Weight - The Reality Series

Becoming Body Wise

Color Is Key

Each person has unique skin, hair, and eye coloring. Clothing and cosmetics that compliment an individual's coloring make a person appear healthier and more attractive.

Color plays an important role in communications, psychology, and health. Think about messages communicated by color. Color has symbolic meaning in different cultures. For example, in the old western television shows and movies the good guy wore white and the bad guy wore black. Purple is the color representing royalty, and white symbolizes purity.

Each person has unique skin, hair, and eye coloring. Selecting clothing and cosmetics that compliment an individual's coloring makes a person appear healthier and more attractive. The color of clothing worn can create an illusion of size that helps create visual balance for the body. Selecting the right value and intensity of a hue can smooth your complexion and add a healthy glow to your face. Although each individual has unique personal coloring, categorizing yourself into one of four groups can help you build a wardrobe that mixes and matches on a budget.

Color Terms

Consider some basic color theory terms. The primary colors are red, blue and yellow. All other colors are a combination or a variation of the primary colors. Pure color is referred to as **hue,** with the exception of white and black (neutrals). **Value** is the lightness or darkness of a hue. The higher the value the more attention the color draws. **Shade** refers to how much black is added to a hue. Darker colors tend to absorb more light and create an illusion to reduce size. **Tint** refers to white being added to create a pastel color. Lighter colors reflect light and create an illusion of added dimension. **Intensity,** or brightness verses dullness, is changed by combining colors. For example, the intensity of red changes when grey is added to create burgundy.

Determining the Best Colors to Wear

To identify the colors that are the most flattering, a person should consider skin tone, natural hair color, and eye color. Think of your skin tone and hair color as the canvas or background of a painting and your eye color as the accessory.

What are the undertones in your skin pigment? Is it warm yellow or cool blue? It may help to hold your wrist over a piece of white paper to determine skin undertones. Keep in mind that tanned skin is a darker version of your natural skin tone.

Consider your natural hair color when determining your color palette. If your hair color has been altered, concentrate on your skin tone.

Try holding fabric or clothing next to your face while standing in natural light. Does the white (cool) or the beige (warm) look better next to your face? Does brown (warm) or black (cool) compliment your skin and hair? What about yellow (warm) compared to pink (cool)?
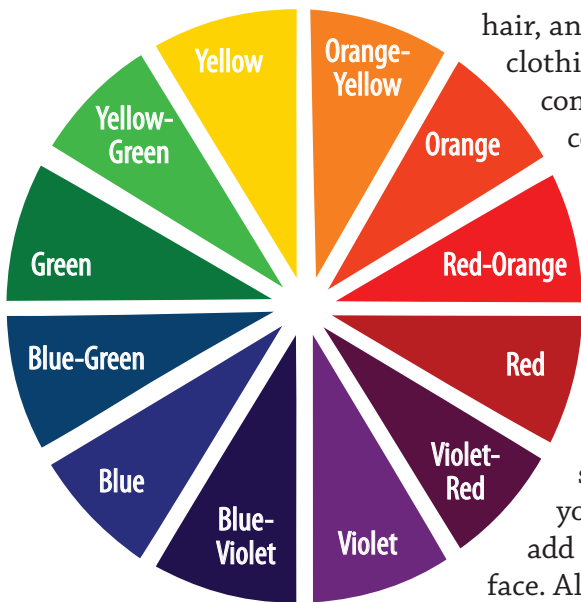
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Warm Colors

Warm colors remind us of daylight. They include: red, yellow, and orange. Warm colors have longer wavelengths of light and are thought to arouse the viewer and standout in a photograph or painting. Fair skinned people with yellow or orange undertones look best in warm colors. Color analysts categorize people with warm undertones as Spring or Autumn.

Spring colors look best on people with delicate golden undertones. Their hair color tends to be golden brown, golden blonde or strawberry blonde. The colors that look best on them give a bright, fresh, clear feeling. Their color palette includes: camel, golden brown, apricot, turquoise, yellow-green, light yellow, orange red.

Autumn colors look best on people with golden undertones and brown or green eyes. Autumns tend to be red-haired people or have auburn undertones in their hair. Rich, warm, earthly colors look best on them. The Autumn color palette includes: dark brown, beige, gold, rust, orange, and olive green.

Cool Colors

The blue greens to blue violets are reminiscent of the polar areas and therefore considered cool colors. Cool colors have shorter light wavelengths and tend to recede and calm or relax the viewer. People with a blue or blue pink undertone look best in cool colors. Color analysts categorize people with cool undertones as Winter or Summer.

Winter colors look best on people with blue or blue-pink undertones; dark hair, including black or grey hair; and deep colored eyes. Vivid primary colors and sharply contrasting black and white are suggested. Winter colors include: pine green, red, navy, hot pink, and true red.

Summer category includes people with blue undertones with visible pink in their skin. They may have been blonde as children but hair darkens as they age, turning grey gracefully. Their color palette includes soft, muted colors and pastels with green and blue tones. The Summer palette includes: lavender, aqua, blue-gray, pastel blue, and pastel pink.

Creating an individual color palette is not about coordinating your favorite colors. It refers to identifying the colors that compliment your natural coloring. By establishing an individual color palette, you can begin to coordinate clothing purchases to build a wardrobe that mixes and matches. As a result, you will look your best all the time!

Individual Color Survey

What color palette best describes you? Your color palette is determined by skin tone, natural hair color, and eye color. Professional consultants often break color theory into four to twelve different groupings using warm undertones (yellows) verses cool undertones (blues). Keep in mind that every person's coloration is unique.

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Skin Tone

Skin tone is the background for an individual's color palette. Most people have uneven skin coloring (i.e. darker under the eyes or freckles). When determining your skin tone, analyze your face or skin without make-up and consider the effects of the sun. Use the chart below to assist in determining your skin tone.

Determining Your Skin Tone

Skin Tone	Effects of the Sun
Porcelain	Can't be in the sun.
Ivory	Burns easily in the sun, skin may freckle; any change in skin tone from sun fades quickly.
Pink beige	Tans quickly to a pink tone.
Neutral beige, Oriental	Easily tans to a brown tone.
Warm beige, Oriental, Asian	May freckle but develops a golden brown tone in the sun.
Golden brown, Asian, Latin, Black	Skin turns to a bronze shade when exposed to sun.
Cool brown, Asian, Latin, Black	Color becomes deeper with blue black tone when in the sun.
Olive, Asian, Latin, Black	Darkens or becomes bronze in the sun.

Hair Color

Consider your natural hair color. Although tints, highlights, or low-lights can compliment appearance, base your color analysis on natural color. Like your skin, hair color tends to change due to sun exposure. Hair is often lighter in the summer and darker in the winter. Choose your shade from the list below.

- Ash blonde (no yellow or golden tones)
- Golden blonde, strawberry blonde, or red
- Light to medium brown (may turn golden in the sun)
- Mousy brown (no natural highlights)
- Medium brown
- Medium to dark auburn
- Chestnut to dark brown
- Warm grey (hint of yellow)
- Soft grey, ash grey
- Salt and pepper, silver

Eye Color

Consider your eye color. Eyes can be bright and clear, or dull and soft in color. Choose your eye color from the following list.

- Clear blue, green, turquoise, or bright hazel
- Grey or soft blue
- Hazel, topaz, golden brown, or warm turquoise
- Soft hazel or turquoise
- Dark brown or rich hazel

You can wear any hue. It is the value and intensity of the hue that varies with individuals.

Undertones

Consider the undertones of your skin. Hold your wrist over a white piece of paper. Are there pink or blue skin tones? Or is there a yellow or orange skin tone? Match your undertones with the following descriptions.

Cool undertones give skin a pink or blue base. Those with cool undertones and very dark (i.e black or brown), silver, or soft gray hair are complimented by true hues, black, white, and gray. They should avoid browns, tan, oranges and gold. Those with cool undertones and blonde or auburn hair are complimented by blue, gray, or rose bases. They should avoid black, oranges, and gold.

Warm undertones give the skin a yellow base. People with yellow undertones are considered warm. Those with golden blonde to auburn hair color look best in oranges, yellow gold, orange-reds, browns, earth greens (olive, jade, forest), beiges, and off-whites. Those with warm undertones and ash blonde or yellow blonde to golden brown hair look best in ivory, golden brown, turquoise, salmon pink, peachy pinks, and golds. They should avoid burgundy, black, and colors with gray undertones.

References

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My color palette is _____ .

The colors that look best on me include: _____ .

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