

# colour your world



**Style from Oscar de la Renta's 2009 Resort collection.**  
**Green:** Green is the colour of growth and development. This is the perfect colour to wear when learning new skills or taking classes. Green is a great motivational colour for people who need to be energised. It is a stimulating colour so should be avoided when feeling restless.



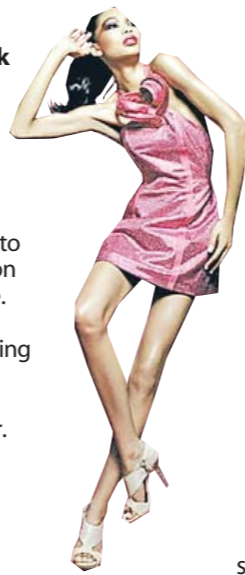
**Strapless dress with black bow from Marks & Spencer. Red animal print peep-toe heels from Russell & Bromley.**

**Red:** This is the ideal colour when feeling confident and wanting to draw attention to yourself. Wear red if you're going on an audition, speaking in public or want to stand out from the crowd. Avoid this colour if you're suffering from nervousness.



**A design from the Reem Acra 2009 Spring collection.**

**Yellow:** This colour conveys stability and promotes clarity. Wear it when you have important decisions to make. Avoid yellow when you are feeling tired, because it can be a drain on your energy levels.



**Versace hot pink dress from the 2009 Spring collection.**

**Pink:** Pink is fun and full of romance. Wear pink if you want to resolve a situation with a loved one. This colour is soothing, nurturing and will help dissolve any feelings of anger.



**A model wearing a Karl Lagerfeld design from the Chanel 2009 Spring/Summer collection.**  
**Black:** Black conveys authority and power. It promotes a sense of depth and strength. Wear this colour when you want to command leadership or exude mystery. Stay away from black if you're wanting to be treated as an equal.



**Designs from the Jenny Schweitzberger collection.**

**Brown:** Feeling scared or insecure? Brown is a grounding colour and has a comforting effect, which will make you feel safe. Avoid brown when dealing with stubborn people.

By CRAIG LAWSON

COLOUR is without a doubt the best invention.

It livens up the whole world and has been the best thing to happen since sliced bread.

Well, actually, colour was around before sliced bread.

And now, according to feng shui experts, the colour you wear not only affects your mood and emotions, but how others treat you.

Fashion feng shui spokeswoman Beverly Cole says wearing the correct colour can attract the life you truly want.

"Colour has vibration, just like music and electricity, and we can become more powerful if we use its energy correctly," she says.

Mrs Cole is based in Auckland and has worked throughout New Zealand as an image consultant for 23 years.

When dressing clients she noticed how people would feel differently when wearing certain colours.

This led her to study feng shui in fashion.

Feng shui is based on ancient Chinese principles that focus on object placement and the use of colour to promote harmony and balance in life.

The trend first developed a following with people organising their homes.

According to experts, earth colours are favourable for kitchens, and pastels are better for play rooms and art studios. Vibrant hues are excellent for entertainment areas and neutrals are ideal for bathrooms.

These feng shui techniques can now be incorporated into clothing.

"Wearing the correct colours can help to achieve success in life," Mrs Cole says.



## love and marriage

Should you choose a strapless wedding dress? A sit-down reception? What about the flowers? The music? The food?

PLANNING a wedding is all about the details – and that's where Donnie Brown comes in. Brown is a Texas wedding planner known for his wacky sense of humour on the Style Network show *Whose Wedding is it Anyway?*

Here he answers some essential questions.

**Q:** Tell us about your clients and the budgets for their weddings. How much – on average – do they want to spend on their big day?

**A:** We are fortunate to have a wide variety of budgets that come in the door. We do weddings ranging from US\$15,000 (NZ\$20,000) to US\$750,000 (NZ\$1 million) every year. I would think the median amount is somewhere in the US\$135,000 range.

**Q:** What are, say, the top five ways to save money on a wedding?

**A:** 1 Create a working budget and stick to it; 2 Trim the fat out of your guest list. Every person who is invited costs money. Have those people you really want at your wedding and eliminate the excess so you can get as close to the wedding you want as possible; 3 Do a Friday or Sunday wedding. Saturdays are premium and

you can very often save money on alternative days; 4 Pay for your wedding bills on your credit card

and use the reward points for your honeymoon travel; 5 Carefully review the contracts and negotiate. You would be surprised how much room vendors and venues have in their arsenal to work with you on your wedding. If you don't ask, you will never know.

**Q:** What do you not want to skimp on? Venue? Food? Decor?

**A:** Skimp on the things that are least important to you as a bride and groom. Everyone is different. Some have their hearts set on better food. For some, it's the gown, and for some it's the decor or entertainment. Everyone is different.

**Q:** What one piece of advice do you have for couples while planning their wedding?

**A:** Hire a good wedding planner if you can. They can save you time, stress and even money by steering you through the process more efficiently, getting better contract negotiations and protecting you from unethical vendors. MCT

# trend alert

Fashion reporter **Craig Lawson** brings his best-of-the-best trend alerts.

If your birthday is coming up, then a dress from this label should be on your wish list.

Hot Aussie label WISH has now landed in Invercargill. This label delivers some of the most stunning dresses that are available for summer.

But who can wait for summer? These dresses should be worn now.

Just add a fascinator and you have the perfect outfit to celebrate the Melbourne Cup next week. Dress to impress.

Available: Nu Dax

Style: Azzaro dress (left) \$229.90  
Style: Spacer dress \$179.90



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