

CLOSET REVIVAL:

Your Seasonal Fashion Detox



Rediscovering your style

Sarah, a young professional with a keen eye for fashion, stood in front of her overflowing closet on a crisp Saturday morning. The sun streamed through her bedroom window, illuminating the chaos of impulse buys, outdated trends, and cherished pieces. Feeling overwhelmed, she decided to seek professional help and hired me, a seasoned image consultant, to guide her through the process of reclaiming her closet and transforming it into a sanctuary of style and order.

Conquer Your Closet

Embarking on the journey to create a new wardrobe begins with a critical step: purging your existing collection. Establishing a routine at the start of each season will ensure your wardrobe remains functional, stylish, and clutter-free. Here's a comprehensive guide I shared with Sarah to help navigate this process:



Closet detox is not just about organizing your clothes; it's about clearing your mind, rediscovering your style, and stepping into each day with renewed confidence

Lula Kiah January 2023 Style News



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1. Items to Keep

- Pieces that fit well without needing alterations
- Garments that reflect your personality and style
- Comfortable, flattering items that boost your confidence
- Clothes in excellent condition and repair

2. Items that Need Attention

- Garments with minor damages like missing buttons or fallen hems
- Pieces that need cleaning or alterations
- Items that require a companion piece to complete an outfit

3. Items to Give Away or Discard

- Clothes that no longer fit, are out-of-date, or have been unworn for years
- Worn out, torn, or stained items
- Pieces that don't suit your current lifestyle or personal style
- Items in unflattering colors or those you dislike wearing
- Undergarments that are no longer in good condition
- Items not meeting your current quality standards

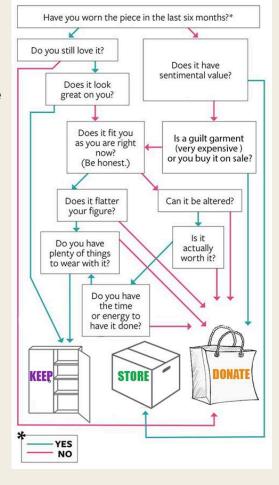
4. Organizing the Remaining Clothes

- Store off-season items to free up space and keep your closet airy
- Replace wire hangers with ones designed for specific garments to maintain their shape and reduce ironing

5. Inventory Your Wardrobe

- List every garment and its coordinating pieces, including accessories
- Try on combinations to ensure they work; bag items needing alteration for immediate attention
- Only return items to your closet once you've noted all possible outfit combinations
- Sort through your jewelry, belts, and bags, removing broken or outdated pieces
- Update your list to identify what new items you need to expand your wardrobe options

SHOULD IT STAY OR GO?



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Though this process might seem daunting, it's a crucial step in reorganization. Every wardrobe harbors clothes with invisible guilty tags, silently accusing you of overspending and under-wearing. Holding on to these items costs you money and valuable space.

By embracing new buying habits, you can forgive yourself for past mistakes and let go of those regretful purchases.

Before you start, a little self-care can go a long way. Put on some makeup and style your hair—it will make the decision-making process easier when you need to try on clothes.

In guiding Sarah through this closet detox, she not only rediscovered her style but also found a sense of clarity and joy in her daily dressing routine. This seasonal ritual became her favorite, a time to reflect on her evolving style and embrace the new.

And as her closet transformed, so did her confidence and outlook on fashion.

Each season, Sarah eagerly looked forward to our sessions, knowing that with each closet revival, she was not just organizing clothes but also redefining herself and her personal brand. This practice became a cornerstone of her style journey, allowing her to step into each day with renewed confidence and a wardrobe that truly represented her unique personality and aspirations.

