mentioned Clorox offers a color booster and stain fighter.

"You just throw a capful in with your detergent and it's gonna brighten up those jeans. It's gonna keep that dark color locked in. And don't put them in the dryer afterward. Hang them dry. It's gonna save you some money on your energy bill, but it's also gonna keep your denim looking dark and your fabrics looking better."

"Caring for your clothes — kids' clothes especially, because they're out there, they're being active, they're getting stains on their clothes, especially during the summer because there are barbecues, the beach and the pool. Keep those colors looking their best by using a color booster, because that's really gonna change the way your laundry works."

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