

Presented by

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dress to impress

LEARN WHAT TO WEAR
AND HOW TO WEAR IT!

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ones *twos* & threes

GET THE RIGHT CLOTHES
FOR THE RIGHT PURPOSE

The 1, 2, 3 system is something I have created to help people select the right clothes for the right purpose. Most adults are awake for 100 hours a week (7am-9.30pm). If you work out where you spend most of your 100 hours you can work out what your wardrobe requirements are.

For example if you spend 20 hours a week at work, work experience or volunteering then 20% of your wardrobe should be able to be worn at work. If you spend 30 hours at school or polytech then 30% of your wardrobe should be able to be worn to school.



HOW IT works



1s ARE CLOTHES FOR BEST
No. 1s are the clothes that you wear out to dinner, to church, or on special occasions. If you love to dress up and go to church every week then you may need 2 or 3 sets of No. 1s.

2s ARE THE CLOTHES WORN THE MOST
These are the clothes you spend the bulk of your time wearing. Smart-casual, clothes you might wear to school, polytechnic, work or up town. Most people need 3 to 4 sets of No. 2s.



3s ARE VERY CASUAL
These are the comfy track pants you wear at home, or the leggings you wear to the gym. Some people will only need one set of No. 3s or depending on your lifestyle you may need up to 3.



top tips

FOR PARENTS WITH YOUNG CHILDREN

putting ones, twos
& threes in

action

Trying to get children to understand which clothes are appropriate for which occasions can be a challenge. The 1, 2, 3 system works well here.



The 1, 2, 3 system makes selecting clothes easier by narrowing down the options your child can choose from.

For example, if you are heading out for the day you might ask your child to select a No. 2 outfit. This means that they have some choice in what they are wearing but cannot be completely free range in their selection!

If you were heading out to a restaurant, then you could ask them to change into their No. 1s.

When they arrive home from a special occasion you can ask them to change into their No. 3s so they are not getting their good clothes dirty or worn out.

I have worked with some families who have used photos of outfits stuck inside the wardrobe door for inspiration.

The 1, 2, 3 system can also help when shopping by limiting the focus of the shopping trip to casual, smart or dressy and can help you decide where to shop.



apples

BIG BUSTS AND TUMMIES



APPLE BODY SHAPES USUALLY HAVE BIG BUSTS AND TUMMIES. They will have trouble getting pants that fit properly around the hips and thighs but are big enough to go around a tummy. Their tops will be one or two sizes bigger than their pants.



2 GREAT TWS WEAR



BEST ACCESSORY
Coloured shoes.
Long scarves will distract from your tummy!



BEST JACKET
Soft and
unstructured.



2 GREAT
TWO'S
WEAR

best picks

BEST DRESS

- Empire lines which float out under the bust are very flattering.

BEST PANT

- Look for patterns, coloured or fitted.
- Something to draw attention to the legs. Elastic waists are great.

BEST TOP

- V-necks are good for bigger busts.
- Long tops will lengthen the upper body.
- Wide or fluted sleeves will balance out wider arms.





BEST JACKET
Structured
with extended
or padded
shoulders.



pears

BIG HIPS, SMALL BUST



PEAR BODY SHAPES CARRY MOST OF THEIR WEIGHT AROUND THE HIPS AND THIGHS.

They often have a sway back and have trouble getting pants that fit at both the waist and hip. They are often one or two sizes bigger in a pant than in a top.



2 GREAT TWOS WEAR

All products are indicative only and may no longer be available in store.



1 GREAT ONES WEAR



BEST DRESS
Fifties style,
with fitted waists
and fuller
skirts.

best picks

BEST PANT

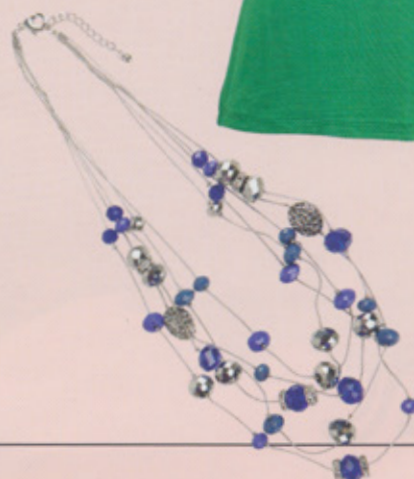
- Dark coloured straight leg pants are the most flattering. Avoid patterns or tight pants that will draw attention to chunky legs. Avoid angled hip pockets and fussy pant details.

BEST TOP

- Pretty patterned tops will draw attention up the body. Wide necklines help to balance larger hips. Bright colours and busy patterns should all be above the waist.

BEST ACCESSORY

- Short necklaces, beads and necklaces that draw the eye up.

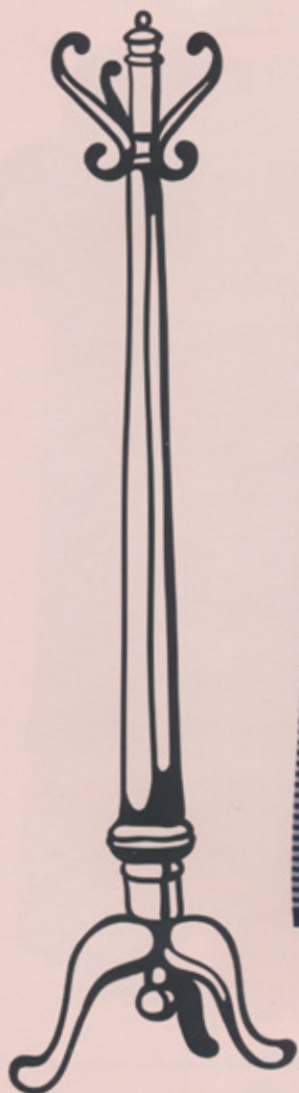




bananas

STRAIGHT UP... AND DOWN

BANANA BODY SHAPES ARE NOT NECESSARILY THIN. They lack curves and are very straight up and down. Typically they have no waist and a small bust.



BEST TOP
Fringed and cowl necks are feminine and add volume.



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1 GREAT ONES WEAR

BEST DRESS
Bias cut fabrics add drape and shape.



best picks

BEST DRESS

- Look for dresses with draped layers, or bias cut styles.

BEST TOP

- Sweetheart necklines are feminine and flattering.

BEST PANT

- Stretch waists are comfortable and slimming. Narrow stretch pants look great on banana shapes.

BEST ACCESSORY

- Belts can help to fake a waist. Long pendant necklaces will break up the torso.



recommended
by:

Lisa
O'Neill

perfect "hourglass wear"!



hour glass

SMALL WAISTS, BALANCED SHAPE



HOUR GLASS BODY SHAPES WILL BE THE SAME SIZE TOP AND BOTTOM WITH A SLIGHTLY SMALLER OR MUCH SMALLER WAIST.

It doesn't matter what size you are, the fact that your measurements are balanced is a huge bonus!

BEST DRESS
Show off the figure with a fitted dress.

1 GREAT ONES WEAR





BEST TOP
Waist ties and belts show off your shape.



best picks

BEST DRESS

- Fitted dresses show off the figure and are very flattering.

BEST TOP

- Waist ties and belts show off your shape. Tucked in shirts will also look good.

BEST PANT

- Fitted shapes with higher waists are best.

BEST ACCESSORY

- Coloured belts.



2 GREAT TWOS WEAR





plus size

CURVES AND CONTOURS

PLUS SIZE BODY SHAPES WILL FIT INTO ONE OF THE PREVIOUS MENTIONED SHAPE CATEGORIES.

The size of your body doesn't matter, it is the shape that is important.



BEST DRESS
Fitted dresses will help create shape.



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1 GREAT ONES WEAR

BEST PANT
Look for colour to draw attention to the leg.



pick your **shape**

- If your pants are a bigger size than your top then you are probably a Pear.
- If your top size is bigger than your pant size then you are likely to be an Apple.
- If you are the same size top and pants and have no waist then you are a Banana.
- If your top and pants are the same size and you are curvy, you are likely to be an Hour Glass.
- Look for chunky accessories and shoes. These will make you appear smaller.





BEST JUMPER
Patterns add
interest.



2 GREAT TWOS WEAR
BEST JACKET
Heavy jackets
can add bulk
to a slight
frame.

courgettes



A COURGETTE MAN IS OFTEN TALL AND THIN AND COULD BE DESCRIBED AS LANKY. They need shape and have trouble getting things long enough.

best picks

BEST T-SHIRT
Horizontal stripes add width to skinny upper body.



BEST PANT

- Anything long enough!
Try narrow pants and fitted shirts that are designed for thinner bodies.

BEST SHIRT

- Look for modern 'fitted shirts' that are designed for thinner bodies.
- Tailored jackets will add some shoulder shape.

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BEST SHIRT
Look for fitted shirts and tighter fabrics to show off your shape.



capsicums



A CAPSICUM MAN HAS THE PERFECT BODY SHAPE. Wide shoulders and narrow hips. They fill jackets correctly and easily fit pants. They are often fit and firm!

BEST TO WEAR
Show your perfect shape!



best picks

BEST PANT

- These guys can wear fitted jeans. If short in height beware of wide pants that can make you look shorter.

BEST SHIRT

- T-shirts and knit polos are very flattering.

recommended by:

Lisa O'Neill

perfect
"kumara
wear"!



1 GREAT ONES WEAR

BEST SHIRT
Vertical stripes work well to lengthen and slim tummies.



kumaras



BEST PANT
Straight leg pants add height.

A KUMARA MAN HAS SLIMMER SHOULDERS AND A BIGGER TUMMY. The whole body takes on a diamond shape. They need wider shirts to fit over the tummy and often need sleeves and pants shortened.

best picks

BEST PANT

- Elastic waists can be comfortable and flattering. Look for adjustable waist bands in more tailored pants for an easier fit.

BEST SHIRT

- Wider generous shaped shirts will be most flattering. Be careful not to wear too long if wearing untucked as it can make you look shorter and scruffy. On a shorter man tucking in shirts adds height.

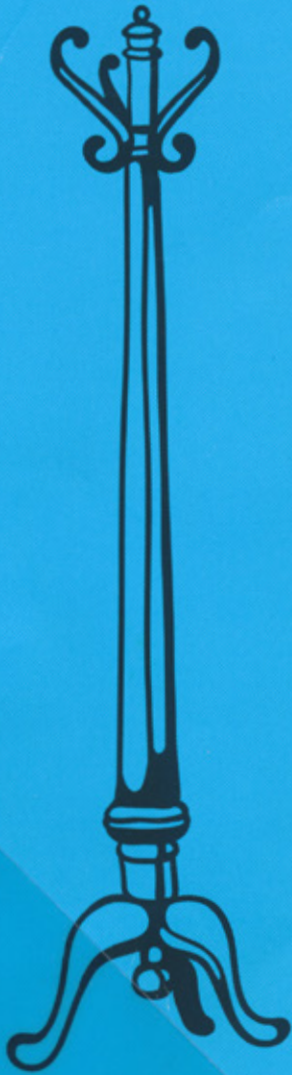


BEST JACKET
Structured jackets add width to shoulders and slim the waist!

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your
notes
& ideas



Lisa O'Neill

My mission is to inspire people to look their very best. You do not need to spend a lot of money or lose weight to look fantastic. A bit of time and effort goes a long way. The garments in this lookbook have been selected to help you find clothes that will actually suit your body shape.

Look great, be happy! Lisa x

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