



# I know you hate to shop.

(Which is why I created this cheat sheet just for YOU!)

“From the Closet to the Dressing Room:  
What to DO and KNOW *before* you go.”  
(I promised you, you were going to love this!)

## The 5 most important tips in creating your shopping list

1. **Shop your own closet before you go shopping.** Make sure you really need the item *you think* you need or are you just creating competition between similar items. Note: No matter how many black t-shirts you own, you always wear your favorite 1 or 2 – donate, or give away the others. That being said...
2. **Make a list before you shop.** NOT of the items you want to buy, but a list of your 10 fave things in your closet. This will help you focus on pieces that will mesh with what you already own, instead of buying that beautiful blouse that goes with absolutely nothing. FYI: Don't buy a “bargain” if you don't *love it*.
3. **Style Mantra.** You know your 3-word “style mantra” that describes your style - now stick to it. Refer to these 3 words when you are shopping for something new. For example: “Sophisticated, Classic, Feminine.” Each item does not have to work with all 3 words but at least one word must apply to each item for your mantra to be useful.
4. **Basics, basics, basics!** Make sure that you have the needed basics. They are usually the more “boring” pieces but they are the glue to mixing and matching your more novelty pieces together and creating the maximum amount of outfits.
5. **Shop for your current lifestyle, not the lifestyle you wish to have.** Okay, let's be honest, how many formal gowns do you need when you only go to the opera once every few years? Or, do you really need a closet full of shorts, sarongs, and sundresses that you would only wear on a vacation that you never seem to take? You get the picture. Be ruthless when it comes to shopping and only buy items that you know fit your current Lifestyle-Requirements.

## The top 5 tips on garment “Fit.”

1. **Hit the dressing room prepared.** If you're shopping for “the dress” for that special formal event and you want to get a true fit of how you're going to look, don't forget to bring that push-up bra, tummy tucker, or thigh slimmer with you. Lipstick, heels, and a hairbrush will also help you get a better sense of the final result. And always, always check out the rear view before you buy anything! That being said,
2. **Your bra is your best friend.** Ill-fitting bras do nothing for your shape. Most women are wearing the wrong size bra. Schedule a bra fitting at least every couple of years, and purchase different bras for different types of tops and necklines. Make sure when you are shopping to have on the correct bra.
3. **Round down in Denim.** Jeans are toughest when it comes to fit. So when in doubt, if you're in between sizes always round down to the smaller size. Jeans always stretch, and there is nothing worse than an unflattering, unintentional baggy butt.

Contact **MICHELLE** and discover the **ELEGANCE** of wearing clothes with **STYLE!**

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View my website and see how I can assist you: [www.michellemoquin.com](http://www.michellemoquin.com)

4. **Make sure the look and fit is “killer” on you.** You don't want to purchase anything where you might say, 'Oh I'll wear this when I lose that 5 lbs", or "When I have my baby", or "When I get my dream job". That being said...
5. **Take a hint from the men: Use a tailor.** Many times the department store will give you free alterations if the garment is purchased at full price. But even better, make friends with a good tailor (if you need one, ask me). Build a relationship with one who knows your body type and your taste. Nothing raises the quality of a moderately priced garment, more than having it altered to suit your shape.

## The top 5 things to consider when tips making a purchase.

1. **Buy more than one of the exact item.** If you really love something, keep your favorites always looking good. Buy two and rotate. This is where repetition in your closet works.
2. **Don't buy a “bargain” just for the price.** Buy only pieces you really love. If you feel like wearing it the moment you buy it, it is a good find. Seriously. If you don't feel this way, it may sit in your closet unworn and with the tags still on it. ( I know you've experienced this!) You want to get the most wears out of the cost of the garment. The more you wear it, the more cost affective and the smarter you are as a seasoned shopper! Here's how:
  - a. Divide the cost of the garment by number of times that you have or expect to wear, ie: a \$200 blouse worn 50 times = \$4. A great deal when you really love something. If you buy a sale shirt for \$20 and only wear it once (or never!) your cost per wear is \$20! Not a good deal for something you maybe only wore once and don't love. See how these so-called “bargains” can add up to a lot of money thrown away?
3. **Buy more than one of the same silhouette.** When you find an especially flattering fit, right of the rack, buy two or more. That's what Jackie O did. She had a close full of sheath dresses. In the same vein, know which silhouettes flatter you, and filter trends ruthlessly!
4. **Consider the wear and care:** Before you buy something consider how the piece might hold up after a few washings. And don't make a mistake buy purchasing items you won't or can't take care of. If you know you'll never dry clean, a “dry clean only” dress, or hand-wash that fancy French beaded bikini, walk away.
5. **Less is always more.** So go for quality over quantity. With the right amount of basics you will get more mileage out of your clothing, and mixing and matching outfits will be effortless.

xox

~Michelle

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