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How to up the style stakes by Sean Burke

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Make sure you stay looking fabulous this summer by introducing a new colour into your wardrobe. Perhaps youâ€™ve already bought a few coral and bright pink pieces. Great for the spring, but letâ€™s up the gears a notch and throw in some bright, eye-catching blues. Electric blue, bright indigo or even a continuation of the spring pastels in this blue palette, like lavender, will keep you looking at the top of your style game. Or go for classic dark blues and blacks for a more elegant look. While youâ€™re trying out this exciting summery blue palette, maybe youâ€™ll give the tricky high-waist look a go too?

The high-waist stays firmly on trend this summer, from skirts and jorts (jean hotpants) to the classic high-waisted jean. A high waist can look elegant and ladylike (think Victoria Beckhamâ€™s 40-s high-waist pencil skirt look) or retro-hip (Miley Cyrus recently rocked the high jean with a tucked-in sleeveless blouse). A high waist will really accentuate your curves and make your legs look long and fabulous.

Many women are understandably nervous of pouring themselves into â€œmum jeansâ€•, but, while the high waist is the original work-jean shape, designs are now cut much more flatteringly to the female form, and with the right accessories, can look fabulous on any figure. With a tucked in floaty top, theyâ€™ll give a straight frame an accentuated bottom. The curvier woman will look fabulous with denim hugging her figure, flattering her shape. Pair some ankle-skimming electric blue high-waist skinny jeans with some wedges for a summer barbecue, when you want to look sexy but relaxed. Keep the top fitted or tucked in, choose tops without too much fabric, so you donâ€™t create a â€œpaunch

But paunches are something you shouldnâ€™t have to worry about with the new slimming cut of high-waist jeans. Tummies are flattened and any fat-day lumps and bumps are hidden. Eschew the muffin top of low-rise; your posture will be straighter, so stand tall, feeling comfortable and looking gorgeous.

With high- waisted jeans, be sure to keep everything else simple. While you might fancy a bit of retro, you donâ€™t want to look dated, so avoid overuse of patterns and fabrics. Cleans lines look great. Remember, let one item of clothing do the talking when it comes to colour. Looking ahead to the autumn, you might want to invest in some more neutral pieces, tobacco and camel colours are bang on trend, but make sure you mix these neutrals up with some of your brighter pieces, as you donâ€™t want to look washed out this autumn.

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