

How to Use Enhancing Indents Stylist Tool



Find Your Own Personal Indents on Your Body

1. Find Your Body's Smallest Points of Measurement for arms, waist, and legs.
 2. Your personal tool for where to hem skirts, dresses, and pants.
 3. Find your most flattering waistline options.
 4. Find your most flattering leg options.
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HERE'S HOW IT WORKS

1. Find a full length mirror.
 2. Print this PDF.
 3. Measure
 - On the image, write your measurements on the key indent areas.
 - Waist (above or below where ever the waist indents. Use your measuring tape to confirm. Add your measurement on the image.
 - Proceed to the other indent areas on your arms and legs.
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The idea of what to wear is a very personal journey. This is why hemlines, sleeve lengths, and waistlines are different for each women. This tool will give you the information to direct you and your seamstress for alterations.

“There really is a science to dressing your personal best. Whether you choose your best colors, silhouettes for your body type, or accessories to enhance your best features there is a method. The answer is in your body. Your personal key areas create your individual formula for success” (Mathis, Karen, *8 Easy Pieces retrieved from Amazon.com*).

“When applying balancing wardrobe techniques, all body shapes can be enhanced for the best possible overall effect” (Mathis, Karen, *8 Easy Pieces retrieved from Amazon.com*).

Result: The eye goes to the body's indents (smallest areas of the body) and assumes the rest is the same.

WHY DOES IT MATTER?

Social psych research directs how clothing expresses messages to others about who we are, by the clothes we choose to wear. Much of this research is outlined in a new book, *Power of Appearance*.

First Impression:

In a fraction of a second a first impression is made. In this flash the brain assigns attributions. It's a system of survival that becomes an important human experience. Once an impression is made... it is lasting.

Taller/thinner represents authority. Studies showed people were influenced more powerfully by a taller/leaner appearance. How do we use this information in fashion?

This is why no matter how tall you are, you can create a better taller/leaner version of yourself by using this **Enhancing Indents Tool**.

For more information contact me: Karen.PowerofAppearance@gmail.com