Creating a Capsule Wardrobe by Jesse Wallace

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The idea of the capsule wardrobe has been around for decades, but many women are still unaware of what it actually means. Essentially, a capsule wardrobe restricts your collection of clothes, shoes and accessories to just a few pieces. The actual number of items varies widely, from as little as 7 to as many as 20. But the overall ethos of a capsule wardrobe remains the same: rather than buying masses of cheap clothing, choose a few high quality pieces and update them seasonally. So how exactly do you create a capsule wardrobe?

First, think about your body shape. For instance, if you have a large bust, focus more on v-neck and scoop necklines for blouses and dresses. On the other hand, women with a flatter chest can go for very high necklines, or shirts with multiple pockets along the breast line. Similarly, if youâ€™ve got wide hips, avoid skinny jeans and if youâ€™re short, ensure hems end at the knee rather than the calf to give the illusion of a taller height. You should also think about what youâ€™ll actually wear. For instance, making 4-inch high heels one of the items in your capsule wardrobe will be a wasted investment if you never plan on actually wearing them.

Next, you need to consider a colour scheme. This is an integral factor when creating a capsule wardrobe â€“ thatâ€™s because, since you have a limited selection of clothes to choose from, they have to be able to match each other. Start by choosing two or three base colours that you can match with most things: for example, blue, black or white. Then choose two or three brighter tones that match your skin tone and your personality. For a summer capsule wardrobe, this might be yellow or light green. In winter, go for warmer colours like red, dark green or purple.

When it actually comes to choosing your clothes, start with the basics: one pair of trousers, a skirt, a dress, one top, a coat, a jumper, a pair of shoes and a bag. Once youâ€™ve got this foundation, itâ€™s easier to make selective expansions. If you prefer wearing skirts to trousers, add another skirt. If you never wear trousers at all, add another skirt and an extra dress.

If you only bare your legs on special occasions, you can stick to either a skirt or a dress and go with three pairs of trousers. If you go down this route, be sure to choose trousers that are versatile. For instance, women's jeans may be dominated by skinny jeans at the moment, but if you choose these as part of your capsule wardrobe, select a smart pair of chinos and tailored trousers as a more formal alternative. With the right combination of common sense and restraint, youâ€™ll put together the perfect capsule wardrobe in no time.

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Jesse Wallace writes for a digital marketing agency. This article on a women's jeans has been commissioned by a client of said agency. This article is not designed to promote, but should be considered professional content.

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