

# **A Wardrobe for Comfort - At Home and at Work**

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Being comfortable in your clothing allows you to focus on your life – your personal aspirations, family, friends, interests, and career. Comfort for body, mind and spirit comes from the ideal combination of style and fabric.

## **Comfort for the body**

This part is easy! Styles that are loose fitting and flowing provide ease of movement, as they do not confine or restrict. For home, caftans and loose dresses are the ultimate in ease. Loose pajama-style clothes are great. An elasticized waist in a skirt or trousers can provide ease through the tummy area.

Although we might like to wear our pj's to work, it's not always feasible! However, some suits can still be comfortable. Make sure you can move with ease – especially in your jacket. Generally, classic styles have a more relaxed attitude, as high-fashion styles may demand an edgier, more “on” attitude.

If you're concerned with comfort, you can't ignore the importance of lingerie or undergarments. If you're going to wear a bra, choose one free of underwire. Sport-style panties are usually more comfortable than thongs or fashion panties.

Fabrics that are soft feel good next to the skin, and with some stretch can accommodate movement and body contours. Natural fabrics are more comfortable than synthetic. For casual garments, 100% cotton is generally the most comfortable. For suiting, wool in a slightly looser weave can give you more ease.

Wear comfortable footwear. If you are not comfortable in high heels, there are elegant low-heel alternatives for business.

Comfortable jewellery and accessories feel like they belong, and allow you to fulfill your required functions.

### **Comfort for the mind**

Choose styles and colours that call to your personality. Fidgeting with clothing or accessories is not comfortable! Everyone is different, and what's comfortable for one person may cause agony for someone else.

Wear clothes that will help you reach your goals. Allowing clothing to sabotage your success is not comfortable!

Dress to be appropriate for the situation; it's more comfortable than to be inappropriate.

### **Comfort for the spirit**

Clothing to comfort your spirit has a higher vibration. The fabric is eco-friendly, and the clothing was created with integrity and ethics. The colour and style resonates with your personal frequency system by matching your personal colouring, form, contours, and energy.

### **Open the door**

Imagine that when you open the door to your closet, you experience a wonder wardrobe of organization and efficiency, with clothing and accessories that allow you to dress with ease for any occasion in your life. That's comfort!

*Karen Brunger is Director of the International Image Institute Inc., and is a Past President of the Association of Image Consultants International.*