

LOOK OUT FOR . . .



Black jersey tube maxi skirt, £18, from Marks & Spencer

Maxis

After the huge hit of this summer's maxi dress, there will be plenty of opportunities to go long with winter's maxi skirt. Long opulent skirts will be worn with chunky, grungy jumpers for what fashion calls a high/low partnership.

Animal prints

Wear it in a more luxe way alongside its natural companion, camel. Leopard print can be found in every guise from shoes and coats. Just make sure you don't get too excited and overdo it.

Fifties

Louis Vuitton celebrated curves on the catwalk with a flattering Fifties silhouette also reminiscent of Dior's famous 'new look' and TV's Mad Men. This can be a great look for hourglass shapes as it beautifully highlights the waist. Make sure that your accessories are suitably ladylike.

Be an autumn trend-setter



The cape

Most of this year's trends made their debut last year and in the case of the cape, the year before that. They say that if you give a more difficult piece a three-season birth, most of us can then start to wear it and that's now the case with the cape. Cozy and comfy, it looks best worn with skinny trousers or jeans.

This Jaeger London leather trim cape is £299, with high-waisted jeans, £99.

The autumn-winter trends will feel like old friends, says Gloucestershire personal stylist **KATE PARKER**. We asked her for advice on how to wear the latest styles from trendy capes to cosy camel



Military

The military trend has marched back in with fabulous jackets and coats with a military theme from army style coats to aviator style jackets.

This khaki military great coat is £250, from Whistles, while the Marks & Spencer aviator jacket is £85.

If you have a curvy top half make sure that all these added details and textures don't add bulk to your frame.

If they do, maybe choose some military style boots instead and take the eye to your slender legs. Alternatively, this jumper, £110, from Whistles nods softly to the trend.



Camel

Be cautious with classic camel as it's not always the kindest colour against a typically pale British skin tone.

Camel is a firm favourite of Italian fashion house Max Mara. This is because the colour looks fantastic against Mediterranean skin.

Look at teaming it with tones like charcoal grey for a classy and minimalist look, or a splash of red – another key colour for the season. Otherwise, wear it as an accessory – like this flat suede boot – to update black.

The camel Valence coat is £299, dress, £159, mock crock patent bag, £189, faux pony skin leopard print platform shoes, £149, and belt, £39, all from Hobbs. The boots are £299.95 from Keith Scarrott, the Promenade, Cheltenham.



Lace

Lace is another key look and fabulous for parties. You don't have to limit yourself to black this time round as lace will be in abundance in many colour ways including grey, navy, ivory, and as introduced by Burberry Prorsum, olive green.

This lovely lace shirt is £89 from Reiss. Give your lace some edge by teaming it with black leather, or toughen it up with your military coat.

Alternatively, wear it as Coco would have wanted with some simple black heels and lots of pearls.



Accessories

For an instant and effortless fashion update, wear skinny belts buckled, twisted and knotted over cardigans and coats.

Other key accessories include the messenger bag – Mulberry at House of Fraser has a fabulous selection like this £450 Slim Brymore oak bag – and the heeled hiking boot, versions of which will be everywhere. I particularly like this pair, £179, by NW3 at Hobbs.



Join the Quays style club

Update your wardrobe and solve your style problems at the Gloucester Quays Style Club. It's hosted by personal stylists Kate Parker and Pip Rankin on Wednesday at 6pm, where they will be discussing Back To Work With Style.

The GQ Style Club is held at the designer outlet centre on the second Wednesday night of every month. Kate and Pip will also be on hand to discuss your wardrobe dilemmas.

To contact Kate Parker, personal stylist and personal shopper, visit www.kateparkerstyle.com or call 01242 620687.

Personal stylists Pip Rankin and Kate Parker

Your hair deserves an expert...



105 The Promenade Cheltenham GL50 1NW 01242 530598

Laura Leigh

hairdressing

Holistic Times . . .



Recharge mind, body and soul at the Isbourne Centre Open Day next Saturday. **WILL GETHIN** gives a sneak preview

THE Isbourne opens its doors to the public – for free admission – next Saturday for the next Open Day (10am-5pm), allowing people to sample the tantalising range of courses, therapies and activities on offer at the centre this autumn/winter term.

The guest speaker will be Margrit Coates (pictured above), widely purported to be the world's leading animal healer and author of four groundbreaking books on the subject including her latest, Angel Pets. In her talk (12pm-1pm, £10), Margaret will explain how healing therapy for animals works, how everyone can do it and she'll share fascinating true stories.

The day brings a range of talks, mini workshops and therapy tasters with Isbourne tutors and therapists – from tai chi, Thai Massage, nutrition and NLP, to 'dance for joy', drumming, mediumship and contemplative photography – allowing you to try out things you may want to explore further in the coming weeks.

A notable highlight will be acclaimed musician and sound healer Tim Wheeler's Beingology mini workshop which he hosts with Isbourne tutor friends Kim Roberts and Nikki Simpson using sound, clairvoyance and movement as a portal into our intuition and other spiritual dimensions (a taster for their in-depth evening Beingology workshop on Tuesday, October 12). On the retail therapy front, peruse stands offering jewellery, stone carvings, paintings and much more, or have a reading from a psychic or tarot expert. There's something for everyone!

The Isbourne is at 4 Wolsley Terrace, Cheltenham, GL50 1TH. Bookings/further info: 01242 254321; bookings@isbourne.org; www.isbourne.org.

