

# 40 + Style™

*Fashion, beauty and style inspiration for women over 40!*



*“Because Style only gets better with age”*

# 40 + Style™

*Fashion, beauty and style inspiration for women over 40!*

Welcome to a new edition of 40PlusStyle's trend reports!

Are you excited about a new season and new trends? I always am!

As long-term readers will know, I think you should be picky when it comes to trends. It's much more important to select clothes that suit your personality, body type and your own personal style. (to discover or fine-tune your personal style, I recommend my [style course](#)).

However, it's also good to add a few current items to your wardrobe each season from those trends that suit you. Trends add an element of excitement and fun to your wardrobe, so don't ignore them altogether.

Here are some of the most dominant and interesting trends for this season.

Enjoy!

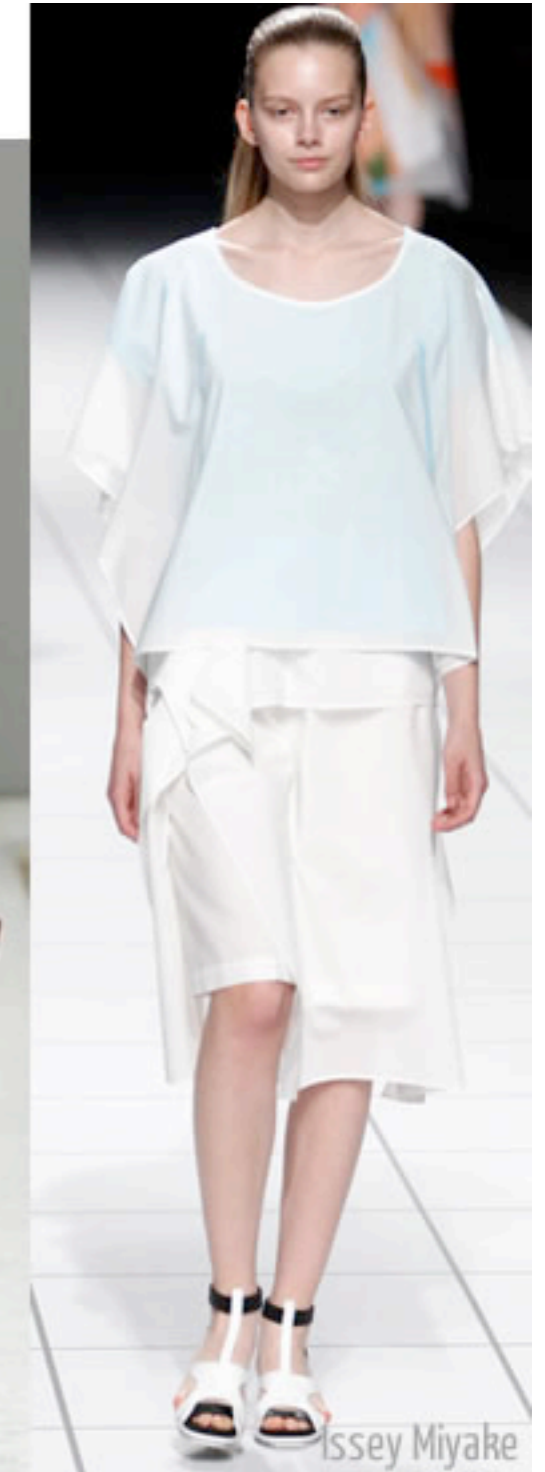
*Sylvia*

## *Soft & Chic*

Pastels started coming in flavour last year and this year they are out in force.

They are not the easiest colors to wear after 40, but combined with white can look very sophisticated.

**40+Style.com**



# Bring on the Shirts

The classic button down shirt was featured in many collections. Often slightly oversized and resembling a man's skirt, this trend is very chic when worn with wide trousers.

It will also look great on blue jeans. A shirt dress for cool weather is a great option too. Although these examples all show plain examples of this trend, there were plenty of colorful options too (a/o at Alexander Wang, Costello Tagliapietra and Altuzarra).

**40+Style.com**



*Shirts!*

# Short & Boxy Jackets

Oversized is still hot.

Not the easiest trend to wear, but it can be a fun element to an otherwise classic outfit and you can create interesting silhouettes with layering.

**40+Style.com**

## Short and boxy jackets



## Wide pants

### Wide Pants

I'm so happy to see wider pants coming back!

I hope retailers follow suit and give us a wider variety of pants to choose from this season!

**40+Style.com**



# *Arty Asymmetry*

A personal favorite theme, I was pleased to see many designers play with folds, drapes and asymmetry.

**40+Style.com**



Vivienne Westwood



Preen



Issey Miyake

*Arty Asymmetry*

# Culottes

This trend brings me back to the seventies! Did you wear them then? I'm not sure if I will embrace them again as this look can be quite preppy, but let's see how this trend will develop.

The longer versions (well over the knee) are very hard to pull off for many women in terms of a flattering silhouette, so wear with care.

**40+Style.com**





## Knee-length skirts

### *Knee Length Skirts*

It felt good to see that more designers are embracing knee-length skirts which are so ideal for many women over 40.

Many skirts were even longer than that (see next page).

**40+Style.com**



## Very Long Skirts

Lots of skirts and dresses were even longer than knee-length.

These lengths are harder to pull off, but I'm happy to see more longer lengths rather than just minis as we have seen in previous seasons.

**40+Style.com**



*Very long hems*



# *Opposites Attract*

Do designers (or for that matter consumers) ever tire of the high contrast black and white combination?

This trend seems to pop up every season. I'm still a big fan as I love high contrast graphical outfits.

Wearing something simple in black and white (with a splash of color thrown in) is always so chic!

**40+Style.com**



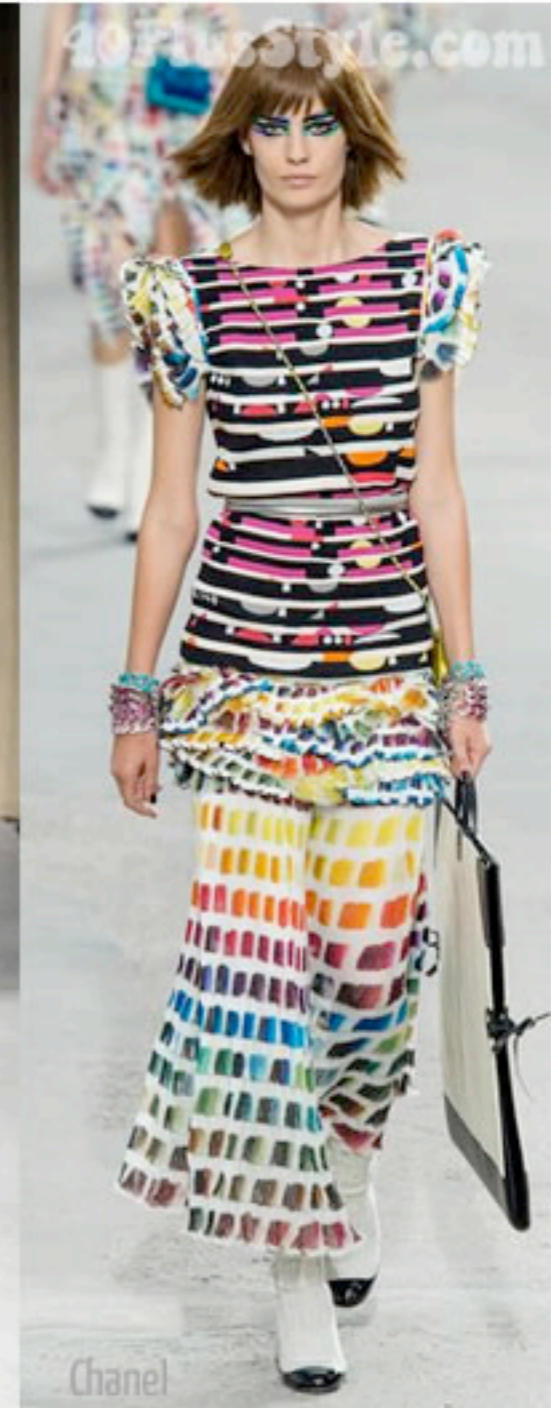
*Opposites Attract*

# Arty & Colorful

Lots of collections featured colorful arty creations like Prada, Chanel, Kenzo, Celine and Jill Sander.

I love this trend as it adds some fun and color to your wardrobe. If a full-on dress is too much for you, start looking for colorful arty bags!

**40+Style.com**



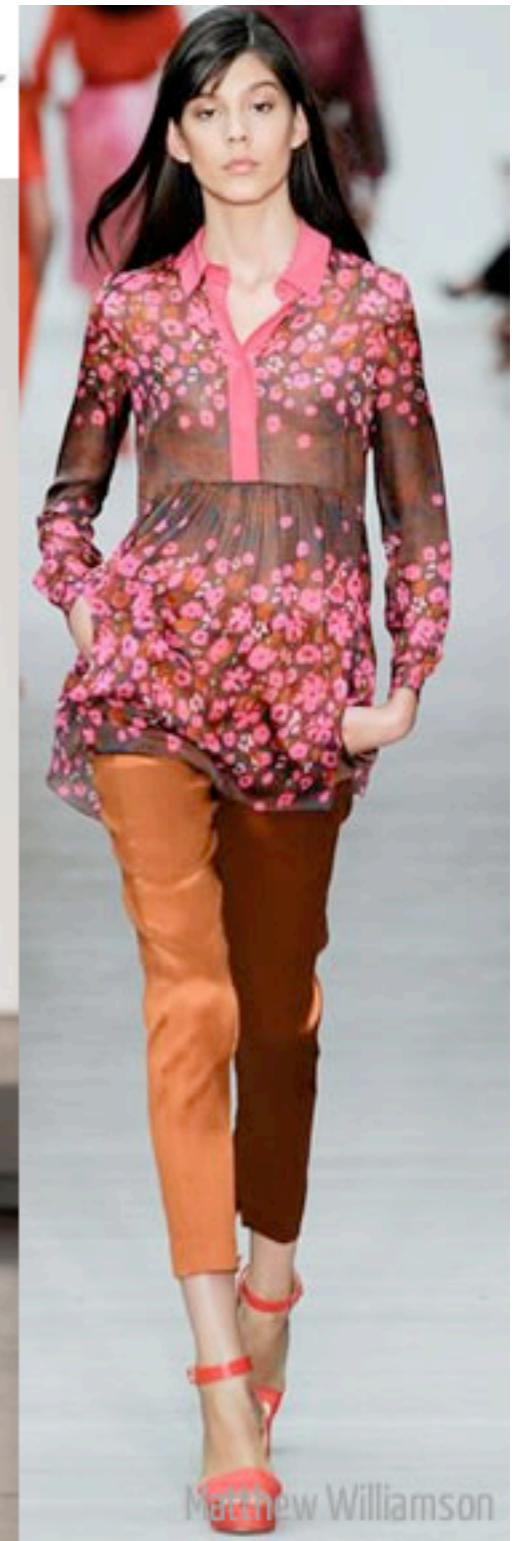
Arty & Colorful

# Flower Power

There were plenty of flowers on the catwalk too at Dries van Noten, Marni, Hermes, Marc Jacobs and others.

I liked how Ostwald Helgason combined flowers with graphical elements. I feel it's best to wear flowers as separates (either top or bottom) so that the flowers don't overwhelm too much or have an aging effect.

**40+Style.com**



## *Let It Shine*

Designers used lots of shiny materials like satin and silk, as well as lame and sparkle.

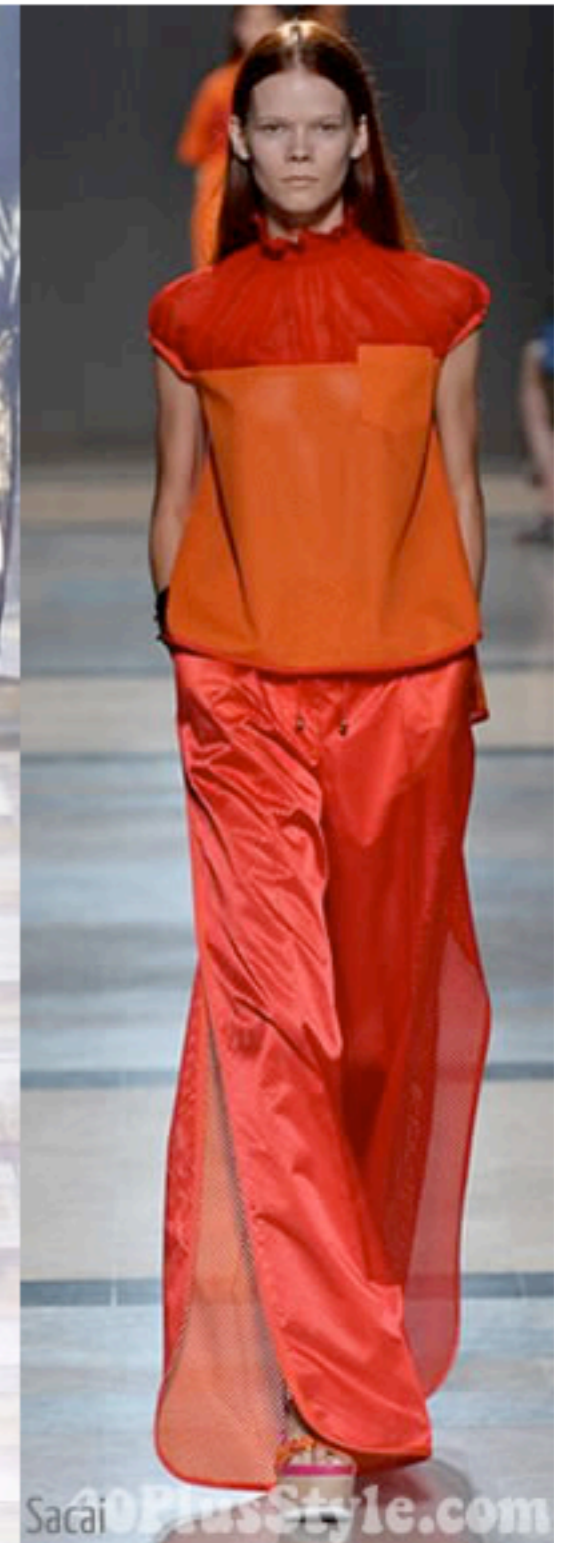
These fabrics can work well with a party dress or be worn as separates.

I absolutely adore the right combination from Issey Miyake.

**40+Style.com**



*Let It Shine!*



## *All White*

All white looks were plentiful as well. Seen at Joseph, Sportmax, Chanel, Iceberg, Preen and many others, this look is always fresh.

If the all-white is just a bit too much for you, break it up with a colorful necklace or shoes.

**40+Style.com**



*Opposites Attract*

# *Have fun playing with and wearing these trends!*

Remember:

- ★ Only buy trends that suit your personality and lifestyle.
- ★ Focus on clothes that flatter your body.
- ★ Don't spend too much on clothes that are too trendy. Invest more in timeless pieces.
- ★ You can also incorporate a trend with accessories like a belt or a bag.
- ★ For daily style inspiration and how to dress tips, don't forget to check out [40PlusStyle.com](http://40PlusStyle.com) every day.
- ★ Discover your unique style that suits your body, lifestyle and personality, check out my unique premium style course and ebook: [10 Steps To A More Stylish You!](#)
- ★ Ask your questions in our [style forum](#).
- ★ For a look at all of my favorite looks from the spring 2014 ready to wear collections, take a look at my Pinterest Board [Spring Summer 2014 Trends](#).

*I hope to connect with you at [40PlusStyle.com](http://40PlusStyle.com)*

