

See Yourself in Colour

Is there an item of clothing in your wardrobe that you loved when you bought it but still hangs there unworn several months later? Have you put it on but changed again because something about it doesn't feel quite right? The chances are that the reason you may not choose to wear it is that although you admired the colour, instinctively you may realise that is not quite right for you.

Our physical colouring relates to and mirrors the colours of a season in nature and our personality reflects some of its characteristics. For example, in winter the colours are either strong and intense or very icy light; think of the starkness of bare trees on a snow-laden hill against an icy grey-blue sky. The colouring of a winter-linked personality may reflect the extreme and dramatic qualities of the season in their intensely dark hair and eyes or they may be almost white blonde in colouring with very light, clear icy blue eyes. Elements of their personality may seem cool or aloof and they tend to be very self-assured people. The colours that they will look really great in will be from a winter palette: black, white, lemon yellow, ice blue, jade, magenta.

But, colour is more than just visual; each colour has specific effects that influence us on all levels - mental, emotional and physical. Understanding how to use colour consciously can create benefits that have a very powerful effect on how we feel and how others respond to us. A personal colour consultation will identify your unique palette of colours that harmonise with your colouring and support your true personality. This will help you to see yourself in a new way. Since having a personal colour consultation Linda from Sussex says " I feel in touch with myself and empowered to express myself through what I wear, both to look great but also more importantly with a deeper understanding of how and why certain colours work for me and how to use that to be me!"

When we reach in the wardrobe each day for the clothes we are going to wear we may not realise that we are also actually sending strong signals to the outside world about ourselves. Colour is also a fascinating language that provides us all with information about each other and in turn projects what we would like others to think about us. Someone wearing the colour blue is likely to inspire in us trust and we will feel that they will help us in the most efficient way. We sense that a person wearing yellow must be feeling fairly confident and will be quite friendly.

When we know how to use colour consciously it is possible to alter the perception of others and project the most positive qualities about yourself. These are some of the effects and messages from colour.

Colour for the Mind

Blue. Wearing blue will help you to communicate more clearly and project a message of trust and efficiency. Stronger blues can stimulate clear thinking whereas softer blues will calm the mind and aid concentration.

Colour for Confidence

Yellow. Wear yellow to appear friendly, confident and outgoing. It will help encourage your self-esteem.

Colour for Energy

Red. Is a very stimulating colour, when you wear it you will be perceived as strong, energetic, and lively.

Colour for Balance

Green is restful and refreshing. Wear green to calm you and express a reassuring, well-balanced nature.

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