



LIFESTYLE

[SECTION E]

Sunday, March 29, 2009



MAKE A STATEMENT

BCBGGirls coral sandals, \$69.99; Sam Edelman gladiators, \$110; and Fergie platform shoes, \$89; all from Belk and styled by Tracy Robinson.

SPRING FORWARD TO FASHION



THIS SEASON, MANY STORE FINDS WILL COMPLEMENT CLOTHING ALREADY IN THE CLOSET

Rest easy this spring.

There are plenty of hot fashion trends for all female body types and ages.

"It was tough to narrow it down to 10," said Birmingham fashion stylist Tracy Robinson of www.chicmadesimple.com. "When I first started going through magazines I had 35 things on my legal pad."

Ruffles, the jumpsuit, colorful florals, statement shoes with chunky heels or lots of straps, and the color white are just a few trends. Also in are romantic blouses, the maxi dress, cardigans and funky fuschias and pretty pinks.

And the best part is that several of the trends can easily blend in with many of the wardrobe staples women already own.

"Statement shoes can add oomph to the most basic items in your closet. You can put them with a simple knit dress and let the shoes speak for themselves," Robinson said. "And the printed tops of this season look great with white pants or denim."

Robinson added that fashionistas should pick items that make sense for their lifestyle. Stay at home moms, for example, might not want a closet full of the season's statement shoes or sky high heels, but opt for a bright flat.

"It's all about interpreting the trends to meet our own needs," she said.

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FEMININE FLORALS

Pamela Reed of Real People Models & Talent is wearing a floral print dress by Milly, \$395; a beaded cardigan by Milly, \$295; and Manolo Blahnik shoes, all from Saks Fifth Avenue and styled by David King.

SPLURGE OR DEAL

From left, Canvas bag by Kate Spade New York, \$325; Nine & Co. by Nine West bag, \$32.50, Kohl's.

STORY BY CHANDA TEMPLE GUSTER | News staff writer

PHOTOGRAPHS BY FRANK COUCH | News staff photographer

OFF THE SHOULDER

Katherine Blackmon in one-shoulder Trina Turk top, \$150.99; and Erica Lyons earrings, \$16.80, Belk.



THE LOOKS FOR SPRING

HOW TO WEAR IT

Fashion stylist Tracy Robinson of chic-madesimple.com offers tips on how to wear some of the hot trends for spring:

GET THAT BEACHY FEELING WITHOUT LEAVING THE CITY by wearing the maxi dress. Dress it down with flat sandals or flip-flops, or dress it up with taller, strappy sandals. Since so many maxi dresses come in colorful prints, metallic sandals are a good match. The dress works well for women who are 5 feet 6 inches or taller because of its floor-length hem, which shouldn't drag the floor or hit above the ankle. Pair it with a fitted cropped cardigan for chilly settings; just make sure the top is not bulky or boxy.

LAYER UP WITH THIS SEASON'S SUPER-LIGHT CARDIGANS, which come in a variety of yummy colors like lemon yellow and mint green. Look for the more traditional button-front style or the longer, V-neck boyfriend cardigan. They can be worn over dresses on cool days or on casual Fridays at the office.

BE COMFORTABLE IN RELAXED TAILORING, which has soft silhouettes in silky fabrics and looser construction. Look for flowy pants and shorts, peasant blouses and sleeveless tops. Be careful wearing loose pants or full skirts with flowy tops, as you risk getting lost in the volume.

GIVE A FLOUNCY FEMINE TOUCH TO AN OUTFIT WITH RUFFLES, which are a popular repeat from last year. They add volume to a look, so be sure to avoid wearing them on any area of your body you don't want to emphasize.

LOOK FOR MODERN TAKES ON THE SAFARI CONCEPT in jackets, dresses and shorts, as well as African and animal prints, wooden jewelry and earth tones like khaki, and olive. This look is more luxury traveler than jungle adventurer. Be careful not to overindulge in the trend or you will look too costumey.

FLAUNT THAT SEXY SHOULDER OR SINGLE COLLARBONE WITH ONE-SHOULDER NECKLINES, which were seen on spring runways and on award show red carpets. It's flattering for all body types and ages. Don't wear this look unless you have a good strapless bra.

BRING ON THE COLOR WITH PRETTY PRINTS. This season's patterns run the gamut, including mini florals, bold graphics and artsy watercolors.

BE FASHION FORWARD IN THIS YEAR'S JUMPSUIT, often constructed of drapy materials and is a throwback to the '70s and '80s. It offers the ease of a dress with the comfort of pants. Avoid bright colors and bright prints, and keep accessories, hair and make-up simple. Also, this year's design is not a catsuit, flight suit or overalls.

BE GLAM ENOUGH FOR NIGHT BUT STILL APPROPRIATE FOR DAY in this season's statement shoes. Styles include bright flats, boho wedges, the minimal gladiator and the sky-high pump. If the shoes are making a statement, the rest of your outfit doesn't necessarily need to.

STAY POLISHED BUT CASUAL WITH THIS SEASON'S CARRYALL, which has a slouchy shape but refined look. How do you know if it's too big? Look at a side view of yourself in the mirror with the bag over your shoulder. If the bag extends more than four inches on either side of your body, it's too big. You don't want to look like you are carrying a suitcase.

Chanda Temple Guster



MAXED OUT

Danielle Yancy in Karen Kane tie dye maxi dress, \$128; Nicole Miller bracelet, \$45; Kim Rogers earrings, \$7; and Karen Kane ballet sweater, \$98, all from Belk. Styled by Tracy Robinson.



FLOWER POWER

One-shoulder Ali Ra cocktail dress, \$205; and Kristin Davis earrings, \$14, from Belk. Styled by Tracy Robinson.



CASUALLY COOL

Elie Tahari pants, \$248; Chole gold leather handbag, \$1,995; and SoCa by St. John summer leather jacket with ruffles; all from Saks Fifth Avenue. Styled by David King.



JUMP START

Belted A.B.S jumpsuit by Allen Schwartz, \$198.99; Kristin Davis ring, \$12.60; and Guess earrings, \$22, all from Belk. Styled by Tracy Robinson.



THE SAFARI LOOK FOR LESS

Left, Donald J. Pliner purse, \$249; Cejan wrap, \$21.99; Armani Exchange shades, \$75; Kenneth Cole Reaction thong sandals, \$69; safari jacket, \$169.50, and ankle pants, \$58.99, both Michael by Michael Kors; bracelet, \$24.50, necklace, \$31.50, and earrings, \$10.50, all by Erica Lyons; all from Belk.
Right, Relic purse, \$28.80; Apt. 9 wrap, \$17.50; shades, \$18.20 and thong sandals, \$12.60, by Sonoma; Fang safari jacket, \$20; Gloria Vanderbilt ankle pants, \$21.99; bracelet, \$8.04, necklace, \$12.60, and \$8.04 earrings, by Sonoma; all from Kohl's. Styled by Tracy Robinson.



RELAXED TAILORING

Black ruffled shirt, white wide leg pants and neutral croc tote, each \$88; earrings, \$28; white bracelets, \$44; all from White House/Black Market. Styled by Tracy Robinson.

MORE PHOTOS ONLINE



See more photos from our fashion shoot at HotHouse Design Studio in Birmingham at al.com, the online home of The Birmingham News: photos.al.com/birmingham-news/

ABOUT THE SHOOT

Models: Pamela Reed, Danielle Yancey and Katherine Blackmon
Styling: Tracy Robinson and David King
Location: HotHouse Design Studio, Birmingham